

Supplementary Table 6. Association between resting heart rate incidence of diabetes mellitus

Variable	Events (event rate, % ^a)	Unadjusted		Adjusted	
		HR (95% CI)	P value	HR (95% CI)	P value
Baseline RHR, bpm					
<60 (n=2,243)	318 (11.4)	0.885 (0.776–1.009)	0.068	1.107 (0.965–1.269)	0.146
60–69 (n=4,641)	740 (12.9)	Reference		Reference	
70–79 (n=1,177)	229 (16.4)	1.277 (1.101–1.481)	0.001	1.174 (1.008–1.368)	0.040
≥80 (n=252)	58 (21.4)	1.718 (1.315–2.245)	<0.001	1.329 (1.008–1.752)	0.044
Per 5 bpm increase		1.120 (1.081–1.160)	<0.001	1.046 (1.006–1.086)	0.022
The most recent RHR, bpm					
<60 (n=2,089)	275	0.840 (0.732–0.963)	0.013	0.913 (0.793–1.050)	0.201
60–69 (n=4,770)	802	Reference		Reference	
70–79 (n=1,155)	186	1.026 (0.874–1.203)	0.755	0.709 (0.592–0.850)	<0.001
≥80 (n=299)	82	1.598 (1.273–2.006)	<0.001	1.554 (1.227–1.967)	<0.001
Per 5 bpm increase		1.074 (1.039–1.111)	<0.001	1.001 (0.993–1.008)	0.860

The baseline RHR was adjusted for age, sex, area, body mass index, physical activity, smoking, drinking, systolic blood pressure, antihypertensive drug use, chronic kidney disease, cardiovascular disease, glycosylated hemoglobin (HbA1c), total cholesterol, and creatinine levels at baseline. The most recent RHR was adjusted for sex, area, and the most recent age, body mass index, physical activity, smoking, drinking, systolic blood pressure, antihypertensive drug use, chronic kidney disease, cardiovascular disease, HbA1c, total cholesterol, and creatinine levels.

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

^aEvent rate per 1,000 person-years calculated using only baseline RHR.