Supplemental Online Content

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This supplemental material has been provided by the authors to give readers additional information about their work.

eTable 1. Comparison of participants with and without cystatin C measures

	Without $eGFR_{CysC}$ (n=436)	*With $eGFR_{CysC}$ (n=1199)*	*Overall (n=1635)*	*p-value**
Age, years	78.9 (5.3)	78.9 (5.2)	78.9 (5.2)	0.88**
Female	298 (68.3)	800 (66.7)	1098 (67.2)	0.54
Race				0.78
Black	72 (16.5)	216 (18.0)	288 (17.6)	
White	335 (76.8)	904 (75.4)	1239 (75.8)	
Other	29 (6.7)	79 (6.6)	108 (6.6)	
Diabetes status				<.001
No Diabetes	243 (55.7)	576 (48.0)	819 (50.1)	
Impaired fasting glucose	61 (14.0)	296 (24.7)	357 (21.8)	
Diabetes	132 (30.3)	327 (27.3)	459 (28.1)	
CVD	137 (31.4)	354 (29.5)	491 (30.0)	0.46
Hypertension	302 (69.9)	855 (71.7)	1157 (71.2)	0.47
Minutes of moderate-intensity activity (>760 counts/min)	26.1 (23.6)	28.3 (24.8)	27.7 (24.5)	0.21***
Total steps	2602 (1538)	2720 (1484)	2688 (1499)	0.10***

CVD = cardiovascular disease.
*For discrete variables, chi-squared tests are used.
** t-test
*** Wilcoxon rank sum test

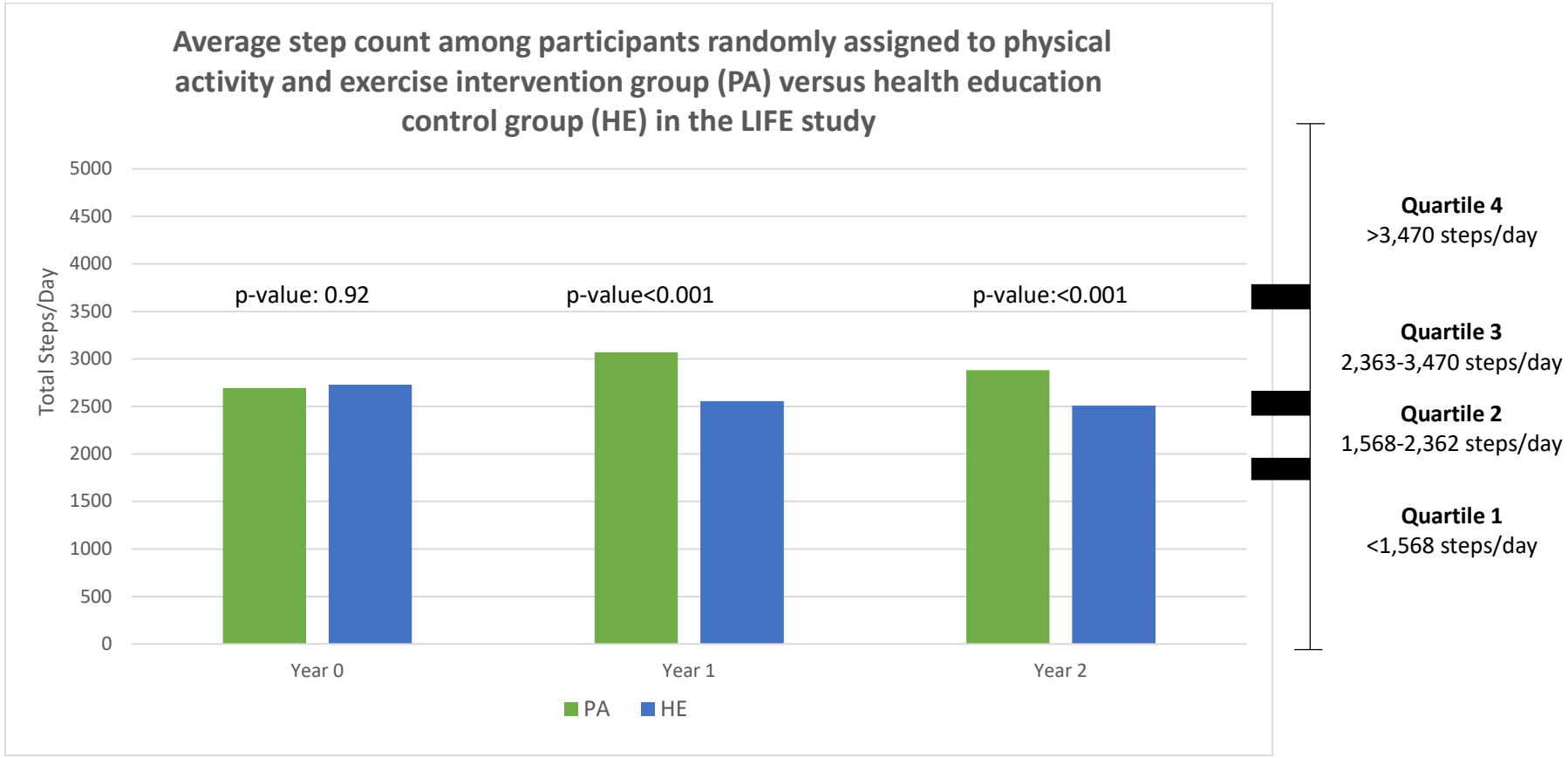
eTable 2. Effect of randomization to the physical activity and exercise intervention group versus the health education control group of the LIFE trial on longitudinal changes in $eGFR_{CysC}$ over 2 years, stratified by key subgroups

Within key subgroups	Change in $eGFR_{CysC}$ (95% CI)	p-value	p-value for interaction*
Age			0.41**
Lower	0.53 (-0.87 – 1.94)	0.46	
Higher	1.38 (0.11 – 2.65)	0.03	
Sex			0.07**
Male	2.44 (0.57 – 4.32)	0.01	
Female	0.31 (-0.76 – 1.38)	0.57	
Race			0.57
Black	-0.22 (-2.37 – 1.94)	0.84	
White	1.35 (0.24 – 2.46)	0.02	
Other	0.12;(-3.43 – 3.67)	0.95	
eGFR <median			0.18
Lower	0.49 (-0.46 – 1.45)	0.31	
Higher	1.17;(-0.09 – 2.43)	0.07	
HTN			0.73
Yes	0.87 (-0.26 – 1.99)	0.13	
no	0.72 (-0.98 – 2.43)	0.40	
DM			0.25
Yes	0.43;(-1.66 – 2.52)	0.68	
Impaired glucose tolerance	2.24 (0.36 – 4.12)	0.02	
no	0.64 (-0.62 – 1.91)	0.32	
CVD			0.14
Yes	0.04 (-1.68 – 1.76)	0.96	
no	1.32 (0.18 – 2.45)	0.02	
CKD			0.04
Yes	0.43 (-1.48 – 1.14)	0.35	
no	1.63 (0.05 – 3.22)	0.04	

*Adjusted for gender and clinical sites

**Not adjusted for clinical sites due to failure of model to converge when adjusting for clinical sites

eFigure



eMethods

Accelerometry: Participants were instructed to wear an accelerometer (Actigraph GT3X) on their hip for seven consecutive days except during sleep, showering/bathing, and swimming. Movement was captured along the vertical axis in 1-minute intervals, and non-wear time was defined as 90 minutes of consecutive zero counts. Data were considered valid if the device was worn for ≥ 600 minutes per day for at least five days. Data reduction focused on technical and procedural errors as well as evident outliers. Total physical activity was calculated as the average number of daily activity counts per minute. In the absence of well-accepted, evidence-based accelerometry cut-points for physical activity intensity in older adults, a cut-point was set that defined active time (> 760 activity counts/minute). Data were expressed in min/week, and all data were adjusted for wear time.

eAppendix. Research Investigators for the LIFE Study

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Administrative Coordinating Center, University of Florida, Gainesville, FL

Marco Pahor, MD – Principal Investigator of the LIFE Study
Jack M. Guralnik, MD, PhD – Co-Investigator of the LIFE Study (University of Maryland School of Medicine, Baltimore, MD)
Christian Leeuwenburgh, PhD
Connie Caudle
Lauren Crump, MPH
Latonia Holmes
Jocelyn Lee, PhD
Ching-ju Lu, MPH

Data Management, Analysis and Quality Control Center, Wake Forest University, Winston Salem, NC

Michael E. Miller, PhD – DMAQC Principal Investigator
Mark A. Espeland, PhD – DMAQC Co-Investigator
Walter T. Ambrosius, PhD
William Applegate, MD
Daniel P. Beavers, PhD, MS
Robert P. Byington, PhD, MPH, FAHA
Delilah Cook, CCRP
Curt D. Furberg, MD, PhD
Lea N. Harvin, BS
Leora Henkin, MPH, Med
John Hepler, MA
Fang-Chi Hsu, PhD
Laura Lovato, MS
Wesley Roberson, BSBA
Julia Rushing, BSPH, MStat
Scott Rushing, BS

Cynthia L. Stowe, MPM
Michael P. Walkup, MS
Don Hire, BS
W. Jack Rejeski, PhD
Jeffrey A. Katula, PhD, MA
Peter H. Brubaker, PhD
Shannon L. Mihalko, PhD
Janine M. Jennings, PhD

National Institutes of Health, Bethesda, MD
Evan C. Hadley, MD (National Institute on Aging)
Sergei Romashkan, MD, PhD (National Institute on Aging)
Kushang V. Patel, PhD (National Institute on Aging)

National Heart, Lung and Blood Institute, Bethesda, MD
Denise Bonds, MD, MPH

Field Centers

Northwestern University, Chicago, IL
Mary M. McDermott, MD – Field Center Principal Investigator
Bonnie Spring, PhD – Field Center Co-Investigator
Joshua Hauser, MD – Field Center Co-Investigator
Diana Kerwin, MD – Field Center Co-Investigator
Kathryn Domanchuk, BS
Rex Graff, MS
Alvito Rego, MA

Pennington Biomedical Research Center, Baton Rouge, LA
Timothy S. Church, MD, PhD, MPH – Field Center Principal Investigator
Steven N. Blair, PED (University of South Carolina)
Valerie H. Myers, PhD
Ron Monce, PA-C
Nathan E. Britt, NP
Melissa Nauta Harris, BS
Ami Parks McGucken, MPA, BS
Ruben Rodarte, MBA, MS, BS
Heidi K. Millet, MPA, BS
Catrine Tudor-Locke, PhD, FACSM
Ben P. Butitta, BS
Sheletta G. Donatto, MS, RD, LDN, CDE
Shannon H. Cocreham, BS

Stanford University, Palo Alto, CA
Abby C. King, PhD – Field Center Principal Investigator
Cynthia M. Castro, PhD
William L. Haskell, PhD
Randall S. Stafford, MD, PhD
Leslie A. Pruitt, PhD
Kathy Berra, MSN, NP-C, FAAN
Veronica Yank, MD

Tufts University, Boston, MA
Roger A. Fielding, PhD – Field Center Principal Investigator

Miriam E. Nelson, PhD – Field Center Co-Investigator
Sara C. Folta, PhD – Field Center Co-Investigator
Edward M. Phillips, MD
Christine K. Liu, MD
Erica C. McDavitt, MS
Kieran F. Reid, PhD, MPH

Dylan R. Kirn, BS
Evan P. Pasha, BS
Won S. Kim, BS
Vince E. Beard, BS
Eleni X. Tsiroyannis, BS
Cynthia Hau, BS, MPH

University of Florida, Gainesville, FL
Todd M. Manini, PhD – Field Center Principal Investigator
Marco Pahor, MD – Field Center Co-Investigator
Stephen D. Anton, PhD
Susan Nayfield, MD
Thomas W. Buford, PhD
Michael Marsiske, PhD
Bhanuprasad D. Sandesara, MD
Jeffrey D. Knaggs, BS
Megan S. Lorow, BS
William C. Marena, MT, CCRC
Irina Korytov, MD
Holly L. Morris, MSN, RN, CCRC (Brooks Rehabilitation Clinical Research Center, Jacksonville, FL)
Margo Fitch, PT (Brooks Rehabilitation Clinical Research Center, Jacksonville, FL)
Floris F. Singletary, MS, CCC-SLP (Brooks Rehabilitation Clinical Research Center, Jacksonville, FL)
Jackie Causer, BSH, RN (Brooks Rehabilitation Clinical Research Center, Jacksonville, FL)
Katie A. Radcliff, MA (Brooks Rehabilitation Clinical Research Center, Jacksonville, FL)

University of Pittsburgh, Pittsburgh, PA
Anne B. Newman, MD, MPH – Field Center Principal Investigator
Stephanie A. Studenski, MD, MPH – Field Center Co-Investigator
Bret H. Goodpaster, PhD
Nancy W. Glynn, PhD
Oscar Lopez, MD
Neelesh K. Nadkarni, MD, PhD
Kathy Williams, RN, BSEd, MHSA
Mark A. Newman, PhD
George Grove, MS
Janet T. Bonk, MPH, RN
Jennifer Rush, MPH
Piera Kost, BA (deceased)
Diane G. Ives, MPH

Wake Forest University, Winston Salem, NC
Stephen B. Kritchevsky, Ph.D. – Field Center Principal Investigator
Anthony P. Marsh, PhD – Field Center Co-Investigator
Tina E. Brinkley, PhD
Jamehl S. Demons, MD
Kaycee M. Sink, MD, MAS

Kimberly Kennedy, BA, CCRC
Rachel Shertzer-Skinner, MA, CCRC
Abbie Wrights, MS
Rose Fries, RN, CCRC
Deborah Barr, MA, RHEd, CHES

Yale University, New Haven, CT
Thomas M. Gill, MD – Field Center Principal Investigator
Robert S. Axtell, PhD, FACSM – Field Center Co-Investigator (Southern Connecticut State University, Exercise Science Department)
Susan S. Kashaf, MD, MPH (VA Connecticut Healthcare System)
Nathalie de Rekeneire, MD, MS
Joanne M. McGloin, MDiv, MS, MBA
Karen C. Wu, RN
Denise M. Shepard, RN, MBA
Barbara Fennelly, MA, RN

Lynne P. Iannone, MS, CCRP
Raeleen Mautner, PhD
Theresa Sweeney Barnett, MS, APRN
Sean N. Halpin, MA
Matthew J. Brennan, MA
Julie A. Bugaj, MS
Maria A. Zenoni, MS
Bridget M. Mignosa, AS

Cognition Coordinating Center, Wake Forest University, Winston Salem, NC
Jeff Williamson, MD, MHS – Center Principal Investigator
Kaycee M Sink, MD, MAS – Center Co-Investigator
Hugh C. Hendrie, MB, ChB, DSc (Indiana University)
Stephen R. Rapp, PhD
Joe Verghese, MB, BS (Albert Einstein College of Medicine of Yeshiva University)
Nancy Woolard
Mark Espeland, PhD
Janine Jennings, PhD
Valerie K. Wilson, MD

Electrocardiogram Reading Center, University of Florida, Gainesville, FL
Carl J. Pepine MD, MACC
Mario Ariet, PhD
Eileen Handberg, PhD, ARNP
Daniel Deluca, BS
James Hill, MD, MS, FACC
Anita Szady, MD

Spirometry Reading Center, Yale University, New Haven, CT
Geoffrey L. Chupp, MD
Gail M. Flynn, RCP, CRFT
Thomas M. Gill, MD
John L. Hankinson, PhD (Hankinson Consulting, Inc.)
Carlos A. Vaz Fragoso, MD

Cost Effectiveness Analysis Center
Erik J. Groessl, PhD (University of California, San Diego and VA San Diego Healthcare System)
Robert M. Kaplan, PhD (Office of Behavioral and Social Sciences Research, National Institutes of Health)