

Supplementary Table 5. Adjusted hazard ratio (95% confidence interval) for diabetes mellitus based on changes in the resting heart rate

Δ RHR, bpm	Male				Female			
	No. of observations	Events	HR (95% CI)	P value	No. of observations	Events	HR (95% CI)	P value
Time-varying RHR < 60 bpm								
≥5 drop	320	6	0.612 (0.262–1.429)	0.257	253	5	0.946 (0.570–1.570)	0.830
<5 change	3,355	87	Reference		2,926	64	Reference	
≥5 increase	2,290	51	0.958 (0.669–1.372)	0.814	2,093	62	1.296 (1.005–1.672)	0.046
Time-varying RHR 60–69 bpm								
≥5 drop	2,342	57	0.892 (0.658–1.211)	0.465	2,691	51	0.681 (0.499–0.928)	0.015
<5 change	7,444	221	Reference		9,942	269	Reference	
≥5 increase	2,207	82	1.260 (0.974–1.631)	0.079	2,710	122	1.324 (1.049–1.670)	0.018
Time-varying RHR 70–79 bpm								
≥5 drop	1,418	36	0.569 (0.347–0.933)	0.025	1,807	64	1.204 (0.761–1.904)	0.427
<5 change	966	38	Reference		1,182	30	Reference	
≥5 increase	229	11	1.339 (0.672–2.669)	0.407	228	7	1.210 (0.526–2.785)	0.654
Time-varying RHR ≥80 bpm								
≥5 drop	472	24	0.812 (0.300–2.196)	0.681	531	33	0.661 (0.313–1.397)	0.279
<5 change	119	7	Reference		125	11	Reference	
≥5 increase	29	4	1.725 (0.409–7.268)	0.457	24	3	2.806 (0.707–11.139)	0.142

Adjusted for sex, area, and time varying age, body mass index, area, physical activity, smoking, drinking, systolic blood pressure, antihypertensive drug use, chronic kidney disease, cardiovascular disease, glycosylated hemoglobin, and total cholesterol.

Δ RHR, change in resting heart rate; HR, hazard ratio; CI, confidence interval; RHR, resting heart rate.