

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 (n) 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
Only common tests should be described solely by name; describe more complex techniques in the Methods section.
- ☐ ☒ 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. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
Give P values as exact values whenever suitable.
- ☒ ☐ 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 d , Pearson's r), 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	We included 86,149 participants (45.31% female participants, mean age = 66.55, SD = 9.91, age range = 51-90) from 27 European countries. Data collection followed standardized procedures, face-to-face interviews and a probabilistic, clustered, stratified, multistage design. Only participants without a dementia diagnosis were included.
Data analysis	Python (3.8.18); numpy (1.24.4); pandas (2.0.3); pingouin (0.5.5); scikit-learn (1.3.2); scikit-optimize (0.9.0); scipy (1.10.1); statsmodels (0.14.1); R version (4.4.2); G*Power (3.1.9.7)

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](#)

All databases used in this study are publicly accessible. Analysis codes and preprocessed data for BAGs are freely available on GitHub (<https://github.com/>)

euroladbrainlat/Biobehavioral-age-gaps). Indicators of GDP, air quality, socioeconomic inequality (Gini index), and migration were obtained from the World Bank's platform (<https://databank.worldbank.org/>). Country-level gender inequality indexes (GII) are available on the World Health Organization's website ([https://www.who.int/data/nutrition/nlis/info/gender-inequality-index-\(gii\)](https://www.who.int/data/nutrition/nlis/info/gender-inequality-index-(gii))). Sociopolitical exposome indicators are available through the Global State of Democracy Indices (<https://www.idea.int/democracytracker/dataset-resources>).

Country-level percentage of foreign-speaking languages are sourced from the Eurostat database covering 2007, 2011, 2016, and 2022 waves (https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Foreign_language_skills_statistics). Linguistic exposome indicators for the number of stable and institutional languages per European country are available from Ethnologue (<https://www.ethnologue.com/>). The two most spoken languages per country are sourced from the "Europeans and their languages" Eurobarometer survey by the European Commission (<https://languageknowledge.eu/countries-list>). The typological distance between languages was estimated using the Perplexity metric available at <https://github.com/gamallo/Perplexity>.

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	We considered female sex as a risk factor for accelerated aging. The surveys utilized did not contain questions regarding gender. All methods adhered to the Declaration of Helsinki, with informed consent and ethics approvals. We included 86,149 participants (45.31% females).
Reporting on race, ethnicity, or other socially relevant groupings	We did not use any socially relevant or socially constructed categorization.
Population characteristics	We analyzed biobehavioral data consisting of protective factors (cognition, functional ability, education) and risk factors (cardiometabolic conditions: hypertension, diabetes, heart disease; female sex; sensory impairments: visual and hearing impairments) relevant to healthy aging and dementia risk.
Recruitment	Data collection followed standardized procedures, face-to-face interviews and a probabilistic, clustered, stratified, multistage design.
Ethics oversight	All methods adhered to the Declaration of Helsinki, with informed consent and ethics approvals.

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	We conducted Power calculations with G*Power 3.1.9.7 to confirm that the data size was adequate. All datasets were population-based and met or exceeded the minimum sample size needed.
Data exclusions	Only participants without a dementia diagnosis were included.
Replication	We reported R^2 , Mean Directional Error (MDE), and Root Mean Squared Error (RMSE) for Gradient Boosting. Cohen's f^2 measured effect sizes, and Mean Decrease in Impurity (MDI) was used to evaluate feature importance. For statistical analyses, we reported the corresponding statistic and exact p-values. For epidemiological metrics, we reported Odds ratios and Relative Risk, p-values derived from two-sided Wald z test and 95% CI.
Randomization	Data collection followed standardized procedures, face-to-face interviews and a probabilistic, clustered, stratified, multistage design.
Blinding	The investigators of this work were blinded to allocation during experiments and outcome assessment.

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

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

Methods

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

Plants

Seed stocks

Report on the source of all seed stocks or other plant material used. If applicable, state the seed stock centre and catalogue number. If plant specimens were collected from the field, describe the collection location, date and sampling procedures.

Novel plant genotypes

Describe the methods by which all novel plant genotypes were produced. This includes those generated by transgenic approaches, gene editing, chemical/radiation-based mutagenesis and hybridization. For transgenic lines, describe the transformation method, the number of independent lines analyzed and the generation upon which experiments were performed. For gene-edited lines, describe the editor used, the endogenous sequence targeted for editing, the targeting guide RNA sequence (if applicable) and how the editor was applied.

Authentication

Describe any authentication procedures for each seed stock used or novel genotype generated. Describe any experiments used to assess the effect of a mutation and, where applicable, how potential secondary effects (e.g. second site T-DNA insertions, mosaicism, off-target gene editing) were examined.