

**Appendix 1 (as supplied by the authors):** Baseline characteristics presented for the analytic cohort and the entire cohort, NIH-AARP Diet and Health Study, 1995/1996.

	Analytic cohort <sup>a</sup>	Entire cohort
Subjects		
N	113,279	566,398
Age in 1995/1996 (yrs), mean	62	62
Sex, percent		
Women	42	40
Men	58	60
Postgraduate education, percent		
No	74	81
Yes	26	19
Ethnicity, percent		
White	95	93
Non-White	5	7
Frequency of vigorous physical activity (times/week), mean <sup>b</sup>	2.6	2.4
BMI (kg/m <sup>2</sup> ), mean	26.2	27.1
Smoking status, percent		
Never smoker	42	35
Distant past smoker <sup>c</sup>	39	40
Recent past smoker <sup>d</sup>	10	13
Current smoker	9	12

<sup>a</sup> The analytic cohort excluded participants with a history of COPD, cancer, or heart disease. Because those diseases are positively associated with adiposity, current smoking, and low socio-economic status, the analytic cohort had an anticipated slightly lower average BMI and a greater proportion of never smokers and postgraduates than the overall cohort.

<sup>b</sup> Vigorous physical activity was defined as 20 minutes or more of exercise that was sufficient to increase breathing, increase heart rate, or work up a sweat. Adherence to vigorous physical activity recommendations was defined as engaging in vigorous physical activity three or more times per week.

<sup>c</sup> Distant past smokers were defined as those who quit smoking  $\geq 10$  years ago.

<sup>d</sup> Recent past smokers were defined as those who quit smoking  $< 10$  years ago.