

Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a	Confirmed
☐	☒ The exact sample size (<i>n</i>) for each experimental group/condition, given as a discrete number and unit of measurement
☐	☒ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
☐	☒ The statistical test(s) used AND whether they are one- or two-sided <i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i>
☐	☒ A description of all covariates tested
☐	☒ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
☐	☒ A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
☐	☒ For null hypothesis testing, the test statistic (e.g. <i>F</i> , <i>t</i> , <i>r</i>) with confidence intervals, effect sizes, degrees of freedom and <i>P</i> value noted <i>Give P values as exact values whenever suitable.</i>
☒	☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
☒	☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
☒	☐ Estimates of effect sizes (e.g. Cohen's <i>d</i> , Pearson's <i>r</i>), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection	Data was collected using computer assisted personal interviews for direct entry into the dataset. Details are available at the study websites identified in the paper.
Data analysis	https://github.com/hanshi8860unsw/ELSA-CHARLS-C1-Cohort -Difference

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

Data described in this paper are available at the website of the English Longitudinal Study of Ageing (ELSA, <https://www.elsa-project.ac.uk/>) and the China Health and Retirement Longitudinal Study (CHARLS, <http://charls.pku.edu.cn/en/>).

Research involving human participants, their data, or biological material

Policy information about studies with [human participants or human data](#). See also policy information about [sex, gender \(identity/presentation\), and sexual orientation](#) and [race, ethnicity and racism](#).

Reporting on sex and gender	Yes
Reporting on race, ethnicity, or other socially relevant groupings	Available but not used in analysis
Population characteristics	Age, gender, country, year of birth, measures of intrinsic capacity and its subdomains
Recruitment	Yes, available at study websites identified in the paper
Ethics oversight	Ethical approval for all the ELSA waves was granted by NHS Research Ethics Committees under the National Research and Ethics Service (NRES). The Biomedical Ethics Review Committee of Peking University approved the CHARLS study (IRB00001052–11015). Furthermore, the current study received approval from the UNSW Ethics Committee (HC210472).

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☐ Life sciences ☒ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	<i>Describe how sample size was determined, detailing any statistical methods used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient.</i>
Data exclusions	<i>Describe any data exclusions. If no data were excluded from the analyses, state so OR if data were excluded, describe the exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established.</i>
Replication	<i>Describe the measures taken to verify the reproducibility of the experimental findings. If all attempts at replication were successful, confirm this OR if there are any findings that were not replicated or cannot be reproduced, note this and describe why.</i>
Randomization	<i>Describe how samples/organisms/participants were allocated into experimental groups. If allocation was not random, describe how covariates were controlled OR if this is not relevant to your study, explain why.</i>
Blinding	<i>Describe whether the investigators were blinded to group allocation during data collection and/or analysis. If blinding was not possible, describe why OR explain why blinding was not relevant to your study.</i>

Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	Quantitative secondary data analysis including Confirmatory Factor Analysis and multilevel growth curve models applied to repeated study waves to determine mean trajectories of intrinsic capacity and subdomains of capacity by birth cohort
Research sample	The English Longitudinal Study of Ageing (ELSA) follows a nationally representative sample of the English population aged 50 and above (14,715 participants), while the China Health, Aging and Retirement Longitudinal Study (CHARLS) follows a nationally representative sample of the Chinese population aged 45 and above (13,746 participants).
Sampling strategy	The ELSA sample is a nationally representative sample of the population aged 50 years and older, living in private households in England. The initial sample was recruited in 2002/03 from consenting households that had participated in the Health Survey for England (HSE) in 1998, 1999, and 2001. The CHARLS includes a nationally representative sample of the population aged 45 years and older, living in private households in China. The sample also has urban/rural representation. The initial sample was recruited in 2011/12 using a stratified, multistage probability sampling of households in all county-level units except for Tibet.
Data collection	Data collection in both cohorts was conducted through face-to-face assessments using computer-assisted personal interviews. In addition, objective measures and blood samples were collected by trained nurses in waves 2, 4 and 6 in ELSA and waves 1 and 3 in CHARLS.

Timing	For ELSA, data collection was undertaken between 2002 and 2019. For CHARLS data collection was undertaken between 2011 and 2015. Both studies are ongoing and further data has since been collected.
Data exclusions	Following a pre-established protocol, analysis was limited to subjects age 60 or more with valid information on at least one of the indicators used to measure intrinsic capacity.
Non-participation	The response rates in both ELSA and CHARLS were reasonably high, although they varied across waves (details available at study website above). The average follow-up length is about 4.84 years in ELSA and 2.18 years in CHARLS, with attrition rates of 36.3% in ELSA and 45.0% in CHARLS from wave 1 to wave 2.
Randomization	The analysis is an observational analysis of cohort trends in a representative sample of the general population and randomization was therefore not appropriate.

Ecological, evolutionary & environmental sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	<i>Briefly describe the study. For quantitative data include treatment factors and interactions, design structure (e.g. factorial, nested, hierarchical), nature and number of experimental units and replicates.</i>
Research sample	<i>Describe the research sample (e.g. a group of tagged <i>Passer domesticus</i>, all <i>Stenocereus thurberi</i> within Organ Pipe Cactus National Monument), and provide a rationale for the sample choice. When relevant, describe the organism taxa, source, sex, age range and any manipulations. State what population the sample is meant to represent when applicable. For studies involving existing datasets, describe the data and its source.</i>
Sampling strategy	<i>Note the sampling procedure. Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient.</i>
Data collection	<i>Describe the data collection procedure, including who recorded the data and how.</i>
Timing and spatial scale	<i>Indicate the start and stop dates of data collection, noting the frequency and periodicity of sampling and providing a rationale for these choices. If there is a gap between collection periods, state the dates for each sample cohort. Specify the spatial scale from which the data are taken</i>
Data exclusions	<i>If no data were excluded from the analyses, state so OR if data were excluded, describe the exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established.</i>
Reproducibility	<i>Describe the measures taken to verify the reproducibility of experimental findings. For each experiment, note whether any attempts to repeat the experiment failed OR state that all attempts to repeat the experiment were successful.</i>
Randomization	<i>Describe how samples/organisms/participants were allocated into groups. If allocation was not random, describe how covariates were controlled. If this is not relevant to your study, explain why.</i>
Blinding	<i>Describe the extent of blinding used during data acquisition and analysis. If blinding was not possible, describe why OR explain why blinding was not relevant to your study.</i>

Did the study involve field work? ☐ Yes ☐ No

Field work, collection and transport

Field conditions	details available at study web sites identified in paper
Location	details available at study web sites identified in paper
Access & import/export	details available at study web sites identified in paper
Disturbance	details available at study web sites identified in paper

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

Methods

- n/a Involved in the study
- ☒ ☐ Antibodies
- ☒ ☐ Eukaryotic cell lines
- ☒ ☐ Palaeontology and archaeology
- ☒ ☐ Animals and other organisms
- ☒ ☐ Clinical data
- ☒ ☐ Dual use research of concern
- ☒ ☐ Plants

- n/a Involved in the study
- ☒ ☐ ChIP-seq
- ☒ ☐ Flow cytometry
- ☒ ☐ MRI-based neuroimaging

Antibodies

Antibodies used

Validation

Eukaryotic cell lines

Policy information about [cell lines](#) and [Sex and Gender in Research](#)

Cell line source(s)

Authentication

Mycoplasma contamination

Commonly misidentified lines
(See [ICLAC](#) register)

Palaeontology and Archaeology

Specimen provenance

Specimen deposition

Dating methods

☒ Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.

Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Animals and other research organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research, and [Sex and Gender in Research](#)

Laboratory animals

Wild animals

Reporting on sex

Field-collected samples

Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Clinical data

Policy information about [clinical studies](#)

All manuscripts should comply with the ICMJE [guidelines for publication of clinical research](#) and a completed [CONSORT checklist](#) must be included with all submissions.

Clinical trial registration	n/a
Study protocol	n/a
Data collection	n/a
Outcomes	n/a

Dual use research of concern

Policy information about [dual use research of concern](#)

Hazards

Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

No	Yes
☒	☐ Public health
☒	☐ National security
☒	☐ Crops and/or livestock
☒	☐ Ecosystems
☒	☐ Any other significant area

Experiments of concern

Does the work involve any of these experiments of concern:

No	Yes
☒	☐ Demonstrate how to render a vaccine ineffective
☒	☐ Confer resistance to therapeutically useful antibiotics or antiviral agents
☒	☐ Enhance the virulence of a pathogen or render a nonpathogen virulent
☒	☐ Increase transmissibility of a pathogen
☒	☐ Alter the host range of a pathogen
☒	☐ Enable evasion of diagnostic/detection modalities
☒	☐ Enable the weaponization of a biological agent or toxin
☒	☐ Any other potentially harmful combination of experiments and agents

Plants

Seed stocks	n/a
Novel plant genotypes	n/a
Authentication	n/a

ChIP-seq

Data deposition

- ☐ Confirm that both raw and final processed data have been deposited in a public database such as [GEO](#).
- ☐ Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links

May remain private before publication.

n/a

Files in database submission

n/a

Genome browser session
(e.g. [UCSC](#))

n/a

Methodology

Replicates

n/a

Sequencing depth

n/a

Antibodies

n/a

Peak calling parameters

n/a

Data quality

n/a

Software

n/a

Flow Cytometry

Plots

Confirm that:

- ☐ The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- ☐ The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- ☐ All plots are contour plots with outliers or pseudocolor plots.
- ☐ A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation

n/a

Instrument

n/a

Software

n/a

Cell population abundance

n/a

Gating strategy

n/a

- ☐ Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

Magnetic resonance imaging

Experimental design

Design type

n/a

Design specifications

n/a

Behavioral performance measures

n/a

Acquisition

Imaging type(s)	n/a	
Field strength	n/a	
Sequence & imaging parameters	n/a	
Area of acquisition	n/a	
Diffusion MRI	☐ Used	☒ Not used

Preprocessing

Preprocessing software	n/a
Normalization	n/a
Normalization template	n/a
Noise and artifact removal	n/a
Volume censoring	n/a

Statistical modeling & inference

Model type and settings	n/a
Effect(s) tested	n/a
Specify type of analysis:	☐ Whole brain ☐ ROI-based ☐ Both
Statistic type for inference	n/a
(See Eklund et al. 2016)	
Correction	n/a

Models & analysis

n/a	Involvement in the study
☒	☐ Functional and/or effective connectivity
☒	☐ Graph analysis
☒	☐ Multivariate modeling or predictive analysis
Functional and/or effective connectivity	n/a
Graph analysis	n/a
Multivariate modeling and predictive analysis	n/a