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

|  |  |  |
| --- | --- | --- |
|  |  | Year of Assessment |
| Variable |  | Baseline (n=524) | Year 2 (n=524) |  | Year 6 (n=435) |  |
|  |  | M (SD) | M (SD) |  | M (SD) |  |
| Demographic |  |  |  |  |  |  |
| Age (years) a |  | 5.32 (6.49) | 7.32 (6.49) |  | 10.80 (6.19) |  |
| Male |  | 238 (45.4%) | 238 (45.4%) |  | 204 (46.9%) |  |
| White (vs. others) |  | 492 (93.9%) | 492 (93.9%) |  | 410 (94.3%) |  |
| Education (years)b |  | 5.56 (3.21) | 5.56 (3.21) |  | 5.66 (3.10) |  |
| Height (m)c |  | 0.08 (0.11) | 0.08 (0.11) |  | 0.08 (0.11) |  |
| Smoking history (yes) |  | 272 (51.9%) | 272 (51.9%) |  | 227 (52.2%) |  |
| Cardiovascular disease (yes) |  | 158 (30.2%) | 158 (30.2%) |  | 129 (29.7%) |  |
| Diabetes (yes) |  | 102 (19.5%) | 102 (19.5%) |  | 84 (19.3%) |  |
| Physical |  |  |  |  |  |  |
| Pulmonary (peak expiratory flow) |  | 322.95 (114.12) | 315.71 (115.13) |  | 299.75 (117.59) |  |
| Gait Speed (m/s) |  | 0.85 (0.25) | 0.77 (0.22) |  | 0.72 (0.26) |  |
| Grip Strength (kg) |  | 29.13 (9.83) | 27.75 (9.65) |  | 25.52 (9.24) |  |
| Study Characteristics |  |  |  |  |  |  |
| Retention from previous wave (%) |  | 100 | 100 |  | 83.0 |  |
| Representative sample |  | Yese | Yese |  | Yese |  |
| Oldest Birth Cohort (year) |  | 1902 | 1902 |  | 1912 |  |

1. Age centered at 70 years
2. Education centered at 7 years
3. Height centered at 1.60 m

***Note.***

**CVD (Yes)** includes heart attack, coronary heart disease, angina, congestive heart failure, or other heart problems (self-reported)

**Smoking history (Yes)**: if respondents self-reported being current smokers or previous smokers

**Diabetes (Yes):** if respondents self-reported having diabetes or high blood sugar (told by doctor), or self-reported taking oral medication to treat or control diabetes, or self-reported taking insulin.