

1 **Sex-specific body mass ageing trajectories in adult Asian**
2 **elephants**

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Abstract

In species with marked sexual dimorphism and where one sex undergoes stronger intrasexual competition, that sex is expected to age earlier or quicker. Here, we utilise a unique, longitudinal dataset of a semi-captive population of Asian elephants (*Elephas maximus*), a species with marked male-biased intrasexual competition, with males being larger and living shorter, and test the hypothesis that males show earlier and/or faster body mass ageing than females. We show sex-specific body mass ageing trajectories: adult males gained weight up to the age of 48 years old, followed by a decrease in body mass until natural death. In contrast, adult females gained body mass with age until a body mass decline in the last year of life. Our study shows that sex-specific life-histories shape ageing patterns, consistent with the predictions of the classical theory of ageing.

Keywords: senescence, sex-differences, terminal decline, *Elephas maximus*, long-term data

16 **Introduction**

17 Ageing – a decline in organismal functioning with age (Monaghan et al., 2008) – has
18 been observed in many species (Jones et al., 2014). However, the onset and rates of
19 ageing differ both between (Jones et al., 2014) and within species (Nussey et al.,
20 2007) and between sexes (Douhard et al., 2017). A main challenge in ageing
21 research is to quantify and explain such differences in the onset and rates of ageing
22 (Rando & Wyss-Coray, 2021).

23 In species with sex-specific intrasexual competition, classic theory predicts that the
24 sex with the highest intrasexual competition has a shorter lifespan and an earlier
25 onset and/or higher rate of ageing (Maklakov & Lummaa, 2013). The rationale is that
26 high intrasexual selection often results in one sex showing conspicuous displays or
27 aggressive intrasexual behaviours, leading to increased mortality and a *live fast, die*
28 *young* pace of life (Bonduriansky et al., 2008; Clutton-Brock & Isvaran, 2007;
29 Maklakov & Lummaa, 2013). Accordingly, in polygynous species with male-biased
30 intrasexual competition, males often die earlier (Lemaître et al., 2020) and age earlier
31 or faster than females (Beirne et al., 2015; Clutton-Brock & Isvaran, 2007; Douhard et
32 al., 2017; Nussey et al., 2009; Tidière et al., 2015). However, recent conceptual
33 developments have shown that this association can be disrupted. This can occur for
34 example because of condition-dependent extrinsic mortality selecting particularly
35 high-performing individuals in the population (Chen & Maklakov, 2014) or
36 canalisation (*i.e.* the more a trait contributes to fitness, the less it should deviate from
37 optimal trait value, with respect to environmental variation (Flatt, 2005)), thereby
38 contradicting the theoretically expected earlier or faster ageing in males. The extent
39 to which such phenomena occur in nature remains unknown.

40 Here, we used a unique long-term dataset to describe sex-specific body mass ageing
41 trajectories in a nutritionally unsupplemented semi-captive timber population of Asian
42 elephants (*Elephas maximus*) living in their natural environment in Myanmar. Body
43 mass is of interest in the study of ageing because it is positively associated with key
44 life-history traits such as reproduction and lifespan in many non-human species
45 (Hämäläinen et al., 2014). Accordingly, in Asian elephants, seasonal variation in body
46 mass was positively associated with survival the following month (e.g. low body mass
47 was associated with low survival during dry season) (Mumby, Mar, et al., 2015).

48 However, we know almost nothing about body mass ageing in elephants despite the
49 interest in studying ageing in such a long-lived, social and sexually dimorphic non-
50 human species. While females live in kin groups, adult males often roam solitary,
51 undergo a more intense intrasexual competition for dominance and mating (Sukumar,
52 2003) and hence are bigger, heavier (Mumby, Chapman, et al., 2015), more
53 aggressive and less sociable (Seltmann et al., 2019) and shorter-lived than females
54 (respective median lifespans: 30.8 and 44.7 years) (Lahdenperä et al., 2018). Based
55 on this male-biased intrasexual competition and shorter lifespan, and following the
56 classic theory of ageing, we expected males and females to display different body
57 mass ageing trajectories as should be evidenced by an earlier onset and/or faster
58 body mass loss in males than females (Bonduriansky et al., 2008; Maklakov &
59 Lummaa, 2013).

60 **Material and methods**

61 **Study population**

62 We studied the world's largest semi-captive Asian elephant population
63 consisting of around 3,000 individually-marked elephants owned by the government-
64 run Myanma Timber Enterprise (MTE) (Leimgruber et al., 2008). Their birth, death,
65 pedigree details, and morphological measurements have been recorded for almost a
66 century by local veterinarians. These elephants are distributed across Myanmar in
67 forest camps and used as riding, transport and drafting animals. Elephants work
68 during the day and, at night, they socialise, mate and forage freely, unsupervised in
69 forests (Oo, 2010; Zaw, 1997). There are no husbandry procedures and timber
70 elephants are never culled. Calves born in captivity are cared for and nursed by their
71 biological mother and allomothers (Lahdenperä et al., 2016; Lynch et al., 2019).
72 Therefore, breeding rates are natural with no reproductive management. Moreover,
73 there is minimal food provisioning, but elephants benefit from veterinary care that
74 consists of treatment of simple injuries and monitoring of working conditions.

75 Both males and females are used in the workforce, and each working group of six
76 elephants is composed of both sexes. Males and females follow the same
77 government set limitations on taming age, working and retirement age, working-days
78 per year, hours of work per day and tonnage pulled annually apply to both sexes,
79 although it is possible that males might be used for somewhat different working tasks
80 at times (e.g. when use of tusks is required; only males can possess long tusks in
81 Asian elephants). Pregnant females are given a rest period from mid-pregnancy
82 (around 11 months into gestation) until the calf is 1-year-old (Toke Gale, 1974), while
83 they and their calf are being monitored by their mahouts (individual caretakers and
84 riders) throughout this period. Following this break, mothers are used for light work
85 but are kept with calves at heel and able to suckle on demand until the calf is four or
86 five years old (Oo, 2010) at which point calves are assigned a rider, name, logbook

87 and registration number. After the training period, elephants are used for light work
88 duties until the age of 17, when they enter the full workforce until retirement around
89 age 50. The MTE maintains their care and logbooks until death.

90 **Data collection and selection**

91 Our analyses focused on age- and sex-specific variation in adult body mass
92 from age 18 onwards, omitting the phase during which elephants grow in height
93 (Mumby, Chapman, et al., 2015). From the logbooks, we extracted 1,901 body
94 masses of 347 elephants with known sex, year of birth ('YOB'), alive or dead status,
95 origin (captive-born or wild-caught) and measurement season (hot: Feb-May,
96 monsoon: Jun-Sep, cold: Oct-Jan (Mumby, Mar, et al., 2015)) from 325 working
97 localities ('township'). Study elephants were aged 18 – 72 years (mean = 39.3) and
98 born 1941 – 1999. Age and cohort information were comparable between sexes, with
99 171 males (n = 1,316) born 1954 – 1999 and aged 18 – 64 years (mean = 37.4), and
100 322 females (n = 2,570) born 1941 – 1999 and aged 18 – 72 years (mean = 40.2).

101 When body mass measurements were not available, we estimated body
102 masses using height to the shoulder and chest girth (n = 1,985 measurements on
103 342 individuals, method in Supplementary Information 1). In Asian elephants, chest
104 girth reflects changes in mass in addition to the fixed effect of structural size during
105 adulthood (details in SI2).

106 Most elephants of this semi-captive population get at least occasionally
107 measured for height and chest girth, with no selection with respect to their age, sex
108 or condition. Body mass is measured only in camps provided with measurement
109 scales (mainly in regions with the highest concentrations of elephants and the best
110 accessibility). All elephants within the reach of those camps get weighed, again

111 without any bias regarding their age, sex or condition. The logbooks containing these
112 measurements have thus far been translated from Burmese to English mainly from
113 the Sagaing region for logistic reason, but again without any bias or pre-selection of
114 certain individuals.

115 In total, we obtained a median of 4.0 measurements/individual [2.5 – 97.5th
116 percentiles: 1.0 – 36.4], followed for a median period of 2.8 years [2.5 – 97.5th: 0.0 –
117 36.6] on 493 elephants (n = 3,886). Two influential observations measured at age 18
118 and 23 were removed for one male because of particularly low Δ age (Cook's
119 distance = 0.61 and 0.25, mean of 0.001 on all males). Other observations for this
120 male, all after age 50, were included.

121 **Statistical analyses**

122 We investigated the age- and sex-specific variation in body mass in R version
123 4.0.5 (R Core Team, 2020), using the log-transformed body mass as a dependent
124 variable with a normal error distribution. We first tested whether there were sex-
125 specific ageing trajectories (table S2) and then compared the sex-specific ageing
126 trajectories using general additive mixed models (GAMs) with cubic regression
127 splines (but note that other spline functions gave similar conclusions to those shown
128 here) and general linear mixed models (GLMs), with respectively the functions
129 'gamm' of the package 'mgcv' (Wood, 2017) and the function 'lmer' of the package
130 'lme4' (Bates et al., 2015). GAMs allow more flexible ageing trajectories than GLMs,
131 but the more constrained ageing trajectories in GLMs allow a less descriptive
132 identification of differences in ageing trajectories (figure S1) and both approaches
133 gave consistent conclusions (see results section). We identified the best fitting
134 models using the model selection approach based on the second order Akaike

135 Information Criterion (AICc) as implemented in the package ‘MuMIn’ (Bartoń, 2019).
136 In brief, the best fitting model has the lowest AICc value, with other models within 4
137 Δ AICc being plausible and models become increasingly equivocal up to 14 Δ AICc,
138 after which they become implausible (Burnham et al., 2011). Visual inspection of
139 model residuals confirmed that these fulfilled all assumptions of distribution and
140 homogeneity without any influential data points or outliers (see above).

141 *Within- vs. between-individual change*

142 In all models, we accounted for non-independence of data due to repeated
143 measurements from the same individual by including elephant identity (‘ID’) as a
144 random intercept. The composition of the population can change with age for
145 example due to selective disappearance of certain (e.g. lighter or heavier) individuals,
146 which can affect the age trajectory. In order to alleviate this problem to the best
147 possible in this long-lived species, we decomposed body mass changes with age into
148 between- and within-individual changes following the approach developed by van
149 de Pol & Verhulst, 2006 and van de Pol & Wright, 2009 using two terms: *i*) the age at
150 last measurement for each individual, which captures the between-individual
151 variations and *ii*) a ‘ Δ age’ term (age at measurement minus the individual’s mean age
152 for all measurements) capturing the within-individual changes with age. We mean-
153 centred and standardised ‘ Δ age’ so that *i*) individuals measured once all get a Δ age
154 = 0 and hence contribute to the variance of the Δ age intercept but not to its slope and
155 *ii*) to avoid collinearity and to have comparable variance for Δ age and Δ age² (Bolker,
156 2008; Zuur et al., 2009). Our dataset included 105 individuals with one measurement
157 after the age of 18 and we included these individuals by giving them Δ age = 0 (*i.e.*
158 mean-centred) so they do not contribute to the coefficient but do contribute to the
159 variance along the Y axis on Δ age = 0, diminishing the likelihood of a false positive,

160 and ii) do contribute to the coefficient of the age at last measurement term, thereby
161 avoiding a bias in the dataset from selecting only the longer-lived or most monitored
162 individuals.

163 *Testing ageing trajectories*

164 We tested several within-individual ageing trajectories: GAMs can have any
165 shape and for GLMs we tested linear, quadratic, threshold and terminal models
166 (figure S1) and we selected the ageing trajectory with the lowest AICc. For GAMs, we
167 identified the age at which maxima occurred based on the first-order derivative ($= 0$)
168 using the function 'fderiv' of the package 'gratia' (Simpson & Singmann, 2021). For
169 threshold models (figure S1C), we followed the approaches previously developed in
170 Briga et al., 2019 and Douhard et al., 2017. In brief, we first identified the best-fitting
171 threshold age in a series of models, varying the threshold in the ' Δ age' term between
172 -35 to 22 years with intervals of one Δ age (1 mean-centered Δ age = 4.4 and 4.5
173 years for males and females respectively) and estimated the threshold and its
174 confidence intervals using $\pm 4 \Delta$ AIC age range. Then we compared the best-fitting
175 threshold model with the other ageing trajectories. Sometimes, declines in trait value
176 appear shortly before death (terminal decline). We coded a 'terminal' change (figure
177 S1D) as a binomial factor for whether an individual died during the year following the
178 measurement. We used a one-year-window to avoid a possible seasonal covariation
179 in weight and because it was the best fitting time-window, but note that models with
180 other time-windows gave consistent conclusions (figure S3).

181 *Accounting for temporal and spatial variation in body mass*

182 As body mass variation can be influenced by seasonal, spatial and within-
183 individual factors, we tested whether body mass values were affected by (i)

184 measured or estimated, (ii) individuals were alive or dead, (iii) captive- or wild-born
185 and (iv) the measurement season. To this end we used a combination of backward
186 elimination and forward selection approaches, *i.e.* first we analysed the models
187 including these covariates using the most complex ageing trajectory, identified that
188 none of these factors improved the model, then we eliminated these co-variables from
189 the model, identified the best fitting ageing trajectory, and then we repeated the final
190 models obtained with these covariates and identified again that none of these
191 improved the model fit or altered the previously obtained conclusions (table S3). In
192 our models, we included as random intercepts individual identity to account for the
193 repeated measurement of the same individual. We also included ‘township’ to
194 account for the spatial clustering of individuals across Myanmar (except in male
195 GLMs which lacked power), although actually adding township worsened the model
196 fit (male GAM: $\Delta\text{AICc} = +1.5$; female GAM: $\Delta\text{AICc} = +0.6$).

197 **Results**

198 At the measurements’ starting age of 18 years, males were on average 253 kg
199 heavier than females, weighing respectively 2,559 kg [95%CI: 2,431 – 2,694] and
200 2,306 kg [95%CI: 2,258 – 2,355] and this difference was statistically significant
201 ($\Delta\text{AICc} = -122.6$ in a GLM with vs without sex as a fixed effect).

202 We identified the elephants body mass ageing trajectories using general additive
203 models (GAMs) and general linear models (GLMs) and both approaches gave
204 consistent results. Both analyses showed that sexes have different body mass
205 ageing trajectories (GAM: $\Delta\text{AICc} = -65.7$, figure 1, table S2; GLM: $\Delta\text{AICc} = -47.0$,
206 figure 2, table S2) and hence, we identified the ageing trajectories for both sexes
207 separately.

208 For males, both GAMs and GLMs indicated a body mass gain from age 18 years until
209 their late-forties or early fifties (GAM maximum: 54 years, 95%CI: 53 – 56, figure S2;
210 GLM maximum: 48.3 years, 4 AICc CI: 46.6 – 52.3, figure 2A), followed by a decline
211 until death (figure 1A, figure 2A, Table 1). In GLMs, this maximum was shown
212 through the best fit of a threshold model ($\Delta\text{AICc} = -30.4$ compared to a linear
213 trajectory): males gained mass at a rate of 21 kg/year [95%CI: 19.1 – 23.4] or 0.9%
214 [95%CI: 0.9 – 1.0] of males' mean body mass and then lost mass at a rate of 28
215 kg/year [95%CI: 14.6 – 41.3] or 1.3% [95%CI: 0.7 – 1.8] of males' mean body mass
216 (figure 2A). Regarding the decline, neither GAMs nor GLMs showed confident
217 statistical support that it was terminal (*i.e.* determined by time before death rather
218 than age): in GAMs, models with and without the terminal term were almost
219 equivalent ($\Delta\text{AICc} = +0.01$, Table 1) and in GLMs adding a terminal term worsened the
220 model fit ($\Delta\text{AICc} = +5.0$, Table 1, figure S3A).

221 For females, both GAMs and GLMs indicated a body mass gain throughout their lives
222 until a terminal decline during their last year of life (figure 1B, figure 2B, Table 1).
223 GLMs indicated a mass gain of 8 kg/year [95%CI: 7.4 – 10.3] or 0.3% [95%CI: 0.3 –
224 0.4] of females' mean body mass ($\Delta\text{AICc} = -6.7$, Table 1). Loss of body mass
225 occurred in the last year of life (GAM: $\Delta\text{AICc} = -12.2$, Table 1, figure 1B; GLM: ΔAICc
226 $= -4.9$, Table 1, figure 2B, figure S3B) and consisted of 173 kg [95%CI: 80 – 263] or
227 6.8% [95%CI: 3.2 – 10.4] of their mean body mass. For comparison, the extent of the
228 terminal decline in males, if any, is just over half that in females at 97 kg [95%CI: -20
229 – 207] or 4.3% [95%CI: -0.9 – 9.2] of males' mean body mass (quantified in the
230 aforementioned best-fitting threshold model).

231 Discussion

232 We tested whether in a species with marked male-biased intrasexual competition,
233 males showed an earlier and/or faster rate of body mass ageing than females. Both
234 sexes gained mass during early adulthood. However, the onset of body mass ageing
235 differed between both sexes: males began to lose mass from 48.3 years old
236 onwards. In contrast, females lost body mass generally at an older age, namely in
237 their last year of life. Compared to a previous study on growth curves of this
238 population (Mumby, Chapman, et al., 2015), we are now using a larger dataset,
239 including older and more numerous retired individuals. This allowed us to evidence
240 body mass ageing in this species, which was not possible until now. Here we discuss
241 the implications of our results in the light of theories of ageing (Williams, 1957) and of
242 the management of Asian elephants.

243 Asian elephants show male-biased intra-sexual competition, with males being more
244 aggressive (Seltmann et al., 2019), fighting more for dominance and showing higher
245 rates of mortality at all ages than females, including during early development, as
246 calves and during adulthood (Lahdenperä et al., 2018). In such species, classic
247 theory predicts that males should show an earlier onset or accelerated ageing
248 (Williams, 1957). Indeed, in several polygynous mammals, males display higher rates
249 of body mass declines than females, suggested to be due to their stronger
250 intrasexual competition (Beirne et al., 2015; Clutton-Brock & Isvaran, 2007). Our
251 results are consistent with those studies and with the prediction of the classic theory
252 of ageing. Moreover, our results are inconsistent with later alternatives that suggest
253 that the prediction of the classic theory can be disrupted by high early-life condition-
254 dependent mortality in males (Chen & Maklakov, 2014) or by canalisation (Flatt,
255 2005).

256 Our study is subject to a number of limitations when it comes down to identifying why
257 sexes may differ in their ageing trajectories. First, it is possible that male elephants in
258 our timber elephant population are used more for tasks requiring strength or tusks,
259 thereby causing an earlier onset of body mass declines in males than in females.
260 However, both sexes fall under the same government-set workload, care and
261 retirement regulation, except for females' maternity leave. One substantial difference
262 between sexes is that parental care is concentrated on females, with for example
263 only females being given 'parental leave' following reproduction (Toke Gale, 1974).
264 However, since maternity is energetically expensive and no more favourable than
265 timber working, this is unlikely to lead to the delayed onset of body mass declines in
266 females. An ideal test would be to analyse the effect of timber work and maternity
267 leave on body mass dynamics. Second, elephants have a specific dentition that
268 consists of molar teeth that eventually wear down at the end of their lives, and
269 pathologic malocclusions or lack of molars can lead to weight loss and death by
270 starvation. Although both sexes have the same molar dental anatomy, it is possible
271 that the earlier onset of body mass declines in males may reflect sex-specific
272 differences in tooth wear rather than sex-specific sexual selection. Indeed, in captive
273 elephants, dental problems have been described well before the age at onset of the
274 terminal decline found in this study (Gaillard et al., 2015) and, if there is sex-specific
275 tooth wear, this could be associated with the earlier onset of body mass ageing in
276 males. Third, male elephants have recurring periods of physiological "musth"
277 throughout their adult lives, which can temporarily but profoundly impact the body
278 mass of individual males (Eisenberg et al., 1971) thereby affecting the body mass
279 ageing trajectory. Fourth, in our study, we did not find any evidence for body mass-
280 based selective disappearance, but, as it is often the case in long-lived species, the

281 average longitudinal individual monitoring is short relative to the lifespan of this
282 species (e.g. Global BMI Mortality Collaboration et al., 2016; Prospective Studies
283 Collaboration, 2009), and hence we only have limited power to detect such
284 association. It is possible that there are sex-specific dynamics of selective
285 disappearance, but whether that is the case in Asian elephants remains to be shown.
286 An analysis with more longitudinal data would be useful to tackle this question. Fifth,
287 for both sexes, it is possible that maximum body mass is set by physiological and
288 ecological constraints as indicated by the weight growth curves found earlier in this
289 population (Mumby, Chapman, et al., 2015). These constraints could be to some
290 extent sex-specific, although at this point, we can only speculate as to why these
291 constraints may drive sex-specific ageing trajectory. Finally, we found a maximum
292 body mass in males but not in females. This sex-specific differences could be driven
293 by the fact that male elephants benefit more than females from being heavy during
294 intrasexual competition (Sukumar, 2003). However, another factor to take into
295 account is that retirement occurs at around 50 years in both sexes, which likely
296 diminishes physical exercise and allows more time for foraging, thereby continuing
297 the weight gain. The reduced intrasexual competition in females relative to males,
298 together with this retirement, could lead to the continued mass gain of females. Given
299 that elephants in the wild do not experience timber labour and retirement, we cannot
300 exclude that the sex-specific body mass ageing trajectories could be different in a
301 wild (non-working) population of Asian elephants compared to those found in our
302 study.

303 We found that females experienced a terminal body mass decline in the last year of
304 life. Our data contain both males and females among the oldest ages (>50), hence
305 sex-specific terminal decline is unlikely to emerge from differences in lifespan. In

306 European badgers (*Meles meles*), a species in which females outlive males, both
307 sexes displayed terminal body mass declines (Beirne et al., 2015). It is possible that
308 the sex-specific terminal declines in our study resulted from differences in power, with
309 5 old dead males and 18 old dead females. Indeed, for both males and females, the
310 coefficient and effect size of the terminal terms were negative, but the effect size in
311 males remained about half of that in females (Cohen's $d_{\text{males}} = -0.045$ [-0.10, 0.01],
312 Cohen's $d_{\text{females}} = -0.071$ [-0.11, -0.03]). Hence, it is possible that the sex-specific
313 terminal effect is driven by power issues and we look forward to testing that with
314 several more years of monitoring.

315 Terminal declines emphasise that the chronological age is rarely a perfect estimation
316 of the biological age which can better describe the 'true biological state' of an
317 organism (Klemera & Doubal, 2006). In that sense, terminal decline is a biomarker of
318 health and remaining lifespan. The 'terminal illness' hypothesis refers to the age-
319 independent decrease of a trait value, related to the imminent death of the individual
320 (Coulson & Fairweather, 2001) and such terminal effects were shown for example for
321 body mass and sexual signals in mammals and birds (Beirne et al., 2015; Simons et
322 al., 2016). For which traits or under which conditions to expect terminal declines
323 remains yet poorly understood but our study highlights the importance of studying
324 sex-specific differences in ageing and illustrates the need to improve our
325 understanding of the mechanisms driving the diversity of ageing patterns in the wild.

326 This manuscript is available on a preprint server (Lalande et al., 2021).

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467 **Ethics**

468 The study was performed with the permission from the Myanmar Ministry of Natural
469 Resources and Environmental Conservation and following the University of Turku ethical
470 guidelines. Note that the University of Turku does not provide project numbers.

471

472 **Data accessibility**

473 The dataset supporting the conclusions of this article will be published on a digital repository
474 and made publicly available upon acceptance.

475

476 **Authors' contributions**

477 **Lucas D. Lalande:** Formal analysis, Data curation, Writing – Original draft, Writing – Review
478 & Editing, Visualization, **Virpi Lummaa:** Conceptualization, Supervision, **Htoo H. Aung:**
479 Investigation, Resources, **Win Htut:** Investigation, Resources, **U. Kyaw Nyein:** Investigation,
480 Resources, **Vérane Berger:** Conceptualization, Writing – Review and Editing, Supervision,
481 **Michael Braga:** Conceptualization, Writing – Review and Editing, Supervision.

482

483 **Competing interests**

484 None. We declare we have no competing interests.

485

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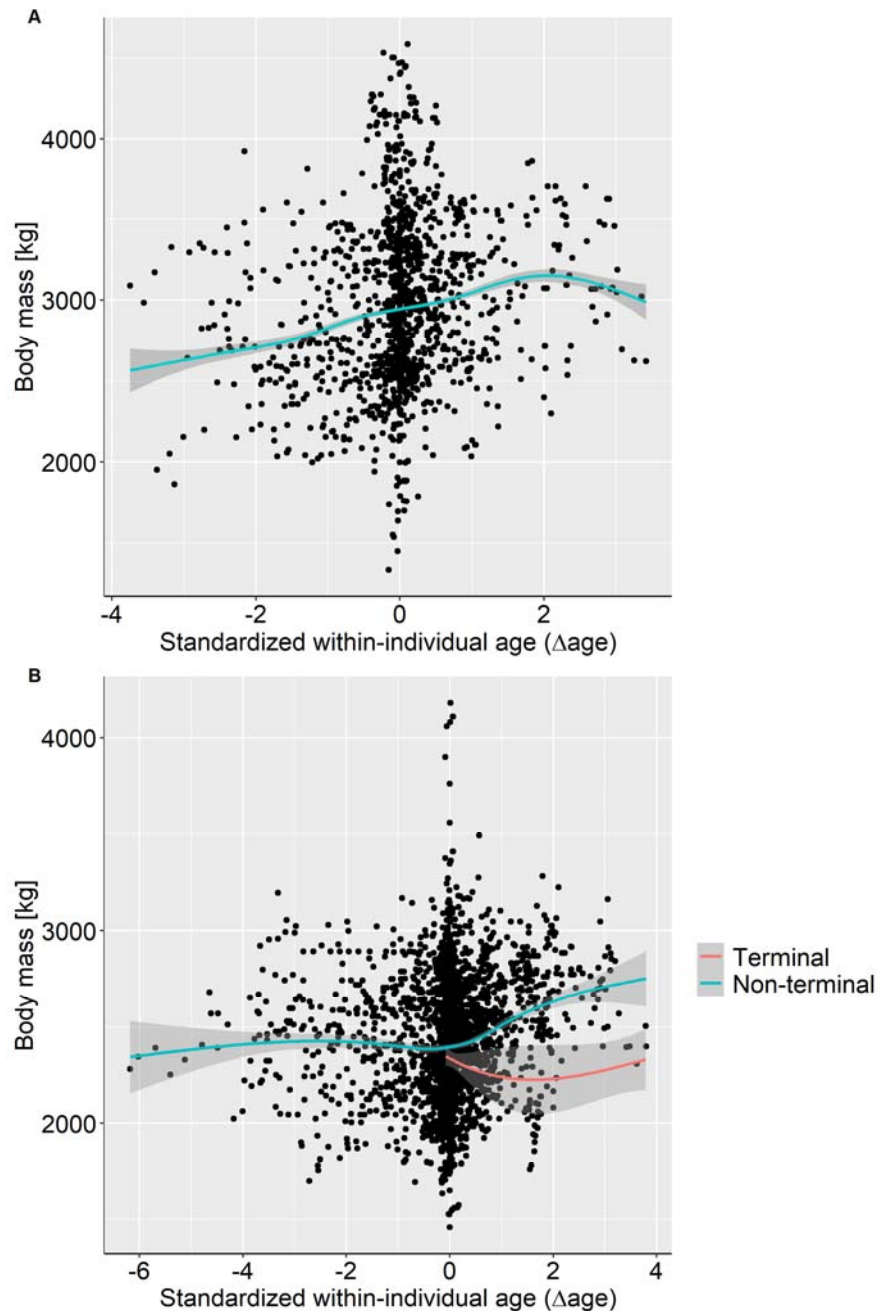
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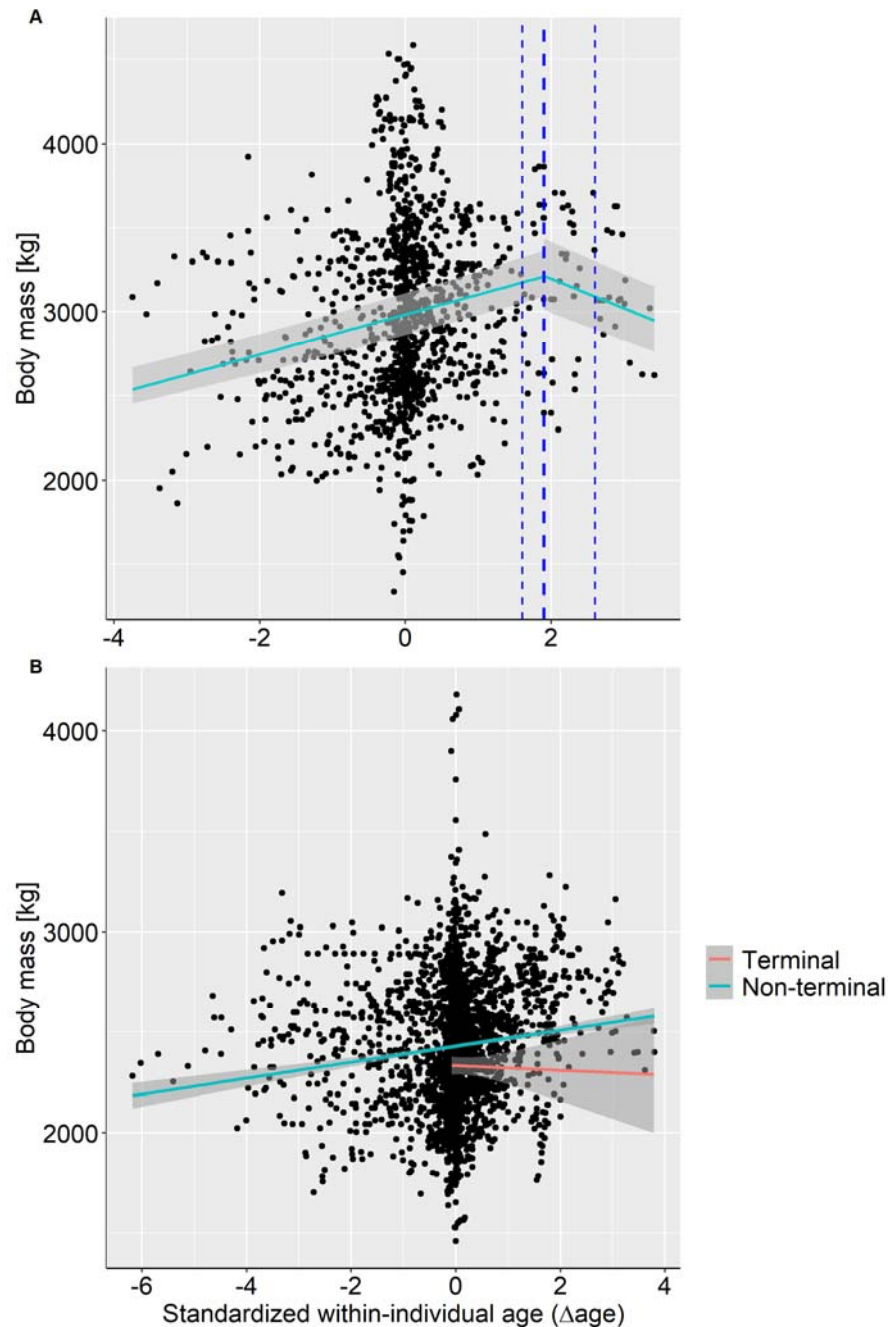
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498



499

500 **Figure 1.** Body mass ageing trajectories of (A) males (n=1,316 measurements on
501 171 individuals) and (B) females (n=2,570 measurements on 322 individuals) with
502 solid lines showing predictions of the best-fitting GAM models (table 1) and grey
503 areas 95%CI. For females, measurements in the terminal year (red) are significantly
504 lower than measurements at other ages (grey), but note that the association (slope)
505 with Δ age is for illustration purposes only and was not statistically tested.



506

507 **Figure 2.** Body mass ageing trajectories of (A) males ($n = 1,316$ measurements on
508 171 individuals) and (B) females ($n = 2,570$ measurements on 322 individuals) with
509 predictions of the best-fitting GLMs (table 1) with grey areas 95%CI. For males, the
510 thick dashed-line shows the threshold age at onset of the body mass decline (1.9 or
511 48.3 years) with thin dashed-lines the 4 Δ AICc-CI [46.6, 52.3]. For females,
512 measurements in the terminal year (red) are significantly lower (intercept) than
513 measurements at other ages (blue). Note that the terminal slope is for illustration
514 purposes only and was not statistically tested.

515 **Table 1.** Best fitting body mass ageing trajectories (bold) for males and females, using GAMs (top) and GLMs (bottom) with for
 516 each model ageing trajectories ranked from the least to the most complex. AICc: second-order Akaike Information Criterion; Δ AICc:
 517 change in AICc relative to the best fitting model; k: degrees of freedom.

Model type		Model	k	Males AICc	Δ AICc	k	Females AICc	Δ AICc
GAM								
	null	$\log(\text{bm}) \sim 1$	4.0	-2,835.8	386.1	4.0	-5,422.6	217.1
	smooth1	$\log(\text{bm}) \sim s(\Delta\text{age}) + \text{age-last}$	8.1	-3,221.9	0.0	8.7	-5,613.9	25.8
	+terminal	$\log(\text{bm}) \sim \text{terminal} + s(\Delta\text{age}) + \text{age-last}$	9.1	-3,221.9	0.0	10.0	-5,627.3	12.4
	smooth2	$\log(\text{bm}) \sim s(\Delta\text{age}) + \text{age-last} + \text{age-last}^2$	9.1	-3,221.2	0.7	9.7	-5,627.5	12.2
	+terminal	$\log(\text{bm}) \sim \text{terminal} + s(\Delta\text{age}) + \text{age-last} + \text{age-last}^2$	10.1	-3,221.3	0.6	10.9	-5,639.7	0.0
GLM								
	null	$\log(\text{bm}) \sim 1$	3.0	-2,830.3	364.0	4.0	-5,442.9	160.7
	linear	$\log(\text{bm}) \sim \Delta\text{age} + \text{age-last}$	5.0	-3,163.9	30.4	6.0	-5,586.1	17.5
	+terminal	$\log(\text{bm}) \sim \text{terminal} + \Delta\text{age} + \text{age-last}$	6.0	-3,158.7	35.6	7.0	-5,592.3	11.3
	age-last ²	$\log(\text{bm}) \sim \Delta\text{age} + \text{age-last} + \text{age-last}^2$	6.0	-3,156.4	37.9	7.0	-5,598.7	4.9
	+terminal	$\log(\text{bm}) \sim \text{terminal} + \Delta\text{age} + \text{age-last} + \text{age-last}^2$	7.0	-3,151.2	43.1	8.0	-5,603.6	0.0
	Δage^2	$\log(\text{bm}) \sim \Delta\text{age} + \Delta\text{age}^2 + \text{age-last}$	6.0	-3,178.5	15.8	7.0	-5,571.6	32.0
	+terminal	$\log(\text{bm}) \sim \text{terminal} + \Delta\text{age} + \Delta\text{age}^2 + \text{age-last}$	7.0	-3,172.9	21.4	8.0	-5,577.9	25.7
	quadratic	$\log(\text{bm}) \sim \Delta\text{age} + \Delta\text{age}^2 + \text{age-last} + \text{age-last}^2$	7.0	-3,171.0	23.3	8.0	-5,584.3	19.3
	+terminal	$\log(\text{bm}) \sim \text{terminal} + \Delta\text{age} + \Delta\text{age}^2 + \text{age-last} + \text{age-last}^2$	8.0	-3,165.4	28.9	9.0	-5,589.3	14.3
	threshold	$\log(\text{bm}) \sim \Delta\text{age1} + \Delta\text{age2} + \text{age-last}$	7.0	-3,194.3	0.0	8.0	-5,580.5	23.1
	+terminal	$\log(\text{bm}) \sim \text{terminal} + \Delta\text{age1} + \Delta\text{age2} + \text{age-last}$	8.0	-3,189.3	5.0	9.0	-5,586.0	17.6
	threshold (age-last ²)	$\log(\text{bm}) \sim \Delta\text{age1} + \Delta\text{age2} + \text{age-last} + \text{age-last}^2$	8.0	-3,186.7	7.6	9.0	-5,592.6	11.0
	terminal	$\log(\text{bm}) \sim \text{terminal} + \Delta\text{age1} + \Delta\text{age2} + \text{age-last} + \text{age-last}^2$	9.0	-3,181.8	12.5	10.0	-5,596.9	6.7

518