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| **Supplemental Table 1.** Distribution of Baseline Characteristics in Study Sample by Race/Ethnicity | | |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **American Indian/Alaska Native** | **Asian/Pacific  Islander** | **African American** | **Hispanic** | **Non-Hispanic White** | **Unknown** |
|  | N=292 | N=2,277 | N=5,452 | N=2,476 | N=64,750 | N=806 |
| **Age** |  |  |  |  |  |  |
| Years | 61.6 (7.7) | 63.8 (7.5) | 62 (7.2) | 60.6 (7.1) | 63.8 (7.2) | 63.8 (7.1) |
| 50-59 | 124 42.5% | 728 32% | 2,127 39% | 1,213 49% | 19,680 30.4% | 237 29.4% |
| 60-69 | 115 39.4% | 954 41.9% | 2,383 43.7% | 962 38.9% | 29,240 45.2% | 390 48.4% |
| 70-79 | 53 18.2% | 595 26.1% | 942 17.3% | 301 12.2% | 15,830 24.5% | 179 22.2% |
| **Weight** |  |  |  |  |  |  |
| Weight, kg | 76.6 (18) | 58 (11.1) | 80 (18) | 70.2 (14.8) | 70.4 (14.9) | 70 (15) |
| BMI, kg/m2 | 29.6 (6.9) | 24.2 (4.3) | 30.4 (6.6) | 28.3 (5.8) | 26.8 (5.5) | 27.3 (5.5) |
| Underweight (<18.5) | 3 1% | 98 4.3% | 38 0.7% | 11 0.4% | 748 1.2% | 9 1.1% |
| Normal (18.5-24.9) | 81 27.7% | 1,357 59.6% | 1,058 19.4% | 716 28.9% | 27,692 42.8% | 288 35.7% |
| Overweight (25.0-29.9) | 86 29.5% | 642 28.2% | 1,896 34.8% | 976 39.4% | 22,055 34.1% | 304 37.7% |
| Class 1 Obesity (30.0-34.9) | 73 25% | 130 5.7% | 1,355 24.9% | 500 20.2% | 9,340 14.4% | 135 16.8% |
| Class II Obesity (35.0-39.9) | 26 8.9% | 32 1.4% | 646 11.9% | 184 7.4% | 3,160 4.9% | 47 5.8% |
| Class III Obesity (>40) | 23 7.9% | 18 0.8% | 459 8.4% | 89 3.6% | 1,755 2.7% | 23 2.9% |
| **Waist** |  |  |  |  |  |  |
| Circumference (cm) | 90.7 (15.2) | 77.2 (10.1) | 89.9 (13.9) | 85.4 (12.6) | 83.9 (13.1) | 84.5 (12.8) |
| <88 | 136 46.6% | 1,947 85.6% | 2,599 47.7% | 1,528 61.8% | 43,267 67% | 514 63.9% |
| >88 | 156 53.4% | 327 14.4% | 2,846 52.3% | 943 38.2% | 21,298 33% | 291 36.2% |
| **Education** |  |  |  |  |  |  |
| Less than HS or GED | 57 19.7% | 125 5.5% | 580 10.8% | 550 22.5% | 1,856 2.9% | 51 6.4% |
| HS or GED | 77 26.6% | 662 29.3% | 1,347 25% | 693 28.4% | 15,970 24.8% | 239 30% |
| Some college | 105 36.3% | 772 34.2% | 1,856 34.5% | 794 32.5% | 25,329 39.4% | 289 36.3% |
| College or higher | 50 17.3% | 701 31% | 1,599 29.7% | 403 16.5% | 21,146 32.9% | 218 27.4% |
| **Physical Activity** |  |  |  |  |  |  |
| Total MET-Hours Per Week | 12.3 (15) | 14.1 (14.3) | 11 (13.8) | 12 (14.8) | 14.4 (14.4) | 13.8 (15.1) |
| First quartile | 0.8 (0.9) | 0.8 (1) | 0.8 (1) | 0.7 (1) | 0.8 (1) | 0.8 (1) |
| Second quartile | 6.3 (2) | 6.3 (2) | 6.2 (2) | 6.2 (2) | 6.4 (2.1) | 6.3 (2) |
| Third quartile | 14 (2.8) | 14.5 (2.8) | 14.5 (2.8) | 14.5 (2.8) | 14.5 (2.8) | 14.6 (2.8) |
| Fourth quartile | 34.4 (15) | 33.5 (13.2) | 34.4 (15.3) | 35.3 (15.5) | 33.3 (13.8) | 35.4 (14.8) |
| **Smoking** |  |  |  |  |  |  |
| Never Smoker | 150 52.3% | 1,680 74.1% | 2,714 50.7% | 1,562 64.2% | 32,221 50.4% | 451 57.2% |
| Past Smoker | 109 38% | 508 22.4% | 2,089 39.1% | 722 29.7% | 28,409 44.4% | 293 37.1% |
| Current Smoker | 28 9.8% | 78 3.4% | 547 10.2% | 151 6.2% | 3,344 5.2% | 45 5.7% |
| **HEI-2005 Index score** |  |  |  |  |  |  |
| Score | 66.7 (11.3) | 72.4 (8.8) | 65.7 (11.9) | 67.7 (10.7) | 69.9 (10.2) | 69.5 (10.2) |
| First quartile | 54.4 (6.4) | 56.1 (5.5) | 52.8 (7.4) | 54.3 (6.6) | 54.9 (6.2) | 54.5 (6.3) |
| Second quartile | 66.8 (2.5) | 67.5 (2.4) | 67 (2.5) | 67.2 (2.4) | 67.2 (2.5) | 67.3 (2.5) |
| Third quartile | 73.9 (1.7) | 74.3 (1.7) | 74.1 (1.8) | 74.2 (1.8) | 74.2 (1.8) | 74.1 (1.8) |
| Fourth quartile | 80.8 (2.4) | 81.2 (2.9) | 80.9 (2.7) | 80.8 (2.7) | 81 (2.8) | 81 (2.7) |
| **Sleep Habits Do you Take Sleep Medications?** |  |  |  |  |  |  |
| No | 207 72.6% | 1,956 87.2% | 4,237 80.5% | 1,826 76.5% | 45,426 71.1% | 612 76.6% |
| Yes | 78 27.4% | 287 12.8% | 1,024 19.5% | 561 23.5% | 18,507 29% | 187 23.4% |
| **Number of hours spent sleeping (baseline)** |  |  |  |  |  |  |
| Less than 4 hours | 40 13.8% | 331 14.6% | 817 15.1% | 482 19.9% | 2,635 4.1% | 96 12.1% |
| 4-7 hours | 104 35.9% | 888 39.2% | 2,394 44.3% | 837 34.6% | 18,278 28.4% | 263 33.1% |
| 8-9 hours | 103 35.5% | 791 34.9% | 1,532 28.4% | 766 31.7% | 31,704 49.2% | 311 39.1% |
| More than 10 hours | 43 14.8% | 258 11.4% | 658 12.2% | 335 13.8% | 11,836 18.4% | 125 15.7% |
| **Diabetes** |  |  |  |  |  |  |
| No History | 237 81.2% | 2,103 92.4% | 4,744 87% | 2,270 91.7% | 62,205 96.1% | 757 93.9% |
| Insulin Dependent | 11 3.8% | 24 1.1% | 233 4.3% | 41 1.7% | 482 0.7% | 6 0.7% |
| Non-Insulin Dependent | 44 15.1% | 150 6.6% | 475 8.7% | 165 6.7% | 2,063 3.2% | 43 5.3% |
| **Hypertension** |  |  |  |  |  |  |
| Never hypertensive | 170 59% | 1,463 64.9% | 2,424 45.4% | 1,711 71.7% | 44,435 69.7% | 514 65.5% |
| Untreated | 38 13.2% | 184 8.2% | 476 8.9% | 199 8.3% | 4,837 7.6% | 65 8.3% |
| Treated hypertensive | 80 27.8% | 608 27% | 2,441 45.7% | 476 20% | 14,477 22.7% | 206 26.2% |
| **High cholesterol  requiring pills, ever** |  |  |  |  |  |  |
| No | 237 83.2% | 1,773 79.1% | 4,423 83.4% | 1,968 83.9% | 54,509 85.8% | 654 83.5% |
| Yes | 48 16.8% | 469 20.9% | 883 16.6% | 378 16.1% | 8,996 14.2% | 129 16.5% |
|  |  |  |  |  |  |  |
| Data are numbers and column percentages or means (SD) unless otherwise indicated. | | |  |  |  |  |
| HEI-2005, Healthy Eating Index-2005 score | |  |  |  |  |  |

BMI- Body Mass Index; HS- High School; GED- General Education Diploma