

Table S1. Hazard ratios (HR) for cardiovascular disease and death according to levels of individuals cardiovascular health metrics.

Health metrics	Cardiovascular disease			Death		
	HR	95% CI	p	HR	95% CI	p
Smoking						
Ideal	1.03	0.71-1.50	0.884	0.77	0.54-1.09	0.135
Intermediate	0.60	0.29-1.21	0.152	0.77	0.44-1.34	0.356
Poor	Ref.			Ref.		
Body mass index						
Ideal	0.34	0.23-0.50	<0.001	0.76	0.52-1.11	0.153
Intermediate	0.63	0.45-0.89	0.008	0.71	0.48-1.07	0.100
Poor	Ref.			Ref.		
Physical activity						
Ideal	1.08	0.78-1.50	0.637	0.56	0.42-0.76	<0.001
Intermediate	1.69	0.84-3.39	0.144	0.21	0.03-1.49	0.117
Poor	Ref.			Ref.		
Diet*						
Ideal	1.20	0.60-2.41	0.610	0.30	0.07-1.22	0.092
Intermediate	0.77	0.57-1.04	0.093	0.52	0.38-0.70	<0.001
Poor	Ref.			Ref.		
Blood pressure						
Ideal	0.17	0.09-0.32	<0.001	0.57	0.37-0.87	0.009
Intermediate	0.43	0.31-0.59	<0.001	0.74	0.54-1.01	0.055
Poor	Ref.			Ref.		
Total cholesterol						
Ideal	0.51	0.33-0.79	0.002	0.82	0.48-1.41	0.476
Intermediate	0.59	0.37-0.95	0.029	0.98	0.56-1.74	0.956
Poor	Ref.			Ref.		
Fasting blood glucose						
Ideal	0.45	0.31-0.67	<0.001	0.43	0.29-0.63	<0.001
Intermediate	0.53	0.36-0.78	0.001	0.52	0.35-0.76	<0.001
Poor	Ref.			Ref.		

*Healthy diet was categorized into four components according to the recommended diet goals of AHA and New Chinese Dietary Guidelines: 1) vegetables and fruits ≥ 500 g/day, 2) legumes and nuts ≥ 25 g/day, 3) seafood ≥ 40 g/day and 4) salt (< 6 g/day).

Table S2. Proportions and hazard ratios (HR) for cardiovascular disease and death according to levels of cardiovascular health metrics (sensitivity analysis).

Health metrics	Cardiovascular disease				Death			
	Events rate (person year)	HR	95% CI	p	Events rate (person year)	HR	95% CI	p
Sensitivity analysis 1								
Tertile 1	139 (5.16)	Ref.			134 (4.90)	Ref.		
Tertile 2	25 (2.77)	0.60	0.39-0.92	0.020	33 (3.62)	0.76	0.52-1.11	0.156
Tertile 3	25 (1.34)	0.35	0.23-0.55	<0.001	30 (1.61)	0.40	0.26-0.59	<0.001
Per unit cardiovascular health score increase		0.80	0.75-0.86	<0.001		0.81	0.76-0.87	<0.001
Sensitivity analysis 2								
0-1	31 (5.66)	Ref.			23 (4.14)	Ref.		
2-5	138 (2.96)	0.62	0.41-0.93	0.020	158 (3.37)	0.76	0.48-1.19	0.226
6-7	1 (0.40)	0.12	0.02-0.90	0.040	2 (0.79)	0.25	0.06-1.09	0.065
Per unit cardiovascular health metric increase		0.75	0.66-0.85	<0.001		0.78	0.69-0.88	<0.001

Adjusted for age, sex, education attainment, marriage status and region (urban/rural).

Sensitivity analysis 2: excluding 33 participants with cardiovascular disease or death during the first year of follow up.

Tertile 1, health score ≤ 8 ; Tertile 2, health score 9; Tertile 3, health score ≥ 10 .

Supplement Text:

Supplemental 3: List of investigators of the China-CVD study

For a partial listing of colleagues see below (provinces sorted in alphabetical order):

Beijing: Huiqing Cao, Xiaoxia Wang and Tian Fang, Institute of Molecular Medicine, Pecking University, Beijing, China; Xiaoyan Han and Zhe

Li, Chaoyang District Center for Disease Control and Prevention, Beijing, China.

Heilongjiang: Ye Tian, Lihang Dong, Fengyu Sun and Fucai Yuan, First Affiliated Hospital of Harbin Medical University, Heilongjiang, China.

Jiangsu: Xin Zhou, Yunyang Zhu, Yi He and Qingping Xi, Jintan Institute of Hygiene, Jiangsu, China.

Shanxi: Ruihai Yang, Jun Yang, Yong Ren, Maiqi Dan, Yiyue Wang, Daming Yu and Ru Ju, Hanzhong Hospital, Shanxi, China.

Shanxi: Dongshuang Guo, Yuxian Hospital, Shanxi, China.

Sichuan: Dahua Tan, Zhiguo Zheng, Jingjing Zheng and Yangxu, Deyang Institute of Hygiene, Sichuan, China.

Xinjiang: Dongsheng Wang and Tao Chen, Autonomous Region Yining Center for Disease Control and Prevention, Xinjiang Uygur Autonomous Region, China.

Yunnan: Meihui Su and Yongde Zhang, Yunnan Center for Disease Prevention and Control, Yunnan, China.

Zhejiang: Zhanhang Sun and Chen Dai, Zhoushan Cardiovascular Institute, Zhejiang, China.