Supplementary Table 1: Allostatic load outcome variables

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| --- | --- | --- |
|  | Complete cases | Imputed |
| Biomarkers | Mean | SD | N | Mean | SD | N |
| Systolic blood pressure | 122.1 | 19.4 | 1949 | 121.6 | 18.1 | 2056 |
| Diastolic blood pressure | 79.3 | 11.7 | 1949 | 78.8 | 13.6 | 2056 |
| Body mass index | 29.3 | 7.1 | 1922 | 29.6 | 9.1 | 2056 |
| HDL cholesterol | 1.2 | 0.3 | 2042 | 1.2 | 0.3 | 2056 |
| LDL cholesterol | 2.9 | 0.9 | 1348 | 2.9 | 1.4 | 2056 |
| Triglycerides | 1.7 | 1.0 | 1386 | 1.7 | 0.9 | 2056 |
| Fasting plasma glucose1 | 1.7 | 0.3 | 1386 | 1.7 | 0.3 | 2056 |
| HbA1c | 6.0 | 1.5 | 2036 | 5.8 | 1.4 | 2056 |
| Albumin creatinine ratio1 | 0.4 | 1.6 | 1908 | 0.2 | 1.4 | 2056 |
| C-reactive protein1  | 1.3 | 1.1 | 2042 | 1.1 | 1.4 | 2056 |
| Allostatic load |  |  |  |  |  |  |
| Allostatic load risk index | 3.23 | 2.15 | 1152 | 2.4 | 2.3 | 2056 |

1 Log transformed