

**Appendix Tables**

**LIFESTYLE AND REDUCED MORTALITY AMONG  
ACTIVE CALIFORNIA MORMONS, 1980-2004**

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Appendix Table 1. Major lifestyle characteristics of the 1979 California active Mormon cohort and the US whites in the 1987 NHIS cohort aged 25-64 years, including an "optimum" subgroup comprised of married never smokers who attended church at least weekly and had at least 12 years of education.

<u>Characteristic</u>	<u>1979 California active Mormon males</u>		<u>1987 US white males</u>	
	<u>"optimum" subgroup</u>	<u>Total</u>	<u>"optimum" subgroup</u>	<u>Total</u>
Sample size	2951	4106	483	5422
Race (% white)	100	99	100	100
Age (mean in years)	47.2	48.2	40.7	41.1
Church attendance (% weekly)	100	99	100	28
Marital status (% married)	100	99	100	69
(% never married)	0	0	0	16
Education (mean in years)	16.7	16.1	14.5	13.1
(% with <12 years)	0	3	0	17
(% with 16+ years)	73	63	43	27
Height (mean in inches)	70.6	70.5	70.5	70.2
Weight (mean in pounds)	183	184	184	181
Body mass index (mean in kg/m <sup>2</sup> )	25.7	26.0	26.0	25.7
(% with <20)	2	1	2	4
(% with >=30)	10	11	14	12
Cigarette smoking status				
(% current)	0	0	0	35
(% former)	0	25	0	28
(% never)	100	75	100	36
Cigar smoking (% current)	0	0	5	7
Pipe smoking (% current)	0	0	4	4
Beer drinking (% current)	0	0	54	72
Wine drinking (% current)	0	1	49	51
Liquor drinking (% current)	0	0	54	72
Coffee drinking (% current)	1	1	*	*
Tea drinking (% current)	1	1	*	*
Regular physical activity (% yes)	96	95	*	*
Usual sleep (% 7 - 8 hours)	83	82	*	*
Current health status				
(% excellent)	58	55	55	42
(% good)	39	40	43	49
(% fair)	3	4	2	6
(% poor)	0	1	1	3

\* Data not available

Appendix Table 2. Major lifestyle characteristics of the 1979 California active Mormon cohort and the US whites in the 1987 NHIS cohort aged 25-64 years, including an "optimum" subgroup comprised of married never smokers who attended church at least weekly and had at least 12 years of education.

<u>Characteristic</u>	<u>1979 California active Mormon females</u>		<u>1987 US white females</u>	
	<u>"optimum" subgroup</u>	<u>Total</u>	<u>"optimum" subgroup</u>	<u>Total</u>
Sample size	3407	3950	1016	6824
Race (% white)	100	99	100	100
Age (mean in years)	45.8	46.4	41.7	41.5
Church attendance (% weekly)	100	99	100	39
Marital status (% married)	100	100	100	65
(% never married)	0	0	0	10
Education (mean in years)	14.0	13.7	13.6	12.8
(% with <12 years)	0	4	0	16
(% with 16+ years)	28	26	25	21
Height (mean in inches)	64.6	64.4	64.5	64.5
Weight (mean in pounds)	145	145	143	144
Body mass index (mean in kg/m <sup>2</sup> )	24.4	24.6	24.2	24.3
(% with <20)	11	10	14	16
(% with ≥30)	11	12	10	12
Cigarette smoking status				
(% current)	0	0	0	32
(% former)	0	9	0	19
(% never)	100	91	100	50
Cigar smoking (% current)	0	0	0	0
Pipe smoking (% current)	0	0	0	0
Beer drinking (% current)	0	0	27	42
Wine drinking (% current)	0	1	47	55
Liquor drinking (% current)	0	0	27	42
Coffee drinking (% current)	1	1	*	*
Tea drinking (% current)	2	2	*	*
Regular physical activity (% yes)	87	86	*	*
Usual sleep (% 7 - 8 hours)	85	84	*	*
Current health status				
(% excellent)	47	46	39	36
(% good)	46	46	55	54
(% fair)	6	7	5	7
(% poor)	1	1	1	3

\* Data not available

Appendix Table 3. Abridged life table showing remaining life expectancy in years: 1980-2004 "optimum" subgroup of active California Mormons, with reference to 1989-1991 US whites. Reference: Anderson, R. N. 1999. Method of constructing complete annual U.S. life tables. National Center for Health Statistics. *Vital Health Stat.* 2(129). ([http://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_129.pdf](http://www.cdc.gov/nchs/data/series/sr_02/sr02_129.pdf)).

Males								
Age interval	<b>1980-2004 "optimum" subgroup of active California Mormons</b>				<b>1989-1991 US Whites</b>			
	Deaths	Subjects	Person-years	Annual death rate	Fraction dead	Life Expectancy	Annual death rate	Life Expectancy
25-30	0	46	59	.00000	.00000	59.2	.00155	49.3
30-35	0	249	817	.00000	.00000	54.2	.00198	44.7
35-40	2	399	2,442	.00082	.00409	49.2	.00246	40.1
40-45	5	473	4,536	.00110	.00550	44.4	.00311	35.6
45-50	9	551	7,190	.00125	.00624	39.6	.00435	31.1
50-55	16	508	9,717	.00165	.00820	34.8	.00670	26.7
55-60	33	408	11,106	.00297	.01475	30.1	.01082	22.6
60-65	61	317	11,176	.00546	.02692	25.5	.01757	18.7
65-70	98	187	10,045	.00976	.04762	21.1	.02697	15.2
70-75	118	111	7,803	.01512	.07286	17.1	.04079	12.1
75-80	154	55	5,293	.02910	.13561	13.2	.06247	9.4
80-85	162	23	2,991	.05416	.23850	9.9	.09888	7.1
85+	214	13	1,782	.12007	1.0000	7.2	.18198	5.3
<b>Total</b>	<b>872</b>	<b>3,340</b>	<b>74,958</b>					

Females								
Age interval	<b>1980-2004 "optimum" subgroup of active California Mormons</b>				<b>1989-1991 US Whites</b>			
	Deaths	Subjects	Person-years	Annual death rate	Fraction dead	Life Expectancy	Annual death rate	Life Expectancy
25-30	0	142	246	.00000	.00000	61.1	.00053	55.5
30-35	0	369	1,562	.00000	.00000	56.1	.00070	50.7
35-40	0	491	3,758	.00000	.00000	51.1	.00098	45.8
40-45	5	539	6,293	.00079	.00396	46.1	.00142	41.0
45-50	15	583	9,141	.00164	.00817	41.3	.00233	36.3
50-55	21	510	11,543	.00182	.00905	36.6	.00382	31.7
55-60	42	445	12,499	.00336	.01666	31.9	.00621	27.3
60-65	59	328	12,039	.00490	.02421	27.4	.00996	23.1
65-70	67	204	10,581	.00633	.03117	23.1	.01523	19.1
70-75	86	118	8,349	.01030	.05021	18.7	.02377	15.5
75-80	118	64	5,933	.01989	.09474	14.6	.03744	12.1
80-85	139	16	3,484	.03990	.18140	10.8	.06273	9.1
85+	225	2	2,153	.10450	1.0000	7.7	.14332	6.6
<b>Total</b>	<b>777</b>	<b>3,811</b>	<b>87,581</b>					

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