

ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #422

1. a. Full Title: Physical Activity and Incidence of Hypertension in Men and Women
b. Abbreviated Title: Exercise and Hypertension

2. Writing Group:

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3. Timeline: Four months - February 1st draft

4. Rationale:

There have been few large prospective studies of physical activity and the incidence of hypertension. None of these studies have used serial longitudinal measures of blood pressure for diagnosis of hypertension.

5. Main Hypothesis:

Physical activity will be inversely related to the incidence of hypertension ($RR < 1.0$ for active vs. inactive).

6. Data (variables, time window, source, inclusions/exclusions):

Exclusion: Participants in ARIC with hypertension at baseline.

Independent variable: Work, sports, and non-sports leisure activity derived from the Baecke (modified) questionnaire at baseline. V3 physical activity and change in activity also can be considered.

Dependent variable: Incident hypertension: $\geq 140/90$ mmHg or use of antihypertensive agents at Visits 2 or 3. Also may consider BP change.

Covariates: Age, sex, race, field center, baseline BP, smoking, BMI, WHR, hormone therapy, BP medications, parental history of hypertension.

Time Window: Data collected through Visit 3 (six years).