

Supplementary Table 1: Descriptive statistics of the sample variables

	Frequency	Percentage
Gender		
Women	3076	53.83
Men	2507	46.17
Age		
50 to 64 years old	1946	47.41
65 to 79 years old	2350	34.72
80 years or more	1287	17.87
Marital Status		
Without a partner	1378	24.68
With a partner	4205	75.32
Job situation		
Pensioner	2714	49.33
Employed	1005	18.27
Housewife	1159	21.07
Others	624	11.34
Self-rated health		
Excellent	228	4.08
Very well	883	15.82
Well	2125	38.06
Reasonable	1528	27.37
Poor	819	14.16
Number of medicines taken		
0 to 1 medicines/day	2503	44.95
2 or more medicines/day	3066	55.05
Limitation of basic activities of daily living		
Does not have any limitation	4861	88.57
Has some type of limitation (1-7 items)	722	11.43
Limitation of instrumental activities of daily living		
Does not have any limitation	4408	82.41
Has some type of limitation (1-9 items)	1175	17.60
Degree of satisfaction with social network		
Low or moderate degree of satisfaction (0 – 8 items)	1714	31.41
High degree of satisfaction (9 - 10 items)	3372	68.59
Revised UCLA Loneliness Scale		
Does not feel loneliness	3466	67.26
Feels some degree of loneliness (4 – 9 items)	1549	32.74
Number of friends in social network		

No friends	4045	77.92
1 to 7 friends	941	22.08
Number of family members in social network		
No family members	281	4.97
1 to 5 or more	4705	95.03
	Mean	SD
Age (years)	70.28	10.55
Years of education	8.67	5.11
Number of chronic pathologies	1.95	1.62
Number of medicines	2.14	1.85
EURO depression scale (0-12 items)	2.47	2.62
Memory problems	3.30	0.91
Sensory problems (hearing)	2.93	0.95
Sensory problems (sight)	2.94	0.90
Physical and emotional health component	69.08	16.93
Functional ability component	90.79	19.25
Cognitive and sensory ability component	49.33	16.38
Level of wealth (€000's)	220.91	262.60
Satisfaction with social network (1-10 items)	8.86	1.28
Number of family members in social network	2.14	1.44
Number of friends in social network	0.27	0.65
Revised UCLA Loneliness Scale (3 – 9 items)	3.72	1.33
Weighted values		