

Supplementary Table 1. Multivariable linear regression for percent change in height-indexed LV mass and percent change in LV mass-to-volume ratio between Exam 1 and Exam 5 (where a negative effect estimate indicates lower LV mass or mass-to-volume ratio at Exam 5 versus Exam 1), including estimates of changes in fat mass. Abbreviations: Δ = change; Ref = referent category.

Parameter	% Change in LV Mass Index (Height ^{2.7})			% Change in LV Mass/Volume Ratio		
	Estimate	95% CI	P-Value	Estimate	95% CI	P-Value
Age, y	-0.07	(-0.14 to -0.01)	0.04	0.2	(0.09 to 0.31)	0.0002
Female Gender	-9.04	(-10.27 to -7.81)	<0.0001	-8.38	(-10.25 to -6.51)	<0.0001
Race						
White	Ref	Ref	Ref	Ref	Ref	Ref
Chinese-American	1.47	(-0.34 to 3.29)	0.11	-0.02	(-2.77 to 2.74)	0.99
African-American	2.27	(0.84 to 3.71)	0.002	2.94	(0.75 to 5.13)	0.009
Hispanic	0.54	(-1.12 to 2.2)	0.52	0.3	(-2.19 to 2.78)	0.82
Smoking	-0.94	(-2.03 to 0.16)	0.09	2.26	(0.6 to 3.92)	0.008
Income	-0.16	(-0.36 to 0.04)	0.11	-0.04	(-0.34 to 0.26)	0.79
Education	-0.11	(-0.39 to 0.17)	0.46	-0.63	(-1.06 to -0.2)	0.004
Body mass index, log-transformed	29.64	(22.5 to 36.77)	<0.0001	8.09	(-2.04 to 18.23)	0.12
Glycemic Control						
Normal fasting glucose	Ref	Ref	Ref	Ref	Ref	Ref
Impaired fasting glucose	-0.75	(-2.52 to 1.02)	0.41	1.85	(-0.84 to 4.55)	0.18
Untreated diabetes	-2.27	(-6.62 to 2.08)	0.31	6.42	(-0.18 to 13.03)	0.06
Treated diabetes	0.98	(-1.27 to 3.23)	0.39	3.53	(0.11 to 6.95)	0.04
Δ in Glycemic Category	-0.19	(-0.91 to 0.53)	0.61	0.6	(-0.5 to 1.7)	0.29
Hypertension Stage	2.77	(2.21 to 3.33)	<0.0001	2.74	(1.9 to 3.57)	<0.0001
Δ in Hypertension Stage	2.95	(2.49 to 3.41)	<0.0001	2.46	(1.76 to 3.16)	<0.0001
# of Antihypertensive Rx Classes	0.24	(-0.4 to 0.89)	0.46	-1.24	(-2.21 to -0.27)	0.01
Δ in # of Antihypertensive Rx Classes	-0.08	(-0.69 to 0.52)	0.78	-0.63	(-1.56 to 0.29)	0.18
C-reactive protein, log-transformed	-0.38	(-0.91 to 0.15)	0.16	0.25	(-0.55 to 1.06)	0.54
Waist Circumference, cm	0.01	(-0.08 to 0.09)	0.89	0.2	(0.07 to 0.32)	0.002
Exercise (per 1000 MET*min/week)	0.17	(-0.05 to 0.39)	0.14	0.12	(-0.22 to 0.45)	0.49
LV mass/height ^{2.7} , Exam 1	-1.3	(-1.42 to -1.18)	<0.0001			
LV mass to volume ratio, Exam 1				-63.82	(-69.27 to -58.37)	<0.0001
Change in Fat Mass (per 10% decrease)	-1.25	(-1.55 to -0.96)	<0.0001	-1.07	(-1.52 to -0.63)	<0.0001