

**Appendix 5 (as supplied by the authors): Pooled results**

Part 1: Pooled results on resting heart rate and risk of coronary heart disease

	60-70 beats/min				70-80 beats/min				>80 beats/min				10 beats/min increment				
	N	RR (95% CI)	I2 (%)	P	N	RR (95% CI)	I2 (%)	P	N	RR (95% CI)	I2 (%)	P	N	RR (95% CI)	I2 (%)	P	
<b>Outcome</b>				<b>0.80</b>				<b>0.57</b>								<b>0.02</b>	<b>0.17</b>
Fatal	9	0.97 (0.88-1.07)	23.7		16	1.11 (1.00-1.24)	44.1		19	1.43 (1.26-1.62)	51.6		26	1.13 (1.10-1.16)	5.40		
Fatal and non-fatal combined	7	1.00 (0.90-1.11)	0.00		7	1.06 (0.97-1.15)	0.00		10	1.14 (1.01-1.29)	41.4		13	1.10 (1.07-1.13)	15.2		
<b>Follow-up duration</b>				<b>0.04</b>				<b>0.87</b>					<b>0.40</b>				<b>0.52</b>
>10 years	8	0.92 (0.84-1.00)	0.00		17	1.08 (0.99-1.19)	43.6		20	1.28 (1.13-1.44)	54.8		28	1.11 (1.08-1.14)	20.4		
≤10 years	8	1.05 (0.97-1.14)	0.00		6	1.07 (0.98-1.17)	0.00		9	1.36 (1.18-1.56)	42.9		11	1.13 (1.10-1.16)	0.00		
<b>Country</b>				<b>0.85</b>				<b>0.11</b>					<b>0.08</b>				<b>0.06</b>
Europe	6	0.86 (0.75-0.98)	0.00		15	1.15 (1.03-1.30)	33.5		15	1.48 (1.28-1.71)	34.3		20	1.14 (1.10-1.18)	18.6		
USA	4	1.00 (0.93-1.07)	0.00		6	1.00 (0.92-1.08)	9.60		7	1.13 (1.00-1.28)	65.0		11	1.07 (1.04-1.11)	0.00		
Asia	6	1.09 (0.95-1.25)	0.00		2	1.12 (0.97-1.28)	0.00		7	1.30 (1.08-1.56)	18.9		7	1.15 (1.11-1.19)	0.00		
Mixed	--	---	--		--	---	--		--	---	--		1	1.06 (0.95-1.19)	0.00		
<b>RHR assessment</b>				<b>0.77</b>				<b>0.46</b>					<b>0.26</b>				<b>0.01</b>
ECG	6	1.00 (0.89-1.13)	0.00		8	1.13 (0.99-1.30)	30.8		12	1.43 (1.20-1.72)	51.9		22	1.09 (1.05-1.12)	6.20		
Others	10	0.97	15.5		15	1.06	36.7		17	1.25	55.8		17	1.14	0.00		

Appendix to: Zhang D, Wang W, Li F. Association between resting heart rate and coronary artery disease, stroke, sudden death and noncardiovascular diseases: a meta-analysis. *CMAJ* 2016. DOI:10.1503/cmaj.160050. Copyright © 2016 The Author(s) or their employer(s).

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		(0.90-1.05)			(0.98-1.16)			(1.12-1.40)			(1.11-1.16)		
Minimum of resting period			<b>0.03</b>			<b>0.31</b>			<b>0.00</b>				<b>0.16</b>
≥ 5 minutes	8	1.06 (0.98-1.16)	0.00	8	1.16 (1.00-1.34)	28.5	14	1.57 (1.34-1.83)	41.0	20	1.14 (1.10-1.17)	29.9	
<5 minutes or unclear	8	0.93 (0.86-1.00)	0.00	15	1.06 (0.97-1.15)	35.3	15	1.15 (1.05-1.25)	31.4	19	1.10 (1.08-1.13)	0.00	
Posture			<b>0.87</b>			<b>0.80</b>			<b>0.40</b>				<b>0.73</b>
Supine	4	0.99 (0.88-1.12)	0.00	4	1.07 (0.89-1.28)	40.1	8	1.44 (1.15-1.81)	59.9	18	1.11 (1.07-1.15)	1.20	
Sitting/recumbent/unclear	12	0.98 (0.91-1.05)	4.00	19	1.09 (1.00-1.17)	32.9	21	1.27 (1.14-1.41)	52.1	21	1.12 (1.09-1.15)	19.2	
Study quality (stars)			<b>0.59</b>			<b>0.63</b>			<b>0.53</b>				<b>0.51</b>
7-9	13	0.99 (0.93-1.05)	4.00	20	1.08 (1.00-1.16)	36.7	26	1.28 (1.17-1.41)	51.6	33	1.11 (1.09-1.14)	18.4	
5-6	3	0.93 (0.74-1.17)	0.00	3	1.13 (0.92-1.39)	0.60	3	1.46 (0.97-2.20)	62.2	6	1.14 (1.07-1.22)	0.00	
Adjust for blood pressure			<b>0.05</b>			<b>0.49</b>			<b>0.75</b>				<b>0.55</b>
Yes	14	1.01 (0.95-1.08)	0.00	21	1.09 (1.01-1.18)	36.5	27	1.31 (1.19-1.45)	55.9	37	1.11 (1.09-1.14)	13.8	
No	2	0.82 (0.70-0.96)	0.00	2	0.97 (0.80-1.19)	0.00	2	1.20 (0.94-1.53)	0.00	2	1.14 (1.08-1.20)	0.00	
Adjust for smoking			--			--			--				--
Yes	16	0.99 (0.93-1.04)	0.00	23	1.08 (1.00-1.16)	33.9	29	1.29 (1.18-1.41)	52.6	39	1.12 (1.10-1.14)	10.3	
No	--	---	---	--	---	--	--	---	--	--	---	--	
Adjust for body mass index			<b>0.70</b>			<b>0.18</b>			<b>0.21</b>				<b>0.06</b>
Yes	13	0.99 (0.92-1.05)	5.70	16	1.12 (1.03-1.22)	35.4	21	1.36 (1.22-1.52)	49.0	29	1.13 (1.11-1.16)	1.70	
No	3	0.96 (0.82-1.12)	0.00	7	1.00 (0.90-1.13)	20.7	8	1.20 (1.01-1.42)	60.3	10	1.09 (1.05-1.13)	9.90	

<b>Adjust for physical activity</b>				<b>0.66</b>			<b>0.19</b>			<b>0.00</b>			<b>0.01</b>		
Yes	7	1.01 (0.86-1.18)	42.4		14	1.14 (1.02-1.28)	41.2		18	1.45 (1.31-1.61)	25.5		19	1.14 (1.11-1.16)	0.00
No	9	0.97 (0.89-1.05)	0.00		9	1.02 (0.95-1.10)	0.90		11	1.08 (0.98-1.19)	24.0		20	1.08 (1.05-1.12)	9.90
<b>Adjust for serum cholesterol/triglycerides</b>				<b>0.19</b>			<b>0.76</b>			<b>0.22</b>			<b>0.30</b>		
Yes	11	1.01 (0.95-1.07)	0.00		20	1.09 (1.01-1.17)	36.4		23	1.26 (1.14-1.40)	54.3		32	1.11 (1.08-1.14)	10.9
No	5	0.96 (0.75-1.22)	22.7		3	1.05 (0.80-1.36)	13.2		6	1.47 (1.21-1.79)	23.0		7	1.14 (1.10-1.17)	0.00
<b>Adjust for diabetes/blood glucose</b>				<b>0.05</b>			<b>0.92</b>			<b>0.36</b>			<b>0.74</b>		
Yes	14	1.01 (0.95-1.08)	0.00		16	1.08 (1.00-1.16)	29.8		22	1.28 (1.15-1.42)	57.8		31	1.12 (1.09-1.14)	25.7
No	2	0.82 (0.70-0.96)	0.00		7	1.08 (0.91-1.30)	45.8		7	1.39 (1.20-1.61)	0.00		8	1.13 (1.09-1.16)	0.00
<b>Adjust for alcohol</b>				<b>0.59</b>			<b>0.57</b>			<b>0.38</b>			<b>0.21</b>		
Yes	10	1.00 (0.89-1.14)	27.1		7	1.12 (0.98-1.29)	43.3		12	1.34 (1.19-1.51)	11.8		16	1.13 (1.10-1.16)	2.60
No	6	0.96 (0.88-1.05)	0.00		16	1.06 (0.98-1.16)	29.8		17	1.28 (1.13-1.44)	62.1		23	1.10 (1.07-1.13)	12.4
<b>Adjust for education/social class</b>				<b>0.34</b>			<b>0.04</b>			<b>0.14</b>			<b>0.98</b>		
Yes	7	0.95 (0.81-1.11)	18.6		8	1.19 (1.06-1.34)	18.3		9	1.41 (1.24-1.60)	0.00		12	1.12 (1.09-1.15)	0.00
No	9	1.01 (0.95-1.07)	0.00		15	1.02 (0.95-1.10)	18.7		20	1.25 (1.12-1.40)	57.9		27	1.12 (1.09-1.15)	22.5

N: number of gender-specific results, P: P value from meta-regression

Part 2: Pooled risks of stroke, all cancer, all other diseases, and total other diseases with 10 beats/min increment in resting heart rate

	Stroke				All cancer				All other diseases				Total other diseases			
	N	RR (95% CI)	I2 (%)	P	N	RR (95% CI)	I2 (%)	P	N	RR (95% CI)	I2 (%)	P	N	RR (95% CI)	I2 (%)	P
<b>Outcome</b>				<b>0.17</b>				<b>---</b>				<b>0.92</b>				<b>---</b>
Fatal	11	0.99 (0.94-1.05)	0.00		15	1.09 (1.06-1.12)	0.00		12	1.17 (1.12-1.22)	67.8		12	1.25 (1.17-1.34)	67.7	
Fatal and non-fatal combined	9	1.06 (1.02-1.10)	67.0		--	---	--		1	1.15 (1.03-1.27)	--		--	---	--	
<b>Follow-up duration</b>				<b>0.25</b>				<b>1.00</b>				<b>0.93</b>				<b>0.01</b>
>10 years	11	1.01 (0.96-1.06)	13.9		12	1.09 (1.05-1.14)	12.0		8	1.16 (1.11-1.21)	65.1		10	1.30 (1.22-1.38)	33.8	
≤10 years	9	1.06 (1.02-1.11)	62.4		3	1.09 (1.04-1.14)	0.00		5	1.22 (1.09-1.37)	69.9		2	1.13 (1.06-1.20)	27.8	
<b>Country</b>				<b>0.74</b>				<b>0.16</b>				<b>0.59</b>				<b>0.61</b>
Europe	9	1.02 (0.95-1.09)	39.9		9	1.07 (1.03-1.11)	3.20		10	1.15 (1.10-1.20)	68.5		7	1.16 (1.08-1.25)	78.5	
USA	4	1.07 (1.02-1.13)	0.00		5	1.11 (1.07-1.16)	0.00		--	---	--		3	1.25 (1.13-1.40)	61.7	
Asia	6	1.07 (1.01-1.14)	73.1		1	1.16 (0.58-2.32)	---		2	1.27 (1.15-1.39)	0.00		2	1.18 (1.07-1.30)	0.00	
Mixed	1	0.95 (0.83-1.08)	---		--	---	--		1	1.15 (1.03-1.27)	---		--	---	--	
<b>RHR assessment</b>				<b>0.55</b>				<b>0.54</b>				<b>0.93</b>				<b>0.69</b>
ECG	9	1.06 (1.02-1.09)	7.90		11	1.09 (1.06-1.13)	0.00		6	1.21 (1.09-1.35)	73.0		9	1.27 (1.16-1.38)	63.8	
Others	11	1.03 (0.98-1.09)	64.0		4	1.07 (1.00-1.14)	25.4		7	1.16 (1.11-1.20)	59.9		3	1.22 (1.06-1.40)	82.2	
Minimum of resting period				<b>0.55</b>				<b>0.16</b>				<b>0.59</b>				<b>0.54</b>

≥ 5 minutes	10	1.03 (1.01-1.05)	0.00		10	1.08 (1.05-1.12)	10.8		5	1.17 (1.06-1.29)	66.4		8	1.24 (1.13-1.35)	77.1
<5 minutes or unclear	10	1.05 (0.97-1.14)	69.4		5	1.14 (1.06-1.24)	0.00		8	1.17 (1.12-1.22)	66.2		4	1.32 (1.20-1.44)	0.00
Posture				0.81				0.71				0.31			0.87
Supine	7	1.04 (1.00-1.09)	9.40		12	1.09 (1.06-1.13)	15.7		5	1.13 (1.06-1.22)	58.2		10	1.24 (1.13-1.35)	77.1
Sitting/ recumbent/unclear	13	1.04 (0.99-1.09)	60.4		3	1.07 (0.93-1.23)	0.00		8	1.19 (1.13-1.25)	68.9		2	1.22 (0.97-1.54)	0.00
Study quality (stars)				0.37				0.72				0.98			<b>0.02</b>
7-9	16	1.04 (1.02-1.07)	14.0		10	1.09 (1.05-1.13)	0.00		6	1.15 (1.10-1.20)	63.2		10	1.30 (1.22-1.38)	33.8
5-6	4	1.05 (0.86-1.29)	83.0		5	1.11 (1.04-1.18)	21.6		7	1.16 (1.11-1.22)	64.7		2	1.13 (1.06-1.20)	27.8
Adjust for blood pressure				--				<b>0.02</b>				0.19			--
Yes	20	1.05 (1.01-1.08)	48.6		13	1.09 (1.06-1.12)	0.00		12	1.15 (1.11-1.19)	60.2		12	1.25 (1.17-1.34)	67.7
No	--	---	--		2	1.38 (1.07-1.76)	0.00		1	1.47 (1.21-1.79)	---		--	---	--
Adjust for smoking				--				---				---			--
Yes	20	1.05 (1.01-1.08)	48.6		15	1.08 (1.05-1.11)	0.00		13	1.16 (1.12-1.21)	64.9		12	1.25 (1.17-1.34)	67.7
No	--	---	--		--	---	--		--	---	--		--	---	--
Adjust for body mass index				0.56				<b>0.00</b>				0.23			0.90
Yes	14	1.05 (1.01-1.10)	51.3		11	1.07 (1.04-1.10)	0.00		7	1.12 (1.07-1.17)	15.8		9	1.25 (1.14-1.37)	72.2
No	6	1.03 (0.96-1.10)	51.3		4	1.16 (1.10-1.23)	0.00		6	1.21 (1.13-1.29)	80.2		3	1.25 (1.13-1.40)	61.7
Adjust for physical activity				0.06				0.92				<b>0.01</b>			<b>0.04</b>
Yes	12	1.03 (1.00-1.05)	0.00		5	1.09 (1.04-1.13)	0.00		5	1.12 (1.08-1.16)	64.8		4	1.13 (1.07-1.19)	0.00

No	8	1.09 (1.01-1.17)	62.8		10	1.09 (1.04-1.15)	24.7		8	1.26 (1.17-1.35)	45.5		8	1.31 (1.22-1.40)	46.7	
<b>Adjust for serum cholesterol/triglycerides</b>				<b>0.95</b>					<b>0.14</b>					<b>0.01</b>		
Yes	15	1.04 (0.98-1.11)	59.4		13	1.08 (1.05-1.11)	0.00		11	1.14 (1.10-1.18)	53.5		11	1.27 (1.17-1.37)	68.0	
No	5	1.04 (1.02-1.07)	0.00		2	1.22 (0.99-1.49)	58.9		2	1.52 (1.29-1.79)	0.00		1	1.16 (1.08-1.25)	---	
<b>Adjust for diabetes/blood glucose</b>				<b>0.22</b>					<b>0.11</b>					<b>0.07</b>		
Yes	16	1.05 (1.02-1.09)	45.8		10	1.11 (1.07-1.15)	0.00		7	1.23 (1.15-1.32)	35.9		9	1.27 (1.18-1.37)	45.2	
No	4	0.99 (0.86-1.15)	54.4		5	1.07 (1.00-1.14)	36.0		6	1.13 (1.08-1.18)	72.8		3	1.19 (0.99-1.42)	89.5	
<b>Adjust for alcohol</b>				<b>0.16</b>					<b>0.06</b>					<b>0.78</b>		
Yes	7	1.03 (1.00-1.05)	0.00		3	1.06 (1.02-1.10)	0.00		4	1.21 (1.06-1.37)	72.3		5	1.19 (1.06-1.32)	79.4	
No	13	1.07 (1.00-1.14)	56.1		12	1.11 (1.07-1.16)	0.00		9	1.17 (1.12-1.22)	63.3		7	1.31 (1.20-1.44)	54.8	
<b>Adjust for education/social class</b>				<b>0.75</b>					<b>0.20</b>					<b>0.24</b>		
Yes	8	1.03 (1.01-1.06)	0.00		7	1.08 (1.04-1.11)	0.00		1	1.08 (1.03-1.13)	--		3	1.10 (1.03-1.18)	0.00	
No	12	1.05 (0.99-1.12)	62.0		8	1.12 (1.05-1.19)	34.9		12	1.18 (1.13-1.23)	62.7		9	1.28 (1.19-1.37)	62.3	

N: number of gender-specific results, P: P value from meta-regression