

ONLINE SUPPORTING INFORMATION

25-Year Weight Gain in a Racially Balanced Sample of U.S. Adults: The CARDIA Study

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Table S1: Comparison of baseline characteristics for participants attending vs not attending the Year 25 follow-up, by race and sex

	Attenders	Nonattenders	P value
Black men	(n=632)	(n=486)	
Age, years	24.4 ± 3.8	23.9 ± 3.8	0.052
Education, years	13.1 ± 1.9	12.7 ± 1.8	<.001
Current smoker, %	32.4	41.6	0.002
Weight, kg	78.1 ± 15.0	77.1 ± 14.5	0.244
BMI, kg/m ²	24.8 ± 4.3	24.6 ± 4.0	0.375
Black women	(n=876)	(n=455)	
Age, years	24.6 ± 3.8	24.2 ± 3.9	0.073
Education, years	13.2 ± 1.8	13.0 ± 1.7	0.004
Current smoker, %	27.6	36.3	0.011
Weight, kg	70.3 ± 17.1	69.9 ± 19.0	0.712
BMI, kg/m ²	26.2 ± 5.8	26.2 ± 6.6	0.911
White men	(n=845)	(n=296)	
Age, years	25.6 ± 3.3	24.9 ± 3.5	0.002
Education, years	14.9 ± 2.4	13.9 ± 2.6	<.001
Current smoker, %	22.5	36.5	<.001
Weight, kg	77.3 ± 12.0	77.4 ± 13.6	0.960
BMI, kg/m ²	24.3 ± 3.3	24.4 ± 3.8	0.685
White women	(n=907)	(n=276)	
Age, years	25.7 ± 3.3	24.9 ± 3.4	<.001
Education, years	14.8 ± 2.2	13.8 ± 2.3	<.001
Current smoker, %	23.3	37.7	<.001
Weight, kg	63.0 ± 10.9	65.6 ± 15.1	0.007
BMI, kg/m ²	23.1 ± 3.8	24.0 ± 5.1	0.008

Table S2: Changes in BMI status from baseline to Year 25, by race and sex, N (%)

Baseline BMI status	Year 25 BMI status		
	NW	OW	OB
Black Men			
NW	101 (25.7%)	183 (46.6%)	109 (27.7%)
OW	4 (2.4%)	49 (29.0%)	116 (68.6%)
OB	2 (2.9%)	1 (1.4%)	67 (95.7%)
Black Women			
NW	94 (20.4%)	159 (34.6%)	207 (45.0%)
OW	9 (4.0%)	31 (13.7%)	187 (82.4%)
OB	0 (0.0%)	5 (2.6%)	184 (97.4%)
White Men			
NW	185 (33.7%)	278 (50.6%)	86 (15.7%)
OW	7 (2.7%)	84 (32.9%)	164 (64.3%)
OB	0 (0.0%)	2 (5.0%)	38 (95.0%)
White Women			
NW	357 (50.0%)	213 (29.8%)	144 (20.2%)
OW	10 (7.0%)	30 (21.0%)	103 (72.0%)
OB	0 (0.0%)	3 (6.0%)	47 (94.0%)

NW=normal weight (BMI<25 kg/m²); OW=overweight (BMI=25-29.9 kg/m²);
OB=obesity (BMI>=30 kg/m²)

Figure S1. Observed and fitted model-based time trends in weight (kg) according to smoking status, by race and sex.

Figure S1.

