Supplementary material for:

Resting heart rate and risk of left and right heart failure in 0.5 million Chinese adults

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### Table: Variables included in the Cox regression analysis

<table>
<thead>
<tr>
<th>Covariates</th>
<th>Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Demographic and socioeconomic factors</strong></td>
<td></td>
</tr>
<tr>
<td>Age-at-risk</td>
<td>Five-year bands</td>
</tr>
<tr>
<td>Sex</td>
<td>Male and female</td>
</tr>
<tr>
<td>Region</td>
<td>Represents the ten regions of the China Kadoorie Biobank (CKB)</td>
</tr>
<tr>
<td>Area</td>
<td>This was categorised into rural and urban areas. The ten CKB regions include five urban and five rural areas.</td>
</tr>
<tr>
<td>Season at recruitment</td>
<td>Four seasons: Winter, Spring, Autumn, and Summer</td>
</tr>
<tr>
<td>Marital status</td>
<td>Four groups: Never married, married, separated or divorced, and widowed</td>
</tr>
<tr>
<td>Highest level of education</td>
<td>No formal education, primary education, middle school, and high school or higher</td>
</tr>
<tr>
<td>Annual household income in Yuan</td>
<td>Four groups: &lt;10,000, 10,000 – 29,999, 30,000 – 34,999, or &gt; 35,000</td>
</tr>
<tr>
<td><strong>Established cardiovascular disease risk factors</strong></td>
<td></td>
</tr>
<tr>
<td>Physical activity</td>
<td>Three groups: Tertiles of physical activity measured in Metabolic Equivalent of Task hours per day</td>
</tr>
<tr>
<td>Smoking</td>
<td>Three groups: Never smoker, ex-smoker smoker, and current smoker</td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td>Five groups: never regular drinker, ex-regular drinkers, reduced intake, occasional drinkers, and regular drinkers</td>
</tr>
<tr>
<td>Body mass index (in kg/m²)</td>
<td>Four groups: Underweight, normal weight, overweight and obese</td>
</tr>
<tr>
<td>Hypertension</td>
<td>Two groups: Presence or absence of hypertension. Hypertension was defined as either a history of physician-diagnosed hypertension or the use of blood pressure (BP)-lowering medications or a systolic BP ≥140 mmHg or a diastolic BP ≥90 mmHg measured at baseline survey.</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Two groups: Diabetes and no diabetes</td>
</tr>
</tbody>
</table>

Reference: Chen et al., China Kadoorie Biobank of 0.5 million people: survey methods, baseline characteristics and long-term follow-up, International Journal of Epidemiology, Volume 40, Issue 6, December 2011, Pages 1652–1666, [https://doi.org/10.1093/ije/dyr120](https://doi.org/10.1093/ije/dyr120)
Supplementary Figure 1: Associations of fifths of resting heart rate with heart failure and pulmonary heart disease after excluding participants with prior diseases

**Heart failure**
- Excluding prior heart disease and prior non-vascular disease
- Excluding prior heart disease and poor self-rated health
- Excluding prior heart disease and first 5 years of follow up
- Excluding prior heart disease and prior vascular disease
- Excluding prior heart disease and secondary HF or PHD

**Pulmonary heart disease**
- Excluding prior heart disease and prior non-vascular disease
- Excluding prior heart disease and poor self-rated health
- Excluding prior heart disease and first 5 years of follow up
- Excluding prior heart disease and prior vascular disease
- Excluding prior heart disease and secondary HF or PHD