Table 1. Descriptive characteristics of the Einstein Aging Study.

Variable		Baseline (n = 2254) M (SD)	Year 2 (n = 1355) M (SD)	Year 4 (n = 729) M (SD)	Year 6 (n = 441) M (SD)	Year 8 (n = 242) M (SD)
Demographic						
Age, years		78.3 (5.4)	79.5 (5.5)	81.4 (5.2)	82.8 (5.1)	84.0 (4.5)
Education, years		13.0 (3.7)	13.5 (3.6)	13.8 (3.5)	14.1 (3.5)	14.1 (3.6)
Height, cm		163.9 (9.9)	163.1 (10.2)	163.4 (9.9)	163.8 (10.3)	162.4 (9.8)
Smoking history[a] (%)		1125 (53.4)	684 (53.3)	371 (54.1)	216 (50.9)	98 (46.7)
Cardiovascular disease[a,b] (%)		364 (16.8)	229 (17.2)	130 (17.9)	95 (22.1)	51 (24.1)
Diabetes[a] (%)		365 (16.8)	218 (16.4)	132 (18.2)	87 (20.3)	41 (19.3)
Physical						
Pulmonary:	Peak flow, L/min	319.3 (120.7)	306.3 (112.3)	301.2 (122.2)	285.1 (114.6)	270.3 (121.5)
Muscle:	Grip strength, kg	20.6 (8.0)	19.9 (7.9)	18.8 (8.9)	18.2 (8.3)	16.7 (9.1)
Cognitive						
Global:	MMSE	25.7 (2.4)	25.9 (2.3)	26.2 (2.3)	26.4 (1.9)	26.5 (1.6)
Memory:	Logical Memory	18.7 (7.2)	19.8 (7.6)	20.7 (7.7)	21.1 (7.5)	20.8 (8.2)
Working M:	Digit Span (total)	13.3 (3.7)	13.6 (3.7)	14.5 (3.6)	14.9 (3.6)	15.1 (3.3)
Knowledge:	Vocabulary	44.7 (14.1)	45.7 (13.1)	45.2 (13.1)	44.3 (12.9)	44.0 (12.8)
Reasoning:	Block Design	19.6 (9.5)	20.5 (9.6)	23.4 (9.9)	24.5 (9.1)	25.2 (8.7)
Speed:	Digit Symbol Coding	37.2 (14.8)	39.2 (14.6)	42.7 (14.4)	43.9 (14.7)	44.1 (12.9)
Visuospatial:	Figure Copy Recall	10.5 (3.8)	10.8 (4.1)	11.4 (4.1)	11.1 (4.4)	10.5 (4.6)
Executive:	Trail Making Test B	157.0 (77.3)	148.6 (74.7)	145.3 (72.7)	149.1 (76.1)	148.2 (74.)
Fluency:	Category	35.0 (9.7)	35.6 (10.1)	36.2 (10.3)	35.8 (10.3)	36.0 (10.9)
	FAS	32.7 (13.3)	34.1 (13.3)	36.1 (13.6)	38.0 (13.6)	38.2 (13.3)
	Boston Naming Task	11.2 (2.9)	11.3 (2.8)	11.5 (2.9)	11.6 (2.8)	11.9 (2.7)
Study Characteristics						
Retention from previous wave (%)		NA	60.2	53.8	60.5	54.9
Representative sample		Yes	Yes	Yes	Yes	Yes
Oldest Birth Cohort (year)		1898	1899	1903	1908	1911

a. Dichotomous variable (0=no; 1=yes). b = Cardiovascular disease = History of myocardial infarction or angina or ever had heart failure.