

## 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**

Covariates	Groups
<b>Demographic and socioeconomic factors</b>	
<b>Age-at-risk</b>	Five-year bands
<b>Sex</b>	Male and female
<b>Region</b>	Represents the ten regions of the China Kadoorie Biobank (CKB)
<b>Area</b>	This was categorised into rural and urban areas. The ten CKB regions include five urban and five rural areas.
<b>Season at recruitment</b>	Four seasons: Winter, Spring, Autumn, and Summer
<b>Marital status</b>	Four groups: Never married, married, separated or divorced, and widowed
<b>Highest level of education</b>	No formal education, primary education, middle school, and high school or higher
<b>Annual household income in Yuan</b>	Four groups: <10,000, 10,000 – 29,999, 30,000 – 34,999, or ≥ 35,000
<b>Established cardiovascular disease risk factors</b>	
<b>Physical activity</b>	Three groups: Tertiles of physical activity measured in Metabolic Equivalent of Task hours per day
<b>Smoking</b>	Three groups: Never smoker, ex-smoker smoker, and current smoker
<b>Alcohol consumption</b>	Five groups: never regular drinker, ex-regular drinkers, reduced intake, occasional drinkers, and regular drinkers
<b>Body mass index (in kg/m<sup>2</sup>)</b>	Four groups: Underweight, normal weight, overweight and obese
<b>Hypertension</b>	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.
<b>Diabetes</b>	Two groups: Diabetes and no diabetes

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>*

Supplementary Figure 1: Associations of fifths of resting heart rate with heart failure and pulmonary heart disease after excluding participants with prior diseases

