Table 1. Descriptive characteristics of the Einstein Aging Study.

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|  |  | Year of Assessment |
| Variable |  | Baseline(n = 2254) | Year 2(n = 1355) | Year 4(n = 729) | Year 6(n = 441) | Year 8(n = 242) |
|  |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) |
| Demographic |  |  |  |  |  |
| Age, years | 78.3 (5.4) | 79.5 (5.5) | 81.4 (5.2) | 82.8 (5.1) | 84.0 (4.5) |
| Education, years | 13.0 (3.7) | 13.5 (3.6) | 13.8 (3.5) | 14.1 (3.5) | 14.1 (3.6) |
| Height, cm | 163.9 (9.9) | 163.1 (10.2) | 163.4 (9.9) | 163.8 (10.3) | 162.4 (9.8) |
| Smoking historya (%) | 1125 (53.4) | 684 (53.3) | 371 (54.1) | 216 (50.9) | 98 (46.7) |
| Cardiovascular diseasea,b (%) | 364 (16.8) | 229 (17.2) | 130 (17.9) | 95 (22.1) | 51 (24.1) |
| Diabetesa (%) | 365 (16.8) | 218 (16.4) | 132 (18.2) | 87 (20.3) | 41 (19.3) |
| Physical |  |  |  |  |  |  |
| Pulmonary: | Peak flow, L/min | 319.3 (120.7) | 306.3 (112.3) | 301.2 (122.2) | 285.1 (114.6) | 270.3 (121.5) |
|  Muscle: | Grip strength, kg | 20.6 (8.0) | 19.9 (7.9) | 18.8 (8.9) | 18.2 (8.3) | 16.7 (9.1) |
| Cognitive |  |  |  |  |  |  |
| Global:  | MMSE | 25.7 (2.4) | 25.9 (2.3) | 26.2 (2.3) | 26.4 (1.9) | 26.5 (1.6) |
| Memory:  | Logical Memory | 18.7 (7.2) | 19.8 (7.6) | 20.7 (7.7) | 21.1 (7.5) | 20.8 (8.2) |
| Working M:  | Digit Span (total) | 13.3 (3.7) | 13.6 (3.7) | 14.5 (3.6) | 14.9 (3.6) | 15.1 (3.3) |
| Knowledge:  | Vocabulary | 44.7 (14.1) | 45.7 (13.1) | 45.2 (13.1) | 44.3 (12.9) | 44.0 (12.8) |
| Reasoning:  | Block Design | 19.6 (9.5) | 20.5 (9.6) | 23.4 (9.9) | 24.5 (9.1) | 25.2 (8.7) |
| Speed:  | Digit Symbol Coding | 37.2 (14.8) | 39.2 (14.6) | 42.7 (14.4) | 43.9 (14.7) | 44.1 (12.9) |
| Visuospatial: | Figure Copy Recall | 10.5 (3.8) | 10.8 (4.1) | 11.4 (4.1) | 11.1 (4.4) | 10.5 (4.6) |
| Executive:  | Trail Making Test B | 157.0 (77.3) | 148.6 (74.7) | 145.3 (72.7) | 149.1 (76.1) | 148.2 (74.) |
| Fluency:  | Category | 35.0 (9.7) | 35.6 (10.1) | 36.2 (10.3) | 35.8 (10.3) | 36.0 (10.9) |
|   | FAS | 32.7 (13.3) | 34.1 (13.3) | 36.1 (13.6) | 38.0 (13.6) | 38.2 (13.3) |
|   | Boston Naming Task | 11.2 (2.9) | 11.3 (2.8) | 11.5 (2.9) | 11.6 (2.8) | 11.9 (2.7) |
| Study Characteristics |  |  |  |  |  |
| Retention from previous wave (%) | NA | 60.2 | 53.8 | 60.5 | 54.9 |
|  Representative sample | Yes | Yes | Yes | Yes  | Yes  |
|  Oldest Birth Cohort (year) | 1898 | 1899 | 1903 | 1908 | 1911 |

1. Dichotomous variable (0=no; 1=yes). b = Cardiovascular disease = History of myocardial infarction or angina or ever had heart failure.