Web Tables

Spousal influence on physical activity in middle-aged and older adults: The Atherosclerosis Risk in Communities Study

Laura K Cobb*, Job G Godino*, Elizabeth Selvin, Anna Kucharska-Newton, Josef Coresh, Silvia Koton
*Co-first authors

Web Table 1. Associations between individual physical activity, spousal physical activity, and baseline characteristics, the Atherosclerosis Risk in Communities (ARIC) Study. Complete results from fully adjusted models.

	Sport/Exercise Index, Men			Sport/Exercise Index, Women			Leisure Index, Men			Leisure Index, Women		
	Physical activity change	95% CI		Physical activity change	95% CI		Physical activity change	95% CI		Physical activity change	95% CI	
Spouse physical activity change	0.09	0.05	0.12	0.08	0.05	0.11	0.08	0.05	0.11	0.09	0.05	0.12
Individual characteristics												
Age	0.01	0.00	0.02	0.00	-0.02	0.01	-0.01	-0.02	0.01	0.00	-0.02	0.01
Minnesota whites	Ref			Ref			Ref			Ref		
Mississippi blacks	0.20	0.06	0.34	0.14	0.00	0.27	-0.02	-0.16	0.13	0.24	0.09	0.39
Maryland whites	-0.02	-0.11	0.07	-0.05	-0.14	0.04	0.00	-0.09	0.10	0.09	0.00	0.19
North Carolina blacks	-0.02	-0.33	0.29	0.21	-0.08	0.51	0.59	0.27	0.92	0.39	0.06	0.73
North Carolina blacks	-0.04	-0.13	0.05	0.01	-0.08	0.10	0.12	0.02	0.22	0.24	0.14	0.34
< High school education	Ref			Ref			Ref			Ref		
High school or college	0.00	-0.11	0.10	-0.01	-0.13	0.10	-0.06	-0.17	0.05	0.13	0.01	0.26
Graduate school	0.07	-0.05	0.18	-0.04	-0.17	0.08	-0.06	-0.18	0.06	0.10	-0.04	0.24
Employed	Ref			Ref			Ref			Ref		
Retired	-0.29	-0.40	-0.18	-0.10	-0.25	0.05	-0.15	-0.27	-0.04	-0.19	-0.36	-0.02
Homemaker	1.22	0.10	2.34	-0.16	-0.24	-0.08	0.18	-1.00	1.36	-0.15	-0.24	-0.06
Unemployed	-0.15	-0.44	0.13	-0.22	-0.47	0.03	-0.01	-0.31	0.28	-0.36	-0.65	-0.08
Current smoker	Ref			Ref			Ref			Ref		
Former smoker	0.06	-0.03	0.16	0.10	0.00	0.21	-0.05	-0.15	0.05	0.00	-0.12	0.12
Never smoker	0.03	-0.07	0.13	0.11	0.02	0.21	-0.05	-0.15	0.06	0.09	-0.02	0.19
Excellent health	Ref			Ref			Ref			Ref		
Good health	0.04	-0.04	0.12	0.00	-0.08	0.07	0.00	-0.08	0.08	-0.05	-0.14	0.03
Fair health	0.05	-0.08	0.18	-0.03	-0.16	0.10	-0.14	-0.28	-0.01	-0.11	-0.26	0.04
Poor health	-0.09	-0.41	0.24	-0.07	-0.41	0.27	0.06	-0.28	0.40	0.25	-0.13	0.63
BMI	0.00	-0.01	0.00	0.00	-0.01	0.00	0.01	0.00	0.02	-0.01	-0.02	0.00
Diabetes	0.05	-0.07	0.16	0.04	-0.09	0.17	-0.08	-0.21	0.04	0.19	0.04	0.34
Hypertension	0.01	-0.07	0.09	0.05	-0.03	0.13	0.00	-0.08	0.09	-0.01	-0.11	0.08
No baseline CVD	Ref			Ref			Ref			Ref		
Baseline CVD	-0.13	-0.26	0.00	-0.28	-0.51	-0.05	-0.05	-0.19	0.09	0.06	-0.20	0.32
CVD status missing	0.04	-0.22	0.30	0.04	-0.19	0.26	-0.25	-0.53	0.02	-0.02	-0.28	0.23
Cancer	0.01	-0.16	0.19	0.00	-0.14	0.14	0.13	-0.05	0.31	0.01	-0.15	0.16
Lung disease	0.04	-0.13	0.22	-0.08	-0.25	0.09	-0.18	-0.37	0.00	-0.04	-0.24	0.15
	Sport/Exercise			Sport/Exercise			Leisure			Leisure		

	Index, Men			Index, Women			Index, Men			Index, Women		
	Physical activity change	95% CI		Physical activity change	95% CI		Physical activity change	95% CI		Physical activity change	95% CI	
Spousal characteristics				Ref			Ref			Ref		
Age	0.01	0.00	0.02	0.00	-0.01	0.01	0.01	-0.01	0.02	0.00	-0.02	0.01
< High school education	Ref											
High school or college	0.06	-0.06	0.17	0.02	-0.08	0.12	-0.02	-0.14	0.10	0.02	-0.10	0.13
Graduate school	0.06	-0.07	0.19	0.08	-0.03	0.19	-0.03	-0.16	0.11	0.11	-0.02	0.23
Employed	Ref			Ref			Ref			Ref		
Retired	0.04	-0.12	0.19	0.08	-0.02	0.19	0.04	-0.12	0.20	0.06	-0.06	0.18
Homemaker	0.03	-0.05	0.11	0.71	-0.38	1.79	0.01	-0.08	0.10	1.92	0.69	3.14
Unemployed	0.25	-0.01	0.51	0.07	-0.20	0.34	-0.03	-0.30	0.24	-0.12	-0.42	0.19
Current smoker	Ref			Ref			Ref			Ref		
Former smoker	-0.05	-0.16	0.06	0.01	-0.08	0.10	0.05	-0.07	0.16	-0.07	-0.17	0.03
Never smoker	-0.02	-0.12	0.07	-0.01	-0.11	0.09	0.00	-0.10	0.10	-0.12	-0.23	0.00
Excellent health	Ref			Ref			Ref			Ref		
Good health	-0.05	-0.13	0.02	-0.03	-0.10	0.05	0.04	-0.04	0.13	-0.04	-0.13	0.04
Fair health	0.01	-0.13	0.14	-0.02	-0.14	0.11	0.08	-0.06	0.23	0.01	-0.14	0.15
Poor health	-0.14	-0.49	0.21	-0.26	-0.58	0.05	0.41	0.04	0.77	0.02	-0.33	0.37
BMI	0.00	-0.01	0.00	0.00	-0.01	0.01	0.00	-0.01	0.01	0.00	-0.01	0.01
Diabetes	0.10	-0.04	0.23	-0.05	-0.16	0.06	-0.17	-0.32	-0.03	0.02	-0.11	0.15
Hypertension	-0.02	-0.10	0.07	0.06	-0.02	0.13	0.06	-0.03	0.15	0.01	-0.07	0.10
Baseline CVD	Ref			Ref			Ref			Ref		
No CVD	0.12	-0.12	0.36	0.01	-0.12	0.14	-0.04	-0.29	0.21	0.02	-0.12	0.17
CVD status missing	-0.04	-0.27	0.19	-0.01	-0.26	0.24	-0.16	-0.40	0.08	0.27	-0.01	0.55
Cancer	-0.17	-0.31	-0.02	0.12	-0.04	0.29	-0.02	-0.17	0.13	-0.07	-0.26	0.12
Lung disease	0.04	-0.14	0.21	0.09	-0.08	0.26	-0.01	-0.19	0.17	0.01	-0.18	0.20

Abbreviations: BMI, body mass index presented as kg/m^2; CI, confidence interval; CVD, cardiovascular disease.

Web Table 2. Cross-sectional and longitudinal associations of meeting physical activity recommendations across spousal pairs[a], the Atherosclerosis Risk in Communities (ARIC) Study

Physical Activity Recommendations	Men			Women		
	OR	95% CI	P Value	OR	95% CI	P Value
Cross sectional						
Meets physical activity recommendations at visit 1	1.56	1.34, 1.83	<0.001	1.56	1.33, 1.82	<0.001
Participant begins to meet physical activity recommendations[b]						
Spouse never meets recommendations (no change)	Ref			Ref		
Spouse begins to meet recommendations	1.42	1.05, 1.92	0.024	1.44	1.07, 1.96	0.018
Spouse continues to meet recommendations (no change)	1.70	1.23, 2.36	0.001	1.43	1.09, 1.88	0.011
Spouse no longer meets recommendations	0.87	0.63, 1.21	0.421	0.71	0.51, 0.99	0.043

Abbreviations: CI, confidence interval; OR, odds ratio.

[a] All models controlled for individual and spousal characteristics (age, race and study center, education, employment status, smoking status, health status, body mass index, diabetes, hypertension, coronary heart disease, and cancer). Adjustment attenuates the association slightly, but only changes the interpretation in the case of women whose husbands no longer meet physical activity recommendations. This association is not significant in unadjusted models.

[b] Limited to those not meeting recommendations at visit 1: 1783 men and 2171 women; 450 men and 475 women who did not meet recommendations at visit 1 met recommendations at visit 3.