

Supplemental table 1. Frequency of each long-term condition among participants (n = 383)

Long-term condition	n (%)
Hypertension	246 (64.2)
Diabetes	97 (25.3)
Hyperlipidemia	131 (34.2)
Cancer	27 (7.0)
Stroke/transient ischemic attack	13 (3.4)
Kidney disease/failure	27 (7.0)
Chronic urinary problem	25 (6.5)
Chronic musculoskeletal conditions	27 (7.0)
Chronic respiratory disease	53 (13.8)
Stomach problem	103 (26.9)
Colon problem	42 (11.0)
Cardiovascular disease	57 (14.9)
Heart failure	12 (3.1)
Thyroid disorder	32 (8.4)
Arthritis/rheumatoid arthritis	39 (10.2)
Obesity	68 (17.8)
Chronic hepatitis	7 (1.8)
Osteoporosis	35 (9.1)
Depression/anxiety	50 (13.1)
Dementia/Alzheimer's disease	3 (0.8)