|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Table 2. Distribution of Baseline Characteristics in Study Sample by Weight Class** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **Underweight** | **Normal Weight** | **Overweight** | **Class I Obesity** | **Class II Obesity** | **Class III Obesity** |
|  | **(BMI ≤ 18.5)** | **(BMI 18.5-24.9)** | **(BMI 25-29.9)** | **(BMI 30-34.9)** | **(BMI 35- 39.9)** | **(BMI ≥ 40)** |
|  | **N=910** | **N=31,282** | **N=26,031** | **N=11,554** | **N=4,104** | **N=2,371** |
| **Age** |  |  |  |  |  |  |
| Years | 64.5 (7.7) | 63.5 (7.4) | 64 (7.2) | 63.5 (7.1) | 62.4 (7) | 61.3 (6.7) |
| 50-59 | 270 29.7% | 10,215 32.7% | 7,672 29.5% | 3,550 30.7% | 1,461 35.6% | 985 41.5% |
| 60-69 | 364 40% | 13,573 43.4% | 11,819 45.4% | 5,371 46.5% | 1,913 46.6% | 1,091 46% |
| 70-79 | 276 30.3% | 7,494 24% | 6,540 25.1% | 2,633 22.8% | 730 17.8% | 295 12.4% |
| **Education** |  |  |  |  |  |  |
| Less than HS or GED | 28 3.1% | 829 2.7% | 1,123 4.4% | 705 6.2% | 336 8.3% | 209 8.9% |
| HS or GED | 185 20.4% | 6,700 21.6% | 6,701 25.9% | 3,461 30.2% | 1,247 30.6% | 753 32.2% |
| Some college | 348 38.4% | 12,180 39.2% | 10,040 38.9% | 4,282 37.4% | 1,499 36.8% | 869 37.2% |
| College or higher | 346 38.2% | 11,348 36.5% | 7,964 30.8% | 3,017 26.3% | 990 24.3% | 508 21.7% |
| **Physical Activity** |  |  |  |  |  |  |
| Total MET-Hours Per Week | 16.1 (16.1) | 16.9 (15.4) | 13.7 (13.8) | 10.6 (12.3) | 8.4 (11.3) | 6.8 (10.3) |
| First quartile | 16.1 (0.9) | 15.4 (0.9) | 13.8 (0.8) | 12.3 (0.8) | 11.3 (0.7) | 10.3 (0.6) |
| Second quartile | 6.4 (2) | 6.6 (2.1) | 6.4 (2.1) | 6.2 (2) | 6.3 (2) | 6 (2) |
| Third quartile | 14.4 (2.8) | 14.7 (2.8) | 14.5 (2.8) | 14.3 (2.7) | 14.3 (2.7) | 14 (2.8) |
| Fourth quartile | 34.9 (15.3) | 34.1 (14.3) | 32.9 (13.4) | 32.3 (13.1) | 32.4 (14) | 31.8 (14.5) |
| **Smoking** |  |  |  |  |  |  |
| Never Smoker | 502 56.2% | 16,223 52.5% | 13,087 50.9% | 5,899 51.8% | 2,014 49.6% | 1,162 49.7% |
| Past Smoker | 291 32.6% | 12,822 41.5% | 11,235 43.7% | 4,941 43.4% | 1,869 46.1% | 1,051 45% |
| Current Smoker | 101 11.3% | 1,872 6.1% | 1,373 5.3% | 556 4.9% | 175 4.3% | 124 5.3% |
| **HEI-2005 Index score** |  |  |  |  |  |  |
| Score | 16.1 (16.1) | 16.9 (15.4) | 13.7 (13.8) | 10.6 (12.3) | 8.4 (11.3) | 6.8 (10.3) |
| First quartile | 53.6 (7.1) | 55.1 (6.3) | 54.9 (6.3) | 54.5 (6.3) | 53.5 (6.6) | 53.9 (6.6) |
| Second quartile | 67.2 (2.4) | 67.3 (2.4) | 67.2 (2.5) | 67 (2.5) | 66.9 (2.5) | 66.8 (2.4) |
| Third quartile | 215 (74.3) | 8423 (74.3) | 74.2 (1.8) | 74.2 (1.7) | 74.3 (1.8) | 74.2 (1.8) |
| Fourth quartile | 81.3 (3) | 81.2 (2.8) | 80.9 (2.7) | 80.9 (2.7) | 80.5 (2.5) | 80.6 (2.6) |
| **Sleep Habits Do you Take Sleep Medications?** |  |  |  |  |  |  |
| No | 688 77.1% | 22,515 72.8% | 18,381 71.8% | 8,262 72.8% | 2,888 71.9% | 1,674 72.2% |
| Yes | 204 22.9% | 8,401 27.2% | 7,220 28.2% | 3,093 27.2% | 1,130 28.1% | 646 27.8% |
| **Number of hours spent sleeping (baseline)** |  |  |  |  |  |  |
| Less than 4 hours | 67 7.4% | 1,518 4.9% | 1,601 6.2% | 760 6.6% | 316 7.7% | 156 6.6% |
| 4-7 hours | 305 33.8% | 9,275 29.8% | 7,648 29.6% | 3,506 30.5% | 1,307 32% | 795 33.8% |
| 8-9 hours | 410 45.5% | 15,382 49.4% | 12,010 46.4% | 4,918 42.8% | 1,650 40.4% | 913 38.9% |
| More than 10 hours | 120 13.3% | 4,958 15.9% | 4,608 17.8% | 2,307 20.1% | 808 19.8% | 486 20.7% |
| **Diabetes** |  |  |  |  |  |  |
| No History | 884 97.1% | 30,650 98% | 24,894 95.6% | 10,551 91.3% | 3,545 86.4% | 1,981 83.6% |
| Insulin Dependent | 4 0.4% | 121 0.4% | 218 0.8% | 186 1.6% | 147 3.6% | 122 5.2% |
| Non-Insulin Dependent | 22 2.4% | 511 1.6% | 919 3.5% | 817 7.1% | 412 10% | 268 11.3% |
| **Hypertension** |  |  |  |  |  |  |
| Never hypertensive | 741 82.9% | 24,096 78.2% | 16,998 66.4% | 6,192 54.6% | 1,847 46% | 973 42.1% |
| Untreated | 50 5.6% | 1,899 6.2% | 2,066 8.1% | 1,087 9.6% | 456 11.3% | 257 11.1% |
| Treated hypertensive | 103 11.5% | 4,828 15.7% | 6,537 25.5% | 4,069 35.9% | 1,717 42.7% | 1,083 46.8% |
| **High cholesterol  requiring pills, ever** |  |  |  |  |  |  |
| No | 835 93.6% | 27,227 88.8% | 21,160 83% | 9,184 81.3% | 3,332 83.1% | 1,989 86% |
| Yes | 57 6.4% | 3,420 11.2% | 4,341 17% | 2,111 18.7% | 679 16.9% | 324 14% |
|  |  |  |  |  |  |  |
| Data are numbers and column percentages or means (SD) unless otherwise indicated. |  |  |  |  |  |  |

HEI- Healthy Eating Index; HS- High School, GED- General Education Diploma