Supplementary Table 1. Five-year changes in blood 25-hydroxyvitamin D concentrations (nmol/L) according to age group by sex

Age group (years) Men Women P value by *t*-test

<50 −2.3 (SD 16.0, N 16) 5.3 (SD 10.6, N 23) 0.0821

50-59 −1.0 (SD 15.3, N 49) 2.6 (SD 12.0, N 85) 0.1393

60-69 −3.5 (SD 15.0, N 231) −1.2 (SD 11.8, N 369) 0.0460

≥70 −6.1 (SD 15.3, N 142) −1.1 (SD 14.0, N 129) 0.0062

Total −4.0 (SD 15.2, N 438) −0.4 (SD 15.2, N 606) <0.0001

Data are presented as mean (standard deviation, number of participants)

Supplementary Table 2. Five year changes in body weight\* (kg) according to age group by sex

Age group (years) Men Women P value by *t*-test

<50 −1.6 (SD 3.3, N 14) 0.7 (SD 2.9, N 22) 0.0352

50-59 −0.5 (SD 2.5, N 40) −0.2 (SD 2.9, N 75) 0.6577

60-69 −0.4 (SD 3.0, N 207) −0.4 (SD 2.4, N 351) 0.9416

≥70 −0.4 (SD 3.0, N 137) −0.9 (SD 2.5, N 124) 0.1588

Total −0.5 (SD 2.8, N 398) −0.5 (SD 2.5, N 572) 0.9824

Data are presented as mean (standard deviation, number of participants)

\*Pearson's correlation coefficients between Δbody weight and Δ25(OH)D are −0.02 (P=0.6282) in men and −0.05 (P=0.1981) in women