a

Centenarians (n=967)

Study: Tokyo Centenarian Study (TCS) ref: Gondo Y. *et al* (2006)
Target age: ≥100yo.
Entry period: Sept. 2000 ~ Oct 2003
Follow up period: ~ July 2018
Number of Entry: 238

Study: Japan Semi-supercentenarian Study (JSS) ref: ref: Arai Y. *et al* (2014)
Target age: ≥105yo.
Entry period: Sept. 2002 ~ March 2019
Follow up period: ~ March. 2019
Number of Entry: 729

↓ no cHMW Adiponectin data: 155

812 (127 men (median age: 105.3 yo [IQR: 100.9–106.8]), 685 women (median age: 106.0 yo [IQR: 103.9–107.2]))

b

The very old (n=1,568)

Study: The Tokyo Oldest Old Survey on Total Health (TOOTH)
Target age: ≥85yo. ref: Arai Y *et al.* (2010)
Entry period: March 2008 ~ Dec. 2009
Follow up period: ~ Jan. 2016
Number of Entry: 542

Study: Kawasaki Aging and Wellbeing Project (KAWP)
Target age: 85-89yo. ref: Arai Y *et al.* (2021)
Entry period: March, 2017 ~ Dec. 2019
Follow up period: ~ Sep 2022
Number of Entry: 1026

↓ no cHMW Adiponectin data: 7
out of age (≥90 yo): 63

1,498 (724 men (median age: 86.9 [IQR: 85.9–88.2]), 774 women (median age: 87.0 years [IQR: 86.0–88.4]))

ref:

Gondo Y, *et al.* Functional status of centenarians in Tokyo, Japan: developing better phenotypes of exceptional longevity. *J Gerontol A Biol Sci Med Sci* **61**, 305-310 (2006).

Arai Y, *et al.* Physical independence and mortality at the extreme limit of life span: supercentenarians study in Japan. *J Gerontol A Biol Sci Med Sci* **69**, 486-494 (2014).

Arai Y, *et al.* The Tokyo Oldest Old survey on Total Health (TOOTH): a longitudinal cohort study of multidimensional components of health and well-being. *BMC Geriatr* **10**, 35 (2010).

Arai Y, *et al.* Behavioral changes and hygiene practices of older adults in Japan during the first wave of COVID-19 emergency. *BMC Geriatr* **21**, 137 (2021).