***eLife’s* transparent reporting form**

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**Sample-size estimation**

* You should state whether an appropriate sample size was computed when the study was being designed
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* If no explicit power analysis was used, you should describe how you decided what sample (replicate) size (number) to use

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We analyzed existing data from multiple prospective longitudinal studies. Sample sizes are detailed in the results section when each sample is first introduced.

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We analyzed existing data from multiple prospective longitudinal studies. Details on the measurements of key variables are provided in the methods section of the main text and supplemental methods.

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* Statistical analysis methods should be described and justified
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* For each experiment, you should identify the statistical tests used, exact values of N, definitions of center, methods of multiple test correction, and dispersion and precision measures (e.g., mean, median, SD, SEM, confidence intervals; and, for the major substantive results, a measure of effect size (e.g., Pearson's r, Cohen's d)
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Details on statistical analysis are reported in the “statistical analysis” section of the Methods section. We report effect-sizes in terms of Pearson r and Cohen’s d in the results section, along with 95% Confidence intervals. We specifically note instances in which associations are not statistically different from zero at the alpha=0.05 threshold. P-values for all analyses are reported in the supplemental tables.

(For large datasets, or papers with a very large number of statistical tests, you may upload a single table file with tests, Ns, etc., with reference to sections in the manuscript.)

**Group allocation**

* Indicate how samples were allocated into experimental groups (in the case of clinical studies, please specify allocation to treatment method); if randomization was used, please also state if restricted randomization was applied
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There were no experimental assignments to treatment condition in this analysis. We include analysis of data from the CALERIE randomized trial. We were not involved in the conduct of that trial and did not execute group assignment.

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Please indicate the figures or tables for which source data files have been provided:

The data analyzed in this study concern human participants in ongoing longitudinal studies or, in the case of the CALERIE Trial, a concluded randomized trial. Data for these studies are not available without specific agreements to ensure protection of participant data privacy. Details about data access are reported in the methods section of the article. We have included our analysis code (Stata software) as a supplementary file.