

## Supplementary Data

SUPPLEMENTARY TABLE S1. MULTILEVEL MULTIVARIABLE  
LOGISTIC REGRESSION PREDICTING PHYSICAL ACTIVITY  
AND FITNESS PARAMETER ESTIMATES AND MODEL  
FIT FOR CARDIA (1985–2005)

<i>A. Physical Activity</i>		
<i>Variable</i>	<i>Parameter estimate (SE)</i>	<i>P value</i>
Black men $R^2=0.12^a$		
Age	-7.5 (1.3)	<0.0001
Smoking status		<0.0001
Never	21.9 (17.1)	
Current	-25.7 (17.8)	
Former	1.0 (reference)	
Metabolic risk status		<0.0001
Normal risk	98.9 (16.4)	
Elevated risk	1.0 (reference)	
Time	-11.1 (2.6)	<0.0001
Time <sup>2</sup>	0.28 (0.1)	0.03
White men $R^2=0.12^a$		
Age	-3.4 (1.1)	0.002
Smoking status		<0.0001
Never	-20.3 (10.6)	
Current	-58.4 (12.1)	
Former	1.0 (reference)	
Metabolic risk status		<0.0001
Normal risk	70.8 (12.5)	
Elevated risk	1.0 (reference)	
Time	-14.0 (2.0)	<0.0001
Time <sup>2</sup>	0.46 (0.1)	<0.0001
Black women $R^2=0.08^a$		
Age	-4.4 (0.7)	<0.0001
Smoking status		<0.0001
Never	-24.3 (10.8)	
Current	-2.0 (11.3)	
Former	1.0 (reference)	
Metabolic risk status		0.27
Normal risk	10.1 (9.3)	
Elevated risk	1.0 (reference)	
Time	-8.0 (1.5)	<0.0001
Time <sup>2</sup>	0.28 (0.07)	<0.0001
White women $R^2=0.10^a$		
Age	-1.5 (0.9)	0.10
Smoking status		<0.0001
Never	-32.7 (8.0)	
Current	-42.9 (9.2)	
Former	1.0 (reference)	
Metabolic risk status		<0.0001
Normal risk	78.7 (10.2)	
Elevated risk	1.0 (reference)	
Time	-14.6 (1.6)	<0.0001
Time <sup>2</sup>	0.61 (0.09)	<0.0001

*(continued)*

SUPPLEMENTARY TABLE S1. (CONTINUED)

<i>B. Fitness</i>		
Black men $R^2=0.48^a$		
Age	1.1 (0.9)	0.22
Smoking status		<0.0001
Never	16.0 (11.3)	
Current	-26.8 (11.9)	
Former	1.0 (reference)	
Metabolic risk status		<0.0001
Normal risk	131.1 (11.0)	
Elevated risk	1.0 (reference)	
Time	-10.6 (0.4)	<0.0001
White men $R^2=0.49^a$		
Age	0.2 (0.9)	0.83
Smoking status		<0.0001
Never	0.7 (8.5)	
Current	-59.5 (9.8)	
Former	1.0 (reference)	
Metabolic risk status		<0.0001
Normal risk	128.3 (9.9)	
Elevated risk	1.0 (reference)	
Time	-9.2 (0.3)	<0.0001
Black women $R^2=0.43^a$		
Age	-4.6 (0.6)	<0.0001
Smoking status		<0.0001
Never	13.4 (9.1)	
Current	-14.8 (9.6)	
Former	1.0 (reference)	
Metabolic risk status		<0.0001
Normal risk	87.6 (8.0)	
Elevated risk	1.0 (reference)	
Time	-7.1 (0.3)	$\leq 0.0001$
White women $R^2=0.33^a$		
Age	-2.1 (0.8)	0.009
Smoking status		<0.0001
Never	20.6 (7.3)	
Current	-49.4 (8.4)	
Former	1.0 (reference)	
Metabolic risk status		<0.0001
Normal risk	146.5 (9.6)	
Elevated risk	1.0 (reference)	
Time	-6.3 (0.3)	<0.0001

<sup>a</sup> $R^2$  calculated from likelihood tests (1).

CARDIA, Coronary Artery Risk Development in Young Adults; SE, standard error.

### Reference

1. Magee L.  $R^2$  measures based on Wald and likelihood ratio joint significance tests. *The Am Statistician* 1990;44:250–253.