

**Cognition in people aged 80 years and older:  
determinants and predictors of change  
from a population-based representative study in Germany**

SUPPLEMENTARY MATERIAL

---

**Selection and Allocation of Lifestyle Activities in the NRW80+ Study for the Present Analyses**

The selection of lifestyle activities evaluated in the NRW80+ study was based on lifestyle activities evaluated in the Berlin Aging Study (BASE) (Baltes et al., 1999), with additional low-threshold activities in old age (e.g., 'going for a walk', 'welcoming guests', 'brain games / cognitive training', 'reading', 'watching TV'). In concordance with the BASE study, the referring time frame for executed activities was the last 12 months.

Lifestyle activities were allocated to three activity domains by two independent raters (TB and AO): (i) *social lifestyle activities*, including 'meeting friends', 'going to a café or restaurant', 'traveling', 'going to a cinema, going to a concert, theatre, opera or a museum', 'playing board games', 'political engagement', 'welcoming guests'; (ii) *physical lifestyle activities* including 'doing sports', 'traveling', 'going for a walk'; and (iii) *cognitive lifestyle activities*, including 'traveling', 'going to a cinema, going to a concert, theatre, opera or a museum', 'artistical activities (e.g., painting, singing, writing poems)', 'playing board games', 'continuing education', 'political engagement', 'brain games / cognitive training', 'reading', 'watching TV'.

Additionally, free text answers to the items 'hobbies' (e.g., gardening, knitting, craftsmanship) and 'volunteer work' were coded and allocated to the three lifestyle activity domains by two independent raters (AC and AO). One activity could be allocated to more than one of the three activity domains.

Baltes, P. B., Mayer, K. U., Helmchen, H., & Steinhagen-Thiessen, E. (1999). The Berlin Aging Study (BASE): Sample, Design, and Overview of Measures. In *The Berlin Aging Study: Aging from 70 to 100* (pp. 15-55): Cambridge University Press.