

## Appendix

**Supplemental Table.** Comparisons between participants with treadmill stress tests at baseline only or at baseline and year 3

	Only baseline			Baseline and year 3			P
	n	Mean	SD	n	Mean	SD	
Age	227	42.1	11.7	370	44.1	11.3	.044
Cigarettes/day	228	21.1	8.14	371	20.4	8.46	.306
Pack-years	227	26.5	19.0	371	26.8	19.1	.863
Resting HR	227	71.6	12.1	371	72.1	11.1	.645
Exercise peak HR	228	151.8	22.0	371	153.7	20.4	.290
Exercise maximum METS	225	8.75	2.48	368	8.66	2.18	.671
Exercise peak RPP	194	12061.5	7166.0	315	11653.4	6832.4	.521
Exercise peak HR increase	227	80.3	22.3	370	81.5	20.0	.480
Exercise HR reserve	227	0.853	0.097	369	0.873	0.094	.014
Exercise HR recovery	96	23.0	11.0	178	21.8	11.5	.419

  

	Only baseline		Baseline and year 3		P
	n	%	n	%	
Sex					.344
Male	96	42.1	141	37.9	
Female	132	57.9	231	62.1	
Marital status					.094
Married	87	38.2	186	50.3	
Divorced	58	41.7	81	58.3	
Widowed	8	3.5	9	2.2	
Separated	7	3.1	7	1.9	
Never married	44	19.3	53	14.3	
Not married, but living with partner	24	10.5	35	9.5	
Education					.279
Grades 9-11	6	2.6	7	1.9	
High school graduate	48	21.1	78	21.2	
College 1-3 y	126	55.3	181	49.2	
College 4 y or more	48	21.1	102	27.7	
Race					.689
White	216	95.2	353	95.1	
African American	6	2.6	11	3.0	
American Indian	1	0.40	0	0.0	
Alaska native	0	0.0	1	0.30	
Asian/Pacific Island	0	0.0	1	0.30	
Other	4	1.8	5	1.3	

Abbreviations as in Table 1.