

Supplementary Online Content

Clair C, Rigotti NA, Porneala B, et al. Association of smoking cessation and weight change with cardiovascular disease among people with and without diabetes. *JAMA*. doi:10.1001/jama.2013.1644.

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This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Association Between Smoking Cessation, Weight Change, and CVD Events Among Participants With and Without Diabetes—With Alternate Smoking Definition

	No diabetes			
	Sustained smokers (ref)	Former smokers		Never smokers
		Relapsers*	Quitters**	
Person-exams	1762	330	4187	3389
No. of CVD events	135	17	240	114
Age-, sex-adjusted HR (95% CI)	1	0.55 (0.32-0.95)	0.45 (0.33-0.60)	0.30 (0.21-0.42)
CVD risk factors-adjusted† HR (95% CI)	1	0.60 (0.35-1.04)	0.46 (0.33-0.63)	0.32 (0.22-0.46)
CVD risk factors-+ weight change-adjusted HR (95% CI)	1	0.63 (0.36-1.09)	0.44 (0.32-0.61)	0.29 (0.20-0.42)

	Diabetes			
	Sustained smokers (ref)	Former smokers		Never smokers
		Relapsers*	Quitters**	
Person-exams	260	42	675	503
No. of CVD events	21	2	68	34
Age-, sex-adjusted HR (95% CI)	1	0.23 (0.03-1.75)	0.59 (0.31-1.11)	0.30 (0.21-0.42)
CVD risk factors-adjusted† HR (95% CI)	1	0.24 (0.03-1.84)	0.56 (0.28-1.11)	0.32 (0.22-0.46)
CVD risk factors-+ weight change-adjusted HR (95% CI)	1	0.23 (0.03-1.83)	0.59 (0.29-1.20)	0.29 (0.20-0.42)

CVD=cardiovascular disease, HR = Hazard Ratio, CI = Confidence Interval, BMI = body-mass index, ref = reference

* Relapsers = participants who alternated between smoking and smoking cessation during the study)

** Quitters = smokers who had made a quit attempts and remained abstinent for the rest of the study

† Adjusted for age, sex, alcohol consumption, self-reported family history of diabetes, systolic, blood pressure, HDL-cholesterol, LDL-cholesterol, triglycerides, baseline BMI, cholesterol lowering treatment, anti-hypertension treatment

eTable 2. Association Between Smoking Cessation and CVD Events, Stratified by Weight Gain (Participants With and Without Diabetes Pooled Together)

	All participants			
	Smokers (ref)	Former smokers		Non smokers
		Quit for ≤ 4 y	Quit for > 4 y	
Lost weight (n=3840 person-exams)				
Person-exams	754	145	1637	1304
No. of CVD events	69	13	114	65
CVD risk factors-adjusted† HR (95% CI)	1	0.42 (0.13-1.37)	0.41 (0.27-0.63)	0.33 (0.21-0.53)
Gained 0-5 kg (n=4140 person-exams)				
Person-exams	786	226	1913	1716
No. of CVD events	69	12	115	58
CVD risk factors-adjusted† HR (95% CI)	1	0.34 (0.11-1.12)	0.39 (0.25-0.61)	0.25 (0.15-0.42)
Gained ≥ 5 kg (n=1971 person-exams)				
Person-exams	443	197	654	677
No. of CVD events	19	9	39	19
CVD risk factors-adjusted† HR (95% CI)	1	1.71 (0.49-5.95)	1.87 (0.71-4.96)	0.96 (0.33-2.84)

CVD=cardiovascular disease, HR = Hazard Ratio, CI = Confidence Interval, ref = reference

† Adjusted for age, sex, alcohol consumption, self-reported family history of diabetes, systolic, blood pressure, HDL-cholesterol, LDL-cholesterol, triglycerides, baseline BMI, cholesterol lowering treatment, anti-hypertension treatment

eTable 3. Association Between Smoking Cessation, Weight Change, and High Blood Pressure (HBP) Among Participants With and Without Diabetes

	No diabetes			
	Smokers (ref)	Former smokers		Non smokers
		Quit for ≤ 4 y	Quit for > 4 y	
Person-exams	3055	662	4464	4299
No. of cases of HBP	628	128	1206	865
Age-, sex-adjusted OR (95% CI)	1	1.27 (1.00-1.62)	1.17 (1.01-1.34)	1.00 (0.86-1.15)
CVD risk factors-adjusted† OR (95% CI)	1	1.14 (0.89-1.47)	1.05 (0.91-1.22)	1.03 (0.88-1.20)
CVD risk factors-+ weight change-adjusted OR (95% CI)	1	1.14 (0.89-1.47)	1.05 (0.91-1.22)	1.03 (0.88-1.20)

	Diabetes			
	Smokers (ref)	Former smokers		Non smokers
		Quit for ≤ 4 y	Quit for > 4 y	
Person-exams	487	119	647	515
No. of cases of HBP	195	48	316	258
Age-, sex-adjusted OR (95% CI)	1	1.25 (0.78-2.00)	1.18 (0.86-1.61)	1.41 (1.02-1.96)
CVD risk factors-adjusted† OR (95% CI)	1	1.21 (0.74-1.99)	1.10 (0.79-1.54)	1.39 (0.97-1.99)
CVD risk factors-+ weight change-adjusted OR (95% CI)	1	1.19 (0.73-1.95)	1.10 (0.79-1.54)	1.39 (0.97-1.99)

HBP=High blood pressure, OR = Odds Ratio, CI = Confidence Interval, BMI = body-mass index, ref = reference

† Adjusted for age, sex, alcohol consumption, self-reported family history of diabetes, HDL-cholesterol, LDL-cholesterol, triglycerides, baseline BMI, cholesterol lowering treatment

eTable 4. Association Between Smoking Cessation, Weight Change, and Hyperlipidemia Among Participants With and Without Diabetes

	No diabetes			
	Smokers (ref)	Former smokers		Non smokers
		Quit for ≤ 4 y	Quit for > 4 y	
Person-exams	2559	566	3514	3698
No. of cases of hyperlipidemia	444	80	477	462
Age-, sex-adjusted OR (95% CI)	1	0.50 (0.20-1.27)	0.97 (0.58-1.62)	0.89 (0.52-1.52)
CVD risk factors-adjusted† OR (95% CI)	1	0.50 (0.19-1.30)	0.96 (0.57-1.63)	0.90 (0.51-1.59)
CVD risk factors-+ weight change-adjusted OR (95% CI)	1	0.53 (0.20-1.37)	0.97 (0.57-1.65)	0.92 (0.52-1.62)

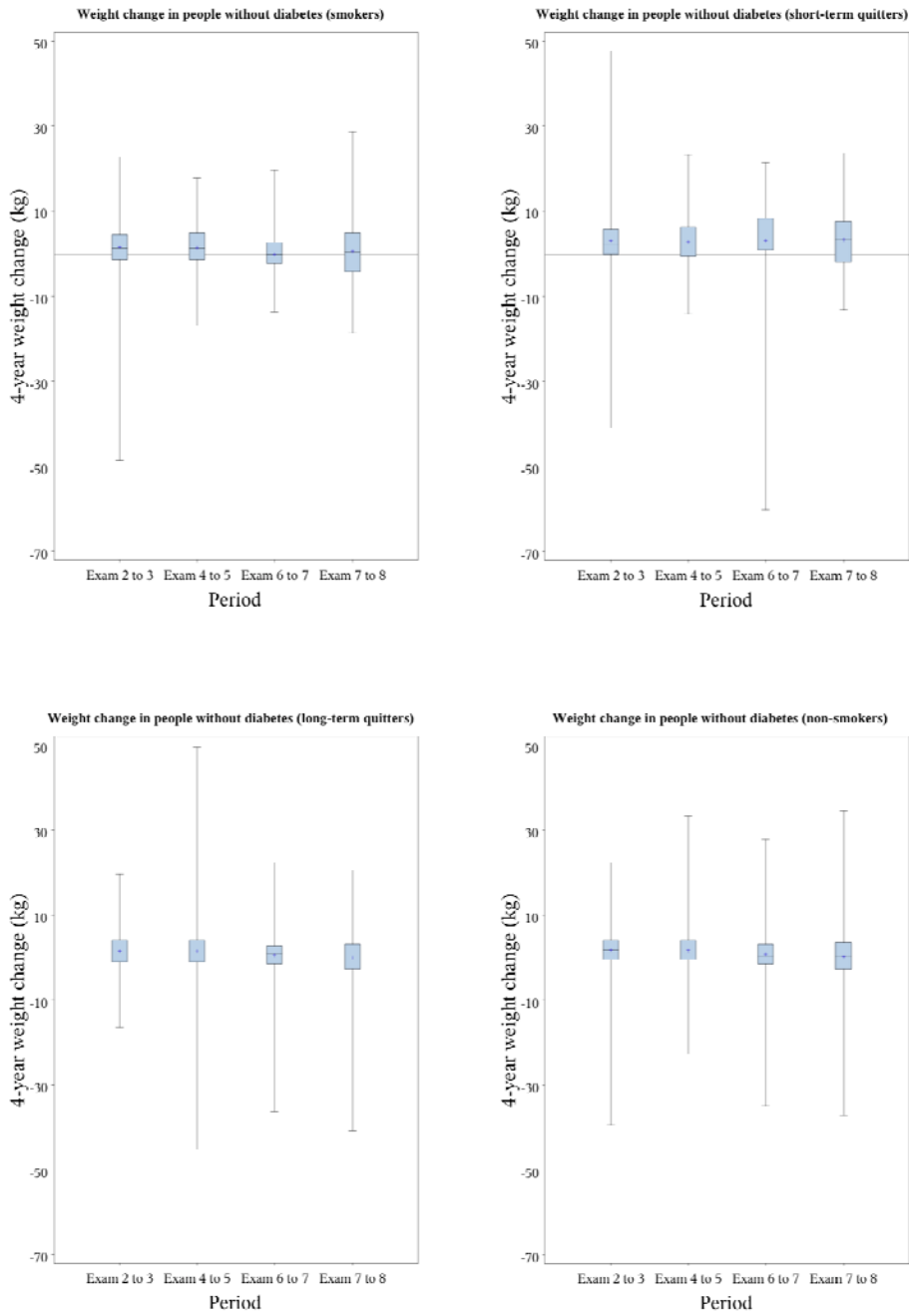
	Diabetes			
	Smokers (ref)	Former smokers		Non smokers
		Quit for ≤ 4 y	Quit for > 4 y	
Person-exams	361	99	543	455
No. of cases of hyperlipidemia	49	7	77	59
Age-, sex-adjusted OR (95% CI)	1	0.94 (0.70-1.24)	0.80 (0.68-0.96)	0.72 (0.61-0.86)
CVD risk factors-adjusted† OR (95% CI)	1	1.12 (0.80-1.58)	0.96 (0.78-1.18)	0.85 (0.69-1.06)
CVD risk factors-+ weight change-adjusted OR (95% CI)	1	1.12 (0.79-1.57)	0.96 (0.78-1.18)	0.86 (0.69-1.06)

OR = Odds Ratio, CI = Confidence Interval, BMI = body-mass index, ref = reference

† Adjusted for age, sex, alcohol consumption, self-reported family history of diabetes, systolic, blood pressure, baseline HDL-cholesterol, baseline LDL-cholesterol, baseline triglycerides, baseline BMI

Figure 1: Weight Change in People With And Without Diabetes Over Time

Participants Without Diabetes



eFigure 1 (Cont'd)
Participants With Diabetes

