

A) MALES

				Multivariate analysis 1*				Multivariate analysis 1* after exclusion of self-reported stroke and heart attack				Multivariate analysis 1* after exclusion of prevalent self-reported stroke, heart attack, angina, hypertension and use of anti-hypertensive drugs			
<b>ALL-CAUSE MORTALITY</b>															
RHR	n	%	Person years	HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
<60	1,062	20.63	76,070	1.00				1.00				1.00			
60-69	1,920	37.3	132,904	1.10	1.02	1.18	0.016	1.13	1.04	1.22	0.004	1.14	1.03	1.25	0.013
70-79	1,347	26.17	88,435	1.21	1.11	1.31	0.000	1.22	1.11	1.33	0.000	1.20	1.08	1.34	0.001
80-89	566	10.99	28,743	1.41	1.27	1.57	0.000	1.43	1.28	1.60	0.000	1.50	1.31	1.73	0.000
90 +	253	4.91	9,254	1.88	1.63	2.17	0.000	1.84	1.58	2.15	0.000	1.76	1.44	2.15	0.000
Total deaths	5,148														
Per 10bpm				1.14	1.11	1.17	0.000	1.14	1.11	1.17	0.000	1.15	1.11	1.19	0.000
<b>CANCER MORTALITY</b>															
RHR	n	%	Person years	HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
<60	374	20	71,453					1.00				1.00			
60-69	747	39	124,856	1.17	1.03	1.33	0.015	1.17	1.03	1.33	0.019	1.14	0.97	1.33	0.109
70-79	507	27	83,094	1.23	1.07	1.41	0.003	1.23	1.07	1.42	0.004	1.21	1.02	1.43	0.03
80-89	192	10	27,096	1.32	1.10	1.58	0.002	1.33	1.10	1.60	0.003	1.39	1.11	1.74	0.004
90 +	81	4	8,765	1.62	1.26	2.07	0.000	1.46	1.12	1.90	0.006	1.24	0.87	1.75	0.236
Total deaths	1,901														
Per 10bpm				1.10	1.05	1.15	0.000	1.09	1.04	1.14	0.000	1.08	1.02	1.15	0.005

**CARDIOVASCULAR DISEASE MORTALITY**

RHR	n	%	Person years	Multivariate analysis 1*			Multivariate (without prevalent CVD)			Multivariate (without prevalent CVD)					
				HR	95% CI	P-value	HR	95% CI	P-value	HR	95% CI	P-value			
<60	294	22.9	71,453				1.00				1.00				
60-69	458	35.67	124,856	0.97	0.83	1.12	0.667	1.03	0.87	1.22	0.753	1.15	0.92	1.44	0.211
70-79	330	25.7	83,094	1.08	0.92	1.27	0.340	1.11	0.92	1.34	0.274	1.08	0.84	1.38	0.56
80-89	137	10.67	27,096	1.19	0.96	1.47	0.105	1.32	1.04	1.67	0.021	1.54	1.13	2.10	0.006
90 +	65	5.06	8,765	1.68	1.27	2.22	0.000	1.86	1.37	2.53	0.000	2.01	1.34	3.03	0.001
Total deaths	1,284														
Per 10bpm				1.10	1.04	1.16	0.000	1.13	1.07	1.20	0.000	1.13	1.07	1.20	0.000

**OTHER-CAUSE MORTALITY**

RHR	n	%	Person years	Multivariate analysis 1*			Multivariate (without prevalent CVD)			Multivariate (without prevalent CVD)					
				HR	95% CI	P-value	HR	95% CI	P-value	HR	95% CI	P-value			
<60	253	19.09	71,453	1.00			1.00				1.00				
60-69	465	35.09	124,856	1.14	0.97	1.33	0.107	1.14	0.97	1.35	0.112	1.10	0.90	1.35	0.345
70-79	360	27.17	83,094	1.38	1.17	1.63	0.000	1.35	1.13	1.61	0.001	1.38	1.11	1.71	0.004
80-89	168	12.68	27,096	1.80	1.47	2.20	0	1.72	1.38	2.13	0	1.71	1.29	2.27	0
90 +	79	5.96	8,765	2.59	1.99	3.36	0.000	2.42	1.82	3.21	0.000	2.18	1.48	3.20	0.000
Total deaths	1,325														
Per 10bpm				1.24	1.18	1.30	0.000	1.22	1.15	1.28	0.000	1.22	1.14	1.31	0.000

**B)  
FEMALES**

				Multivariate analysis 1*				Multivariate analysis 1* after exclusion of prevalent self-reported cardiovascular disease				Multivariate analysis 1* after exclusion of prevalent self-reported stroke, heart attack, angina, hypertension and use of anti-hypertensive drugs			
<b>ALL-CAUSE MORTALITY</b>															
<b>RHR</b>	<b>n</b>	<b>%</b>	<b>Person years</b>	<b>HR</b>	<b>95% CI</b>		<b>P-value</b>	<b>HR</b>	<b>95% CI</b>		<b>P-value</b>	<b>HR</b>	<b>95% CI</b>		<b>P-value</b>
<60	535	11.39	58,213	1.00				1.00				1.00			
60-69	1,582	33.67	194,966	0.99	0.89	1.09	0.786	0.99	0.90	1.10	0.895	0.97	0.85	1.12	0.715
70-79	1,606	34.18	179,204	1.08	0.98	1.19	0.138	1.08	0.97	1.19	0.163	1.11	0.97	1.28	0.135
80-89	754	16.05	62,987	1.37	1.23	1.54	0.000	1.38	1.22	1.55	0.000	1.50	1.29	1.76	0.000
90 +	221	4.7	16,095	1.41	1.20	1.66	0.000	1.39	1.18	1.65	0.000	1.41	1.13	1.76	0.003
Total deaths	5,148														
Per 10bpm				1.14	1.11	1.17	0.000	1.12	1.08	1.15	0.000	1.16	1.11	1.20	0.000
<b>CANCER MORTALITY</b>															
<b>RHR</b>	<b>n</b>	<b>%</b>	<b>Person years</b>	<b>HR</b>	<b>95% CI</b>		<b>P-value</b>	<b>HR</b>	<b>95% CI</b>		<b>P-value</b>	<b>HR</b>	<b>95% CI</b>		<b>P-value</b>
<60	197	11	54,447	1				1.00				1.00			
60-69	580	34	182,088	0.95	0.80	1.12	0.521	0.96	0.81	1.14	0.633	0.95	0.77	1.18	0.661
70-79	592	34	167,439	1.05	0.89	1.23	0.585	1.04	0.88	1.24	0.626	1.06	0.85	1.30	0.617
80-89	284	17	58,998	1.40	1.16	1.69	0	1.42	1.17	1.72	0	1.45	1.14	1.84	0.002
90 +	64	4	15,094	1.14	0.85	1.52	0.373	1.07	0.79	1.45	0.656	0.91	0.61	1.36	0.63
Total deaths	1,901														
Per 10bpm				1.10	1.04	1.15	0.000	1.09	1.04	1.14	0.001	1.09	1.02	1.16	0.006

**CARDIOVASCULAR DISEASE MORTALITY**

RHR	n	%	Person years	Multivariate analysis 1*				Multivariate (without prevalent CVD)				Multivariate (without prevalent CVD)			
				HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
<60	113	11.83	54,447	1.00				1.00				1.00			
60-69	328	34.35	182,088	1.06	0.85	1.31	0.617	1.02	0.81	1.28	0.882	1.01	0.72	1.41	0.974
70-79	306	32.04	167,439	1.04	0.84	1.30	0.711	0.99	0.79	1.25	0.949	0.88	0.63	1.25	0.487
80-89	151	15.81	58,998	1.34	1.04	1.73	0.023	1.25	0.96	1.63	0.101	1.26	0.86	1.85	0.24
90 +	57	5.97	15,094	1.77	1.27	2.46	0.001	1.76	1.25	2.48	0.001	1.83	1.13	2.97	0.014
Total deaths	1,284														
Per 10bpm				1.13	1.06	1.20	0.000	1.12	1.05	1.20	0.001	1.13	1.03	1.24	0.013

**OTHER-CAUSE MORTALITY**

RHR	n	%	Person years	Multivariate analysis 1*				Multivariate (without prevalent CVD)				Multivariate (without prevalent CVD)			
				HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
<60	137	10.98	54,447	1.00				1.00				1.00			
60-69	406	32.53	182,088	0.98	0.81	1.19	0.859	1.00	0.81	1.22	0.973	0.93	0.70	1.24	0.627
70-79	415	33.25	167,439	1.06	0.87	1.29	0.567	1.07	0.87	1.31	0.54	1.18	0.89	1.56	0.253
80-89	209	16.75	58,998	1.40	1.12	1.75	0.003	1.42	1.13	1.79	0.003	1.55	1.13	2.12	0.006
90 +	81	6.49	15,094	1.90	1.43	2.52	0.000	1.90	1.42	2.56	0.000	2.31	1.57	3.40	0.000
Total deaths	1,325														
Per 10bpm				1.16	1.10	1.23	0.000	1.17	1.10	1.23	0.000	1.27	1.18	1.37	0.000

**A) MALES**

				<b>Multivariate analysis 1*</b>				<b>Multivariate analysis 1* after exclusion of prevalent self-reported cardiovascular disease</b>				<b>Multivariate analysis 1* after exclusion of prevalent self-reported stroke, heart attack, angina, hypertension and use of anti-hypertensive drugs</b>			
<b>ALL-CAUSE MORTALITY</b>				<b>HR</b>	<b>95% CI</b>	<b>P-value</b>	<b>HR</b>	<b>95% CI</b>	<b>P-value</b>	<b>HR</b>	<b>95% CI</b>	<b>P-value</b>			
<b>Change in RHR</b>	<b>n</b>	<b>%</b>	<b>Person years</b>												
Very large decrease (<-25)	38	2.58	1,389	1.31	0.92	1.89	0.137	1.30	0.83	2.04	0.247	1.52	0.81	2.84	0.191
Large decrease (-16 to -25)	113	7.67	6,538	0.96	0.77	1.19	0.716	0.96	0.74	1.25	0.78	1.14	0.84	1.55	0.398
Moderate decrease(-6 to -15)	445	30.19	26,724	1.16	1.02	1.33	0.023	1.19	1.02	1.38	0.027	1.18	0.99	1.42	0.071
Stable RHR(-5 to 5)	520	35.28	36,618	1.00				1.00				1.00			
Moderate increase(6 to 15)	271	18.39	13,953	1.24	1.07	1.44	0.004	1.25	1.05	1.49	0.010	1.27	1.04	1.56	0.021
Large increase (16 to 25)	60	4.07	2,088	1.45	1.10	1.91	0.008	1.45	1.05	2.00	0.025	1.70	1.15	2.50	0.007
Very large increase (>25)	27	1.83	737.7	1.64	1.10	2.42	0.014	1.34	0.80	2.27	0.270	1.21	0.61	2.38	0.583

  

<b>ALL-CAUSE MORTALITY</b>				<b>HR</b>	<b>95% CI</b>	<b>P-value</b>	<b>HR</b>	<b>95% CI</b>	<b>P-value</b>	<b>HR</b>	<b>95% CI</b>	<b>P-value</b>			
<b>Change in RHR categories</b>	<b>n</b>	<b>%</b>	<b>Person years</b>												
Normal-Normal	799	54	52,182	1			1.00			1.00					
High-Normal	271	18	15,815	1.11	0.92	1.35	0.274	1.10	0.88	1.38	0.379	1.09	0.84	1.42	0.525
High-High	225	15	12,368	1.12	0.90	1.39	0.316	1.16	0.90	1.49	0.255	1.13	0.84	1.53	0.421
Normal-High	179	12	7,683	1.25	1.06	1.47	0.009	1.22	1.00	1.49	0.045	1.27	1.00	1.61	0.047

## B) FEMALES

				Multivariate analysis 1*				Multivariate analysis 1* after exclusion of prevalent self-reported cardiovascular disease				Multivariate analysis 1* after exclusion of prevalent self-reported stroke, heart attack, angina, hypertension and use of anti-hypertensive drugs			
ALL-CAUSE MORTALITY				HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
Change in RHR	n	%	Person years	HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
Very large decrease (<-25)	22	1.64	1,837	0.75	0.47	1.18	0.213	0.64	0.38	1.08	0.095	0.51	0.25	1.04	0.066
Large decrease (-16 to -25)	115	8.56	10,377	1.04	0.84	1.30	0.719	0.99	0.78	1.26	0.966	0.87	0.65	1.18	0.384
Moderate decrease(-6 to -15)	367	27.31	43,764	0.91	0.79	1.04	0.165	0.88	0.76	1.02	0.096	0.91	0.76	1.09	0.304
Stable RHR(-5 to 5)	515	38.32	55,521	1.00				1.00				1.00			
Moderate increase(6 to 15)	252	18.75	20,196	1.12	0.96	1.31	0.135	1.09	0.92	1.29	0.313	1.09	0.88	1.34	0.435
Large increase (16 to 25)	49	3.65	3,008	1.18	0.88	1.59	0.276	1.23	0.89	1.69	0.209	1.00	0.63	1.60	0.984
Very large increase (>25)	24	1.79	622.3	2.38	1.57	3.61	0.000	2.02	1.25	3.26	0.004	1.88	0.99	3.60	0.055

  

ALL-CAUSE MORTALITY				HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
Change in RHR categories	n	%	Person years	HR	95% CI		P-value	HR	95% CI		P-value	HR	95% CI		P-value
Normal-Normal	535	40	61,942	1.00				1.00				1.00			
High-Normal	284	21	32,794	0.96	0.80	1.16	0.695	1.01	0.83	1.24	0.902	0.95	0.75	1.22	0.713
High-High	345	26	27,706	1.17	0.96	1.43	0.113	1.27	1.02	1.57	0.029	1.20	0.93	1.56	0.159
Normal-High	180	13	12,881	1.27	1.07	1.51	0.006	1.32	1.09	1.59	0.004	1.31	1.03	1.66	0.026