

Supplemental Digital Content 5

Table. The predicting equation of Maximum Heart Rate at year 0, year 0 and 7, and year 0, 7, and 20 from multiple baseline variables.

	Year 0*			Year 0 and 7*			Year 0, 7 and 20*		
	Estimate	SE	P	Estimate	SE	P	Estimate	SE	P
Intercept	179.06	6.90	<.0001	192.98	6.19	<.0001	189.38	6.12	<.0001
Age (years)	-0.16	0.07	0.02	-0.27	0.03	<.0001	0.36	0.11	0.0009
Age*Age (years square)							-0.01	0.00	<.0001
Gender (women)	-2.97	0.74	<.0001	-3.86	0.67	<.0001	-3.61	0.64	<.0001
Race (black)	-3.05	0.58	<.0001	-3.67	0.52	<.0001	-3.61	0.49	<.0001
BMI (kg/m ²)	-0.31	0.05	<.0001	-0.35	0.04	<.0001	-0.41	0.04	<.0001
Height(m)	-0.11	0.04	0.01	-0.12	0.04	0.0012	-0.11	0.04	0.0034
Pre-exercise heart rate (beats/min)	0.23	0.02	<.0001	0.19	0.02	<.0001	0.16	0.01	<.0001
Systolic Blood Pressure (mmHg)	0.06	0.02	0.01	0.03	0.02	0.129	0.02	0.02	0.3888
FVC (l)¶	2.46	0.45	<.0001	2.30	0.41	<.0001	1.99	0.39	<.0001
Physical activity score (exercise units)	0.0039	0.0008	<.0001	0.00	0.00	<.0001	0.00	0.00	<.0001
TV watching (hours/week)†	-0.11	0.02	<.0001	-0.12	0.02	<.0001	-0.12	0.02	<.0001
Smoking status (versus never)									
current	-7.99	0.53	<.0001	-7.75	0.48	<.0001	-7.59	0.46	<.0001
former	-2.00	0.68	0.003	-1.99	0.62	0.0013	-1.98	0.58	0.0007

*At year 0, 3591 treadmill tests were included in the analysis; At year 0 and 7, 5644 tests from 3697 participants (each took 1 or 2 tests during the 7 year follow-up) were included; at year 0, 7 and 20, 7938 tests of 3776 participants (each took 1, 2, or 3 during 20 year follow-up).

¶Since year 7 lung function data were not collected, year 10 lung function data were used in the analysis when baseline was year 7.

†Year 5 data were used in the analysis when baseline was year 0; year 10 data were used when baseline was year 7.