

Supplementary Online Content

Wu S, An S, Li W, et al. Association of trajectory of cardiovascular health score and incident cardiovascular disease. *JAMA Netw Open*. 2019;2(5):e194758. doi:10.1001/jamanetworkopen.2019.4758

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This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable 1. Definitions of Poor (0 Point), Intermediate (1 Point), and Ideal (2 Points)
for Each Cardiovascular Health Component**

	Poor (0 point)	Intermediate (1 point)	Ideal (2 points)
<i>Cardiovascular Health Behaviors</i>			
Cigarette Smoking	Current smoker	Past smoker*	Never
Body Mass Index (BMI) (kg/m ²)	≥ 30	25-30	< 25
Diet , based on daily salt intake (g/d)	≥ 10	6-9	< 6
Physical Activity (moderate or vigorous exercise)	No physical activity	physical activity (20+ minutes per time) 1-2 times per week, during leisure time	physical activity (20+ minutes per time) 3 times per week, during leisure time
<i>Cardiovascular Health Factors</i>			
Cholesterol	Total cholesterol ≥ 240 or treated total cholesterol > 200 mg/dL	Total cholesterol 200-239 or treated total cholesterol < 200 mg/dL	Total cholesterol < 200 mg/dL
Glucose / DM	FPG ≥ 126 mg/dL or diagnosed DM with HbA _{1C} ≥ 7%	FPG 100-125 mg/dL or diagnosed DM with HbA _{1C} < 7%	FPG < 100 mg/dL
BP	Treated BP > 140/>90 and SBP ≥ 140 or DBP ≥ 90 mmHg	SBP 120-139 or DBP 80-89 or treated BP <140/<90 mmHg	BP <120/<80 mmHg

Abbreviations: DM, diabetes mellitus; FPG, fasting plasma glucose; HbA_{1C}, hemoglobin A_{1C}; BP, blood pressure; SBP, systolic blood pressure; DBP, diastolic blood pressure

*Past smoker was defined when a participant who reported to smoke previously but quit smoking already during the survey.

eTable 2. The Means and Standard Errors of the Healthy Diet Score*, According to Salt Intake

	<6 gram/day	6–9 gram/day	≥ 10 gram/day
n	6911	47475	4657
Crude	1.94±0.01	1.02±0.00	0.80±0.01
Age- and sex-adjusted	1.87±0.01	0.98±0.00	0.70±0.02
Age- and sex-adjusted mean, men	1.92±0.01	1.04±0.01	0.75±0.02
Age- and sex-adjusted mean, women	1.85±0.03	0.92±0.01	0.70±0.04

*The healthy diet score was calculated based on consumption of fruit/vegetable, whole grain, fish, salt and sugar-sweetened beverage

eTable 3. Hazard Ratios (HRs) * and 95% Confidence Intervals (95% CIs) of Cardiovascular Diseases According to Trajectories of Cardiovascular Health Scores From 2006 to 2010, Stratified by Sex, Age, and High Sensitive C-Reactive Protein (hs-CRP) Concentration

	Low-stable	Moderate-increasing	Moderate-decreasing	High-stable I	High-stable II	p for interaction
Cardiovascular diseases						
Men	1.00	0.57(0.24-1.34)	0.49(0.24-0.98)	0.31(0.16-0.60)	0.13(0.06-0.28)	0.58
women	1.00	0.67(0.55-0.82)	0.65(0.56-0.77)	0.38(0.33-0.45)	0.22(0.18-0.29)	
age < 60 y	1.00	0.66(0.52-0.82)	0.63(0.53-0.75)	0.36(0.30-0.43)	0.16(0.12-0.22)	0.001
age ≥ 60 y	1.00	0.73(0.48-1.11)	0.73(0.51-1.03)	0.49(0.35-0.68)	0.36(0.24-0.54)	
hs-CRP <3 mg/L	1.00	0.78(0.57-1.06)	0.71(0.55-0.92)	0.41(0.32-0.53)	0.22(0.16-0.31)	0.60
hs-CRP ≥3 mg/L	1.00	0.61(0.47-0.79)	0.62(0.51-0.76)	0.37(0.30-0.45)	0.20(0.14-0.27)	

* Adjusted for age (ys), sex, education level (elementary school, high school or college or above), income level (income>800 Chinese Yuan/month or income≤800 Chinese Yuan/month), occupation (coal miner or other), alcohol consumption (never, past, current, <1times/d or current, 1+times/d) and C-reactive protein in 2006 (Quartile).

eTable 4. Hazard Ratios (HRs) and 95% Confidence Intervals (95% CIs) of Cardiovascular Diseases According to the Quintile of Cardiovascular Health Scores in 2010

	Q1	Q2	Q3	Q4	Q5	P for trend
Cardiovascular disease						
Case	581	339	652	166	114	
Incidence rate, per 1000 person-year	8.13	6.05	4.54	2.57	1.72	
Multiple adjusted HR*	1.00	0.74(0.65-0.85)	0.57(0.50-0.63)	0.34(0.29-0.41)	0.29(0.24-0.36)	<0.001

*Adjusted for age (ys), sex, education level (elementary school, high school or college or above), income level (income>800 Chinese Yuan/month or income≤800 Chinese Yuan/month), occupation (coal miner or other), alcohol consumption (never, past, current, <1times/d or current, 1+times/d) and C-reactive protein in 2006 (Quartile).

eFigure. Flow Chart of Subject Selection Process

