Supplemental material

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Supplemental Table 1. Race- and BMI-adjusted prevalence estimate comparisons between National Health and Nutrition Examination Survey (NHANES) and National Health Interview Survey (NHIS)for hypertension/high blood pressure (HTN) and diabetes mellitus/high blood sugar (DM). Signficance values have been adjusted using the Bonferonni correction for multiple comparisons. P-values have been adjusted for multiple comparisons.

Age group	Condition	NHANES prevalence %	NHIS prevalence %	SPR	SPR lower 95% CI	SPR upper 95% CI	P-value
25-29	DM	1.33	0.55	0.42	0.41	6.07	0.99
30-39	DM	1.9	2.01	1.06	0.4	1.72	0.99
40-49	DM	7.7	7.32	0.95	0.72	1.45	0.99
50-59	DM	15.96	13.37	0.84	0.93	1.49	0.69
25-29	HTN	6.47	8.54	1.32	0.41	1.22	0.96
30-39	HTN	15.7	16.83	1.07	0.72	1.17	0.99
40-49	HTN	24.66	30.62	1.24	0.66	0.97	0.06
50-59	HTN	43.96	42.41	0.96	0.9	1.19	0.99

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Supplemental Table 2. Standardized prevalence estimates, standardized prevalence ratios, 95% confidence intervals (CI) and p-values for the Football Player Health Study (FPHS), National Health and Nutrition Examination Survey (NHANES), and National Health Interview Survey (NHIS) to accompany Figures 1-3. P-values have been adjusted for multiple comparisons.

Age group	NHIS	FPHS	SPR (95% CI)	p-value
Standardized Prevalence of Healthspan[a]				
25-29	87.5	70.5	1.25 (1.05, 1.46)	0.066
30-39	79.9	66.4	1.2 (1.11, 1.29)	<0.001
40-49	61.6	47.9	0.78 (0.7, 0.87)	<0.001
50-59	44.3	32.5	0.73 (0.65, 0.82)	<0.001
Standardized Prevalence of Arthritis[a]				
Age group	NHANES	FPHS	SPR (95% CI)	p-value
25-29	5.0	22.0	0.23 (0.11, 0.38)	<0.001
30-39	10.4	27.8	0.37 (0.27, 0.49)	<0.001
40-49	19.3	47.2	0.41 (0.33, 0.51)	<0.001
50-59	39.1	53.3	0.73 (0.63, 0.85)	<0.001
Standardized Prevalence of Dementia/Alzheimer's Disease[a]				
Age group	NHIS	FPHS	SPR (95% CI)	p-value
25-29	0	0	NA	NA
30-39	0.1	0.6	0.08 (0.1, 0.77)	<0.001
40-49	0.1	0.9	0.19 (0.01, 0.93)	0.002
50-59	0.2	2.2	0.13 (0, 0.46)	<0.001
Standardized Prevalence of Hypertension[a]				
Age group	NHANES	FPHS	SPR (95% CI)	p-value
25-29	6.5	12.2	0.52 (0.28, 0.84)	0.003
30-39	15.7	13.8	1.18 (0.91, 1.49)	0.877
40-49	24.7	17.2	1.42 (1.16, 1.71)	0.011
50-59	44.0	33.5	1.31 (1.13, 1.5)	0.004
Standardized Prevalence of Diabetes[a]				
Age group	NHANES	FPHS	SPR (95% CI)	p-value
25-29	1.3	6.8	0.2 (0.03, 0.5)	<0.001
30-39	1.9	1.5	1.21 (0.51, 2.21)	>0.999
40-49	7.7	4.4	1.75 (1.19, 2.4)	0.063
50-59	7.0	16.0	2.29 (1.79, 2.85)	<0.001
Standardized Prevalence of Football position (FPHS only)[b]				
Age group	Linemen	Non-Linemen	SPR (95% CI)	p-value
25-29	49.2	77.2	0.56 (0.37, 0.8)	<0.001
30-39	37.4	71.9	0.52 (0.43, 0.62)	<0.001
40-49	34.0	50.1	0.68 (0.54, 0.84)	<0.001
50-59	29.8	33.3	0.9 (0.72, 1.09)	>0.999

[a]NHANES/NHIS cohorts were designated as "observed".
[a]Linemen were designated as "observed".