Subjects who had received health examinations at Sendai Oroshisho Center in 2009
(n = 1263; males = 973; females = 290)

Subjects who did not consent to participation were excluded (n = 48)

Subjects who provided informed consent and participated in additional assessments of physical function, lifestyle, depressive status and blood
(n = 1215; males = 933; females = 282)

Females were excluded (n = 282)

Subjects for whom data on common cold were not available were excluded (n = 26)

Subjects for whom data on alcohol intake were not available were excluded (n = 7)

Subject for whom data on other variables were not available was excluded (n = 1)

Subjects included in the final analysis (n = 899)