

Supplemental Table 1. Crude incidence rates and adjusted HRs with 95% CIs of clinically manifest AAA in relation to baseline LS7 categories with smoking removed from the summary score, ARIC, 1987-89 through 2011.

AAA	LS7 Categories in 1987-89			P-trend
	Poor (0-4)	Average (5-9)	Ideal (10-12)	
N	2,816	10,258	1,301	
Incidence rates ^a	2.15	1.99	0.78	
HR ¹ (95% CI)	Ref.	0.82 (0.66,1.01)	0.40 (0.25, 0.63)	0.0002
HR ² (95% CI)	Ref.	0.74 (0.60,0.92)	0.39 (0.25, 0.62)	<0.0001

AAA = abdominal aortic aneurysm; ARIC = Atherosclerosis Risk in Communities; CI = confidence interval; LS7 = Life's Simple 7; HR = hazard ratio; N = number

^aCrude incidence per 1000 person-years.

¹Adjusted for race (white, black), sex (female, male), and age (years).

²Adjusted for race (white, black), sex (female, male), age (years), and smoking status (poor, intermediate, ideal).

Supplemental Table 2. Crude incidence rates and adjusted HRs with 95% CIs of clinically manifest AAA in relation to number of ideal LS7 components at baseline, with smoking removed from the number of ideal components, ARIC, 1987-89 through 2011.

Number of Ideal LS7 components	Participants at Risk		Incidence rate ^a	HR (95% CI) ¹	HR (95% CI) ²
	N	%			
0	1,639	11.4	2.17	Ref.	Ref.
1	3,544	24.7	2.38	0.99 (0.74, 1.32)	0.93 (0.70,1.24)
2	3,993	27.8	2.02	0.83 (0.62,1.10)	0.77 (0.57,1.02)
3	3,017	21.0	1.59	0.72 (0.52,0.98)	0.61 (0.44,0.83)
4	1,670	11.6	1.44	0.72 (0.50,1.04)	0.63 (0.44,0.92)
5-6	512	3.56	0.54	0.30 (0.13,0.69)	0.29 (0.13,0.67)

AAA, abdominal aortic aneurysm; ARIC, Atherosclerosis Risk in Communities; CI, confidence interval; HR, hazard ratio; LS7, Life's Simple 7; N, number.

^aCrude incidence per 1000 person-years.

¹Adjusted for race (white, black), sex (female, male), and age (years).

²Adjusted for race (white, black), sex (female, male), age (years), and smoking status (poor, intermediate, ideal).

Supplemental Table 3. Adjusted HRs with 95% CIs of clinically manifest AAA in relation to baseline LS7 components, ARIC, 1987-89 through 2011.

HR† (95% CI) AAA	Life's Simple 7 Categories in 1987-89			P-trend
	Poor	Intermediate	Ideal	
Smoking status	Ref.	0.71 (0.49,1.03)	0.22 (0.18, 0.26)	<0.0001
Blood pressure	Ref.	0.82 (0.67,1.01)	0.65 (0.52,0.81)	<0.0001
Total cholesterol	Ref.	0.76 (0.62,0.93)	0.60 (0.49,0.75)	<0.0001
Body mass index	Ref.	0.99 (0.79,1.22)	1.00 (0.79,1.26)	0.99
Blood glucose	Ref.	1.41 (0.98,2.03)	1.27 (0.89,1.83)	0.85
Healthy diet	Ref.	0.88 (0.73,1.05)	0.66 (0.41,1.04)	0.045
Physical activity	Ref.	0.75 (0.59,0.94)	0.78 (0.64,0.95)	0.02

AAA = abdominal aortic aneurysm; ARIC = Atherosclerosis Risk in Communities; CI = confidence interval; LS7 = Life's Simple 7; HR = hazard ratio; N = number.

HRs and 95% CI are from separate models for each individual LS7 component adjusted for race (white, black), age (years), and sex (male, female).

Supplemental Table 4. Adjusted HRs with 95% CIs of clinically manifest AAA in relation to baseline LS7 components, ARIC, 1987-89 through 2011

HR† (95% CI) AAA	Life's Simple 7 Categories in 1987-89			P-trend
	Poor	Intermediate	Ideal	
Smoking status	Ref.	0.66 (0.45,0.96)	0.20 (0.17,0.25)	<0.0001
Blood pressure	Ref.	0.74 (0.60,0.92)	0.57 (0.46,0.71)	<0.0001
Total cholesterol	Ref.	0.77 (0.63,0.94)	0.60 (0.49,0.75)	<0.0001
Body mass index	Ref.	0.94 (0.76,1.17)	0.86 (0.67,1.10)	0.19
Blood glucose	Ref.	1.45 (1.01,2.10)	1.38 (0.95, 2.01)	0.42
Healthy diet	Ref.	0.99 (0.82,1.18)	0.92 (0.57, 1.46)	0.79
Physical activity	Ref.	0.84 (0.66,1.06)	0.98 (0.80,1.20)	0.97
HR† (95% CI) AAA				P-value
Age (Per 1 year)	1.11 (1.09,1.13)	-	-	<0.0001
Sex (Female)	0.30 (0.25,0.37)	-	-	<0.0001
Race (Black)	0.51 (0.39,0.67)	-	-	<0.0001
Education				
< High school	Ref.	-	-	-
High school graduate	0.91 (0.72, 1.15)	-	-	0.46
>High school	0.79 (0.62, 1.00)	-	-	0.046
Unknown	1.47 (0.20, 10.6)	-	-	0.71
Income				
<\$12000	Ref.	-	-	-
\$12000-24999	1.00 (0.71,1.42)	-	-	0.96
\$25000-49999	1.38 (0.98,1.94)	-	-	0.07
\$50000+	1.29 (0.88,1.88)	-	-	0.18
Unknown	1.08 (0.66,1.76)	-	-	0.78

AAA = abdominal aortic aneurysm; ARIC = Atherosclerosis Risk in Communities; CI = confidence interval; LS7 = Life's Simple 7; HR = hazard ratio; N = number.

HRs and 95% CIs are from a single multivariable model adjusted for race (white, black), age (years), sex (male, female), baseline educational level (< high school, high school graduate, >high school, and unknown), baseline annual income (<\$12000, \$12000-24999, \$25000-49999, \$50000+, and unknown), and all seven LS7 components.