

**Supplemental Digital Content 1:**  
**Baseline characteristics of full NHANES sample aged 50-79**

Variable	Mean	95% CI for mean
Sociodemographic characteristics		
Age (years)	61.380	[60.87,61.89]
Female (%)	0.528	[0.51,0.54]
White (%)	0.790	[0.74,0.83]
Black (%)	0.098	[0.07,0.12]
Hispanic (%)	0.067	[0.04,0.09]
< HS education (%)	0.097	[0.08,0.12]
> HS education (%)	0.257	[0.21,0.30]
Health behaviors and prevalent conditions		
Current smoker (%)	0.186	[0.17,0.21]
BMI (kg/m <sup>2</sup> )	29.012	[28.70,29.32]
Diabetes (%)	0.147	[0.13,0.16]
CHD (%)	0.076	[0.06,0.09]
CHF (%)	0.046	[0.04,0.05]
Stroke (%)	0.047	[0.04,0.06]
Cancer (%)	0.149	[0.14,0.16]
Mobility lim. (%)	0.161	[0.15,0.18]
N subjects (unweighted)	4650	

Data: NHANES, 2003-2006.  
 Adults age 50 to 79 at baseline interview.  
 Means and SEs that give rise to CIs are weighted to reflect complex survey characteristics of NHANES.