**Table 1A.** Summary statistics of female participants in the Health and Retirement Study (baseline: 2004)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Year of Assessment | | | | |
| Variable |  | Baseline (n=1250) | Year 2 (n=1250) | Year 4 (n=1174) | Year 6 (n=1068) | Year 8 (n=981) |
|  |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) |
| Demographic |  |  |  |  |  |  |
| Age (years) c |  | 69.42 (11.36) |  |  |  |  |
| Male |  | 535 (49.5%) |  |  |  |  |
| White (vs. others) |  | 1116 (89.3%) |  |  |  |  |
| Education (years)b |  | 12.65 (3.09) |  |  |  |  |
| Height (m)d |  | 1.68 (0.11) |  |  |  |  |
| Smoking historya |  | 172 (13.8%) |  |  |  |  |
| Cardiovascular diseasea |  | 328 (26.2%) |  |  |  |  |
| Diabetesa |  | 223 (17.8%) |  |  |  |  |
| Physical |  |  |  |  |  |  |
| Pulmonary (peak expiratory flow) |  | 331.23 (125.76) | 328.09 (127.46) | NA | 332.21 (129.00) | NA |
| Cognitive |  |  |  |  |  |  |
| Memory |  |  |  |  |  |  |
| Immediate recall (0-10) |  | 5.39 (1.58) | 5.21 (1.72) | 5.15 (1.78) | 5.10 (1.79) | 5.00 (1.80) |
| Delayed recall (0-10) |  | 4.26 (1.92) | 4.08 (2.03) | 4.14 (2.11) | 4.05 (2.03) | 4.02 (2.11) |
| Mental Status |  |  |  |  |  |  |
| TICS (similar to MMSE) (0-10) |  | 9.28 (1.41) | 9.00 (1.88) | 9.16 (1.37) | 7.18 (3.28) | 7.37 (3.22) |
| Serial 7’s test (0-5) |  | 3.62 (1.62) | 3.53 (1.62) | 3.14 (1.95) | 2.70 (2.07) | 2.42 (2.14) |
| Study Characteristics |  |  |  |  |  |  |
| Retention from previous wave (%) |  | 100 | 100 | 93.9 | 85.4 | 78.5 |
| Representative sample |  | Yese |  |  |  |  |
| Oldest Birth Cohort (year) |  | 1902 |  |  |  |  |

1. Dichotomous variable (0=no; 1=yes).
2. Education centered at 7 years
3. Age centered at 70 years
4. Height centered at 1.60 m
5. Half of the HRS participants’ peak exploratory flow was measured in 2006 and 2010 (i.e. follow-up); in 2004, peak flow was measured on a subgroup of these individuals (randomly selected)

**Table 1B.** Summary statistics of MALE participants in the Health and Retirement Study (baseline: 2004)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Year of Assessment | | | | |
| Variable |  | Baseline (n=535) | Year 2 (n=535) | Year 4 (n=497) | Year 6 (n=444) | Year 8 (n=402) |
|  |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) |
| Demographic |  |  |  |  |  |  |
| Age (years) c |  | 69.32 (11.07) |  |  |  |  |
| White (vs. others) |  | 481 (89.9%) |  |  |  |  |
| Education (years) b |  | 12.88 (3.28) |  |  |  |  |
| Height (m) d |  | 1.77 (0.08) |  |  |  |  |
| Smoking historya |  | 91 (17.0%) |  |  |  |  |
| Cardiovascular diseasea |  | 164 (30.7%) |  |  |  |  |
| Diabetesa |  | 98 (18.3%) |  |  |  |  |
| Physical |  |  |  |  |  |  |
| Pulmonary (peak expiratory flow) |  | 406.27 (127.84) | 400.14 (134.40) | NA | 404.31 (136.91) | NA |
| Cognitive |  |  |  |  |  |  |
| Memory |  |  |  |  |  |  |
| Immediate recall (0-10) |  | 5.22 (1.53) | 5.0 (1.64) | 4.89 (1.74) | 4.85 (1.70) | 4.75 (1.70) |
| Delayed recall (0-10) |  | 4.04 (1.80) | 3.90 (1.87) | 3.86 (1.94) | 3.75 (1.90) | 3.76 (1.95) |
| Mental Status |  |  |  |  |  |  |
| TICS (similar to MMSE) (0-10) |  | 9.41 (1.08) | 9.13 (1.73) | 9.29 (1.12) | 7.16 (3.28) | 7.20 (3.31) |
| Serial 7’s test (0-5) |  | 3.93 (1.43) | 3.92 (1.52) | 3.37 (1.91) | 2.88 (2.10) | 2.58 (2.19) |
| Study Characteristics |  |  |  |  |  |  |
| Retention from previous wave (%) |  | 100 | 100 | 92.9 | 83.0 | 75.1 |
| Representative sample |  | Yese |  |  |  |  |
| Oldest Birth Cohort (year) |  | 1908 |  |  |  |  |

1. Dichotomous variable (0=no; 1=yes).
2. Education centered at 7 years
3. Age centered at 70 years
4. Height centered at 1.60 m
5. Half of the HRS participants’ peak exploratory flow was measured in 2006 and 2010 (i.e. follow-up); in 2004, peak flow was measured on a subgroup of these individuals (randomly selected)

**Table 1C.** Summary statistics of all FEMALE participants in the Health and Retirement Study (baseline: 2004)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Year of Assessment | | | | |
| Variable |  | Baseline (n=715) | Year 2 (n=715) | Year 4 (n=677) | Year 6 (n=624) | Year 8 (n=579) |
|  |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) |
| Demographic |  |  |  |  |  |  |
| Age (years) c |  | 69.50 (11.57) |  |  |  |  |
| White (vs. others) |  | 635 (88.8%) |  |  |  |  |
| Education (years) b |  | 12.47 (2.93) |  |  |  |  |
| Height (m) d |  | 1.61 (0.07) |  |  |  |  |
| Smoking historya |  | 81 (11.3%) |  |  |  |  |
| Cardiovascular diseasea |  | 164 (22.9%) |  |  |  |  |
| Diabetesa |  | 125 (17.5%) |  |  |  |  |
| Physical |  |  |  |  |  |  |
| Pulmonary (peak expiratory flow) |  | 275.08 (89.81) | 274.18 (90.05) | NA | 279.65 (92.62) | NA |
| Cognitive |  |  |  |  |  |  |
| Memory |  |  |  |  |  |  |
| Immediate recall (0-10) |  | 5.52 (1.60) | 5.37 (1.76) | 5.34 (1.79) | 5.27 (1.83) | 5.18 (1.84) |
| Delayed recall (0-10) |  | 4.43 (1.99) | 4.21 (2.15) | 4.35 (2.20) | 4.27 (2.10) | 4.20 (2.20) |
| Mental Status |  |  |  |  |  |  |
| TICS (similar to MMSE) (0-10) |  | 9.17 (1.63) | 8.89 (1.99) | 9.07 (1.53) | 7.19 (3.29) | 7.50 (3.15) |
| Serial 7’s test (0-5) |  | 3.39 (1.72) | 3.25 (1.78) | 2.97 (1.97) | 2.56 (2.03) | 2.31 (2.09) |
| Study Characteristics |  |  |  |  |  |  |
| Retention from previous wave (%) |  | 100 | 100 | 94.7 | 87.3 | 81.0 |
| Representative sample |  | Yese |  |  |  |  |
| Oldest Birth Cohort (year) |  | 1902 |  |  |  |  |

1. Dichotomous variable (0=no; 1=yes).
2. Education centered at 7 years
3. Age centered at 70 years
4. Height centered at 1.60 m
5. Half of the HRS participants’ peak exploratory flow was measured in 2006 and 2010 (i.e. follow-up); in 2004, peak flow was measured on a subgroup of these individuals (randomly selected)