

**Table 1. Characteristics of study population**

Characteristic	Total population
	<i>(n = 3067)</i>
Age (years), median (IQR)*	37 (32, 42)
Sex, male (%)	1828 (59.6)
BMI (kg/m2), median (IQR)*	25.0 (22.8, 27.7)
Systolic blood pressure (mmHg), median (IQR)*	122.0 (114.0, 131.0)
Diastolic blood pressure (mmHg), median (IQR)*	75.0 (68.0, 81.5)
Cigarette smoking status, yes (%)	851 (27.7)
Total cholesterol (mmol/L), median (IQR)*	5.3 (4.6, 6.0)
HDL cholesterol (mmol/L), median (IQR)*	1.4 (1.2, 1.7)
Common CIMT (mm), median (IQR)*	0.6 (0.6, 0.7)
Hypertension, yes (%)*†	302 (9.8)
Diabetes mellitus, yes (%)	20 (0.7)
Use of antihypertensive medication, yes (%)	140 (4.6)

Use of lipid lowering medication, yes (%)

53 (1.7)

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\* IQR: interquartile range, BMI: body mass index, HDL: high-density lipoprotein, CIMT: carotid intima-media thickness

† Defined as systolic blood pressure  $\geq$ 140 mmHg and/or diastolic blood pressure  $\geq$  90 mmHg and/or use of antihypertensive medication

**Table 2. Relation between cardiovascular risk factors and mean common CIMT**

Cardiovascular risk factors	Multivariable mean common CIMT (ln(mm))*†**	P value
Age, per 1 SD increase*‡	0.041 (0.036, 0.047)	<0.001§
Sex (reference: female)‡	0.013 (0.001, 0.025)	0.04§
Smoking (reference: nonsmoker)‡	0.006 (-0.005, 0.016)	0.32
DBP, per 1 SD increase*‡	0.008 (0.003, 0.014)	0.004§
BMI, per 1 SD increase*‡	0.014 (0.009, 0.020)	<0.001§
Total Cholesterol, per 1 SD increase*‡	0.009 (0.004, 0.014)	<0.001§
HDL-Cholesterol, per 1 SD increase*‡	-0.068 (-0.013, -0.001)	0.02§
Diabetes mellitus (reference: no diabetes)‡	0.047 (-0.012, 0.105)	0.11
Antihypertensive medication use (reference: no use)‡	0.011 (-0.013, 0.035)	0.37
Lipid lowering medication use (reference: no use)‡	-0.008 (-0.050, 0.034)	0.72

\* SD: standard deviation, CIMT: carotid intima-media thickness, DBP: diastolic blood pressure, BMI: body mass index, HDL: high density lipoprotein

† Values are standardized beta's with 95% confidence intervals

‡ Adjusted for all risk factors included in the model and for study

§  $p < 0.05$

|| P value of adjusted model

\*\* Natural logarithmic transformation was performed

**Table 3. Relation between mean common CIMT and first-time myocardial infarction/stroke**

Cardiovascular risk factors	Age and sex adjusted hazard ratio†	P value	Multivariable hazard ratio†	P value
Mean common CIMT, per 1 SD increase*‡	1.45 (1.16, 1.82)	0.001§	1.40 (1.11, 1.76)	0.004§
Age, per 1 SD increase (years)*‡	1.64 (1.09, 2.46)	0.02§	1.30 (0.86, 1.97)	0.22
Sex (reference: female)‡	1.76 (0.83, 3.73)	0.14	1.42 (0.63, 3.19)	0.40
Smoking (reference: nonsmoker)‡	0.93 (0.51, 1.68)	0.81	0.92 (0.51, 1.69)	0.80
DBP, per 1 SD increase*‡	1.28 (0.99, 1.65)	0.06	1.21 (0.92, 1.58)	0.17
BMI, per 1 SD increase*‡	1.04 (0.77, 1.39)	0.80	0.85 (0.62, 1.17)	0.32
Total cholesterol, per 1 SD increase*‡	1.01 (0.77, 1.32)	0.94	0.98 (0.74, 1.29)	0.89
HDL-cholesterol, per 1 SD increase*‡	0.84 (0.59, 1.18)	0.31	0.91 (0.64, 1.30)	0.62
Diabetes mellitus (reference: no diabetes)‡	4.02 (0.97, 16.58)	0.05	2.26 (0.51, 10.09)	0.28
Antihypertensive medication use (reference: no use)‡	4.05 (1.94, 8.44)	<0.001§	3.06 (1.38, 6.77)	0.006§
Lipid lowering medication use (reference: no use)‡	6.80 (1.97, 23.42)	<0.001§	4.92 (1.37, 17.76)	0.02§

\* SD: standard deviation, CIMT: carotid intima-media thickness, DBP: diastolic blood pressure, BMI: body mass index, HDL: high density lipoprotein

† Values are standardized hazard ratios (HR) with 95% confidence intervals

‡ Multivariable model is adjusted for all risk factors included in the model and for study

§  $p < 0.05$

|| P value of model