Supplemental Table 1. Estimated mean change within groups from baseline in all study outcomes.

	Estimated mean change (95% CI)					
	3 months		6 months		12 months	
Outcomes	Dippers	Nondippers	Dippers	Nondippers	Dippers	Nondippers
Cognition, z scores						
Global cognitive function	**.32 (.21 to .43)**	**.31 (.21 to .41)**	**.54 (.42 to .66)**	**.49 (.37 to .6)**	**.58 (.45 to .7)**	**.51 (.39 to .63)**
Executive function	**.22 (.01 to .42)**	.17 (–.01 to .36)	**.33 (.13 to .52)**	**.35 (.17 to 52)**	**.44 (.24 to .64)**	**.37 (.17 to .56)**
Processing speed	.14 (–.01 to .29)	**.14 (.002 to .28)**	**.32 (.15 to .5)**	**.19 (.03 to 35)**	**.29 (.09 to .49)**	**.26 (.07 to .45)**
Memory	**.56 (.35 to .77)**	**.49 (.29 to .68)**	**.98 (.72 to 1.23)**	**.88 (.64 to 1.11)**	**1.04 (.8 to 1.28)**	**.93 (.7 1.15)**
Verbal fluency	**.39 (.2 to .57)**	**.46 (.29 to .62)**	**.52 (.31 to 73)**	**.56 (.36 to .75)**	**.5 (.28 to .73)**	**.52 (.3 to .73)**
Mobility						
Usual gait velocity, cm/s	2.1 (–2.5 to 6.7)	**6.9 (2.7 to 11.1)**	1.8 (–3 to 6.6)	**9.4 (4.9 to 13.8)**	–.1 (–5.4 to 5.1)	**6.8 (1.9 to 11.7)**
Usual step length, cm	.9 (–.9 to 2.4)	**2.9 (1.5 to 4.3)**	.4 (–1.2 to 1.9)	**3.4 (2 to 4.8)**	–.4 (–2.1 to 1.3)	**1.7 (.2 to 3.3)**
Usual gait variability, %	–.8 (–1.9 to .3)	–.3 (–1.3 to .6)	–.7 (–1.8 to .5)	.2 (–1.2 to .8)	–.8 (–1.8 to .3)	–.3 (–1.2 to .7)
DT gait velocity, cm/s	3.1 (–4.1 to 10.3)	6.1 (–.6 to 12.7)	5.9 (–1.4 to 13.2)	**9.3 (2.6 to 16)**	7.7 (–.1 to 15.5)	–.3 (–7.7 to 7)
DT step length, cm	.2 (–1.9 to 2.3)	**2.1 (.1 to 4)**	1.7 (–.9 to 4.3)	**3.5 (1.1 to 5.8)**	1.2 (–1.5 to 4)	.6 (–2 to 3.2)
DT gait variability, %	1.1 (–1.8 to 4)	–.7 (–3.4 to 1.9)	1.5 (–2.3 to 5.2)	–.6 (–4 to 2.9)	–2.1 (–4.3 to –.01)	–.3 to –2.3 to 1.7)
Cardiovascular health						
cIMT, mm	.04 (–.004 to .09)	.025 (–.04 to .09)	.03 (–.03 to .08)	**.06 (.01 to 11)**	.04 (–.01 to .09)	.02 (–.03 to .07)
cAC, mm/mmHg^2 × 10^{-1}	**.15 (.001 to .27)**	**.21 (.08 to .35)**	.13 (–.01 to .27)	.11 (–.01 to .24)	.1 (–.04 to .25)	**.17 (.04 to .31)**
Daytime SBP, mmHg	**–4.4 (–8.3 to –.6)**	.2 (–3.3 to 3.6)	**–6.2 (–10.6 to –1.9)**	.7 (–3.2 to 4.5)	**–5.6 (–9.3 to –1.9)**	1.9 (–1.8 to 5.5)
Daytime DBP, mmHg	–1.1 (–3.3 to 1.1)	–.9 (–2.9 to 1.2)	**–2.6 (–5.1 to –.1)**	.1 (–2.1 to 2.3)	**–2.7 (–5.3 to –.1)**	.5 (–2.1 to 3.1)
Nighttime SBP, mmHg	–.7 (–4.7 to 3.3)	**–3.8 (–7.4 to –.2)**	2.5 (–1.8 to 6.7)	–3.1 (–6.9 to .6)	–2.9 (–6.5 to .7)	–3.1 (–6.6 to .4)
Nighttime DBP, mmHg	.4 (–2.1 to 2.9)	–2.2 (–4.5 to .04)	2.2 (–.4 to 4.7)	–1.3 (–3.6 to 1)	–.6 (–2.8 to 1.7)	–1.8 (–4 to .4)

Confidence intervals not including zero (i.e., bold numbers) indicate significant estimated mean change from baseline adjusting for age, education, gender, presence of hypertension and type 2 diabetes.

Abbreviations: 95% CI, confidence interval; DT, dual-task gait serial sevens; cIMT, carotid intima-media thickness; cAC, carotid arterial compliance; SBP, systolic blood pressure; DBP, diastolic blood pressure.