**Supplementary Table 1.** Hazards ratios (HR), 95% confidence interval (CI) by different profiles of behaviours, leisure activities, and social network plus T2DM status on composite outcome of disability and death

| No. optimal factors | Healthy behaviours | Active engagement in leisure activities | Moderate-to-rich social network | no. of event/n | HR\(\text{adj} \) | \(P\)-value |
|---------------------|--------------------|----------------------------------------|--------------------------------|---------------|---------------|-------------|
|                     |                    |                                        |                                |               |               |             |
| T2DM-free           |                    |                                        |                                |               |               |             |
| 0                   | -                  | -                                      | -                              | 83/114        | 0.74 (0.34, 1.62) | 0.453       |
| 1                   | +                  | -                                      | -                              | 196/265       | 0.52 (0.24, 1.13) | 0.101       |
|                     | -                  | +                                      | -                              | 10/17         | 0.53 (0.20, 1.42) | 0.212       |
|                     | -                  | -                                      | +                              | 178/300       | 0.54 (0.25, 1.17) | 0.123       |
| 2                   | +                  | +                                      | -                              | 20/47         | 0.33 (0.14, 0.81) | 0.015       |
|                     | +                  | -                                      | +                              | 378/662       | 0.37 (0.17, 0.81) | 0.013       |
|                     | -                  | +                                      | +                              | 53/119        | 0.43 (0.18, 0.95) | 0.038       |
| 3                   | +                  | +                                      | +                              | 147/322       | 0.34 (0.16, 0.75) | 0.007       |
| T2DM                |                    |                                        |                                |               |               |             |
| 0                   | -                  | -                                      | -                              | 7/8           | Reference     |             |
| 1                   | +                  | -                                      | -                              | 24/27         | 0.52 (0.22, 1.25) | 0.148       |
|                     | -                  | +                                      | -                              | 0/1           | -             |             |
|                     | -                  | -                                      | +                              | 14/19         | 0.74 (0.29, 1.86) | 0.524       |
| 2                   | +                  | +                                      | -                              | 5/8           | 0.42 (0.13, 1.32) | 0.137       |
|                     | +                  | -                                      | +                              | 47/62         | 0.49 (0.22, 1.11) | 0.091       |
|                     | -                  | +                                      | +                              | 5/8           | 0.65 (0.20, 2.10) | 0.480       |
| 3                   | +                  | +                                      | +                              | 10/17         | 0.33 (0.12, 0.90) | 0.030       |

\(\text{adj}\) Adjusted for baseline age groups, sex, education, living alone, body mass index, cardiovascular diseases, cerebrovascular diseases, depression, and hypertension.
**Supplementary Table 2.** Hazards ratios (HR), 95% confidence interval (CI) by profile status plus T2DM status on composite outcome of disability and death

| Profile status | T2DM | no. of event/n | HR* | P-value |
|----------------|------|----------------|------|---------|
| Favourable     | No   | 982/1732       | Reference |       |
| Unfavourable   | No   | 83/114         | 1.71 (1.35, 2.16) | <0.001 |
| Favourable     | Yes  | 105/142        | 1.19 (0.93, 1.56) | 0.104  |
| Unfavourable   | Yes  | 7/8            | 2.46 (1.15, 5.26) | 0.020  |

Models were adjusted for baseline age groups, sex, education, living alone, body mass index, cardiovascular diseases, cerebrovascular diseases, depression, and hypertension.

“Favourable profile” refers to having at least one of the factors including healthy behaviours, active engagement in leisure activities, or moderate-to-rich social network. “Unfavourable profile” refers to having none of the factors including healthy lifestyle, active leisure activities, or moderate-to-rich social network.
**Supplementary Table 3.** Hazards ratios (HR), 95% confidence interval (CI) by profile status plus T2DM status on composite outcome of disability and death from excluding disability or death at first follow-up (n=239)\(^a\), or from excluding Mini-Mental State Examination (MMSE) \(\leq 27\) (n=232)\(^b\)

| Profile     | T2DM  | HR\(^a\) (95% CI)   | P-value | HR\(^b\) (95% CI)   | P-value |
|-------------|-------|---------------------|---------|---------------------|---------|
|             | No    | Reference           |         | Reference           |         |
| Unfavourable| No    | 1.55 (1.17, 2.05)   | 0.002   | 1.70 (1.33, 2.18)   | <0.001  |
| Favourable  | Yes   | 1.13 (0.89, 1.43)   | 0.298   | 1.23 (0.98, 1.55)   | 0.072   |
| Unfavourable| Yes   | 2.39 (0.98, 5.87)   | 0.055   | 2.44 (1.14, 5.22)   | 0.021   |

Models were adjusted for baseline age groups, sex, education, living alone, body mass index, cardiovascular diseases, cerebrovascular diseases, depression, and hypertension.

“Favourable profile” refers to having at least one of the factors including healthy behaviours, active engagement in leisure activities, or moderate-to-rich social network. “Unfavourable profile” refers to having none of the factors including healthy lifestyle, active leisure activities, or moderate-to-rich social network.
Supplementary Figure 1. Study flowchart for baseline and follow-up assessments