

## Supplementary Materials

### Appendix 1. Stata output Covariate Unadjusted Analysis

```
. logistic Doctortoldhaveallergies i.Exercise_group
```

```
Logistic regression
```

```
Number of obs = 2,185
```

```
LR chi2(2) = 1.89
```

```
Prob > chi2 = 0.3877
```

```
Pseudo R2 = 0.0009
```

```
Log likelihood = -1091.0442
```

Doctortoldhaveallergies	Odds ratio	Std. err.	z	P> z	[95% conf. interval]	
-----						
Exercise_group						
2	.8985064	.0997933	-0.96	0.335	.7227396	1.117019
3	.7572777	.1775157	-1.19	0.236	.4783244	1.198913
_cons	.2683983	.0221641	-15.93	0.000	.2282906	.3155523

```
Note: _cons estimates baseline odds.
```

### Appendix 2. Stata output Covariate Analysis

```
logistic Doctortoldhaveallergies i.Exercise_group male i.RaceEthnicityRecode Age i.Anual_income_group
```

```
Logistic regression
```

```
Number of obs = 2,120
```

```
LR chi2(9) = 70.14
```

```
Prob > chi2 = 0.0000
```

```
Pseudo R2 = 0.0329
```

```
Log likelihood = -1029.9298
```

Doctortoldhaveallergies	Odds ratio	Std. err.	z	P> z	[95% conf. interval]	
-----						
Exercise_group						
2	.9096298	.105399	-0.82	0.414	.7248295	1.141546
3	.7232162	.1729959	-1.35	0.176	.4525407	1.155789
male	1.175925	.1308636	1.46	0.145	.9454811	1.462534
RaceEthnicityRecode						
Other Hispanic	1.579423	.4865432	1.48	0.138	.8635444	2.888764
Non-Hispanic White	1.896294	.2856333	4.25	0.000	1.411535	2.547532
Non-Hispanic Black	2.296208	.3340112	5.71	0.000	1.726607	3.053717
Other Race - Including Multi-Racial	1.510844	.3671638	1.70	0.089	.938343	2.43264
Age	1.081941	.0204144	4.17	0.000	1.042661	1.122702
2.Anual_income_group	1.400922	.1890931	2.50	0.013	1.075278	1.825186
_cons	.0719426	.0150512	-12.58	0.000	.0477425	.1084094

```
Note: _cons estimates baseline odds.
```