S4 Table: Interrupted time series analysis of recorded data comparing health check and control participants. Figures are adjusted mean differences (95% confidence interval) except where indicated.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Mean difference between cases and controls | Mean change per year for cases and controls | Year following the health check  |
| **1st year**  | **2nd year**  | **3rd year**  | **4th year**  | **5th year**  | **6th year**  |
| BMI mean, Kg/m2 | -0.41 (-0.45 to -0.37)  | 0.10 (0.09 to 0.11) | 0.28(0.22 to 0.34) | 0.24(0.18 to 0.30) | 0.22(0.14 to 0.30) | 0.11(0.01 to 0.23) | -0.29(-0.45 to -0.13) | -0.03(-0.40 to 0.34) |
| Current smoking, Odds ratio | 0.62 (0.61 to 0.63) | 0.99(0.99 to 0.99) | 1.01(0.99 to 1.03) | 1.12(1.09 to 1.14) | 0.97(0.95 to 0.99) | 0.99(0.95 to 1.02) | 0.88(0.83 to 0.93) | 1.04(0.89 to 1.21) |
| SBP, mean, mm Hg | -1.51 (-1.59 to -1.43) | 0.42(0.40 to 0.44) | 0.32(0.18 to 0.46) | 0.14(-0.02 to 0.30) | 0.06(-0.12 to 0.24) | -0.36(-0.61 to -0.11) | -0.66(-1.03 to -0.29) | -0.50(-1.38 to 0.38) |
| DBP, mean, mm Hg | -0.53(-0.59 to -0.47) | 0.09(0.08 to 0.10) | -0.17(-0.25 to -0.09) | -0.22(-0.32 to -0.12) | -0.31(-0.43 to -0.19) | -0.57(-0.73 to -0.41) | -0.62(-0.86 to -0.38) | -0.69(-1.26 to -0.12) |
| TC, mean, mmol/L | 0.005(-0.003 to 0.01) | -0.02(-0.02 to -0.01) | -0.02(-0.03 to -0.01) | -0.04(-0.05 to -0.03) | -0.05(-0.06 to -0.03) | -0.07(-0.09 to -0.05) | -0.01(-0.05 to 0.03) | 0.01(-0.07 to 0.09) |
| HDL, mean, mmol/L | 0.01(0.008 to 0.01) | 0.01(0.009 to 0.01) | 0.02(0.01 to 0.02) | 0.02(0.01 to 0.02) | 0.02(0.01 to 0.02) | 0.02(0.01 to 0.03) | 0.02(0.01 to 0.02) | 0.01(-0.01 to 0.03) |

BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; TC, total cholesterol; HDL, high density lipoprotein.

Differences were estimated as cases-controls using generalised estimation equation models adjusting for each variable shown as well as age, sex and deprivation quintile.