

## **Supplemental Material**

Supplemental Table 1. Characteristics of 6,329 Eligible NHANES 2003 to 2006 Participants, Weighted to Reflect the CVD-free, Nonpregnant, 20- to 79-Year Old

U.S. Population - by Demographic Stratum

	Mean (SD) of Risk Factor Level						Percentage (SE) with Risk Factor			
	Age (years)	TC (mg/dL)	HDL-C (mg/dL)	SBP (mm Hg)	DBP (mm Hg)	BMI (kg/m <sup>2</sup> )	DM (%)	Smoking (%)	Anti-HTN tx (%)	Lipid-lowering Tx (%)
Total	44.0 (0.4)	200.6 (0.7)	54.2 (0.3)	121.0 (0.3)	71.1 (0.2)	28.2 (0.2)	5.6 (0.4)	25.9 (1.0)	16.5 (0.6)	10.6 (0.6)
Sex										
Men	43.0 (0.4)	199.7 (0.8)	48.5 (0.3)	122.6 (0.4)	72.2 (0.3)	28.3 (0.1)	5.3 (0.5)	29.7 (1.4)	14.9 (0.8)	10.7 (0.7)
Women	45.0 (0.4)	201.5 (1.0)	59.9 (0.5)	119.3 (0.4)	70.1 (0.3)	28.1 (0.2)	5.9 (0.5)	22.3 (0.9)	18.0 (0.7)	10.5 (0.9)
Age										
Men										
20-29	24.3 (0.1)	180.5 (1.7)	48.2 (0.5)	118.0 (0.5)	66.3 (0.5)	26.8 (0.3)	0.4 (0.2)	38.8 (2.4)	1.4 (0.5)	0.4 (0.3)
30-39	34.5 (0.2)	200.0 (1.7)	48.1 (0.5)	119.6 (0.6)	72.5 (0.6)	28.3 (0.2)	2.3 (0.6)	31.3 (1.9)	4.6 (0.7)	1.5 (0.6)
40-49	44.5 (0.2)	210.6 (1.6)	47.2 (0.5)	121.8 (0.7)	75.9 (0.4)	29.2 (0.3)	4.6 (0.9)	29.3 (2.0)	13.2 (1.5)	9.1 (1.6)
50-59	53.7 (0.1)	207.7 (2.1)	50.0 (0.7)	126.6 (0.9)	75.6 (0.6)	28.8 (0.3)	9.0 (1.3)	27.1 (2.2)	23.2 (2.2)	20.5 (1.8)
60-69	64.1 (0.1)	201.8 (2.2)	48.9 (0.6)	129.6 (1.4)	71.5 (0.6)	28.9 (0.3)	13.5 (1.6)	23.1 (2.5)	42.2 (2.8)	28.1 (2.2)
70-79	74.0 (0.2)	194.7 (2.1)	51.2 (0.8)	131.6 (1.3)	66.9 (0.9)	28.0 (0.4)	13.8 (2.4)	7.9 (1.9)	43.9 (3.3)	33.6 (3.3)
Women										
20-29	24.4 (0.2)	178.5 (1.7)	57.8 (1.0)	108.5 (0.5)	65.7 (0.3)	26.3 (0.4)	1.4 (0.5)	28.7 (2.5)	0.4 (0.3)	0.6 (0.3)
30-39	34.5 (0.1)	195.9 (1.7)	58.7 (0.7)	111.0 (0.5)	68.8 (0.4)	27.8 (0.4)	2.4 (0.6)	25.0 (2.4)	3.0 (0.7)	1.9 (0.7)
40-49	44.3 (0.2)	200.9 (1.6)	59.3 (0.9)	118.6 (0.8)	73.7 (0.7)	28.8 (0.4)	5.0 (1.0)	26.0 (1.7)	12.2 (1.2)	6.4 (1.3)
50-59	54.0 (0.1)	215.6 (2.7)	61.8 (1.0)	124.1 (1.1)	73.7 (0.7)	29.2 (0.4)	8.6 (1.4)	17.5 (2.3)	31.0 (2.4)	18.1 (2.5)

60-69	64.2 (0.1)	218.5 (2.4)	60.9 (1.0)	132.0 (1.2)	70.0 (0.6)	28.9 (0.5)	12.4 (1.5)	14.9 (1.9)	43.6 (2.6)	21.5 (1.8)
70-79	73.7 (0.2)	213.1 (2.3)	63.0 (1.1)	139.0 (1.4)	64.0 (1.1)	27.1 (0.4)	12.9 (1.6)	10.7 (1.6)	48.9 (3.1)	34.9 (2.6)
Race										
Men										
White	44.2 (0.5)	200.5 (1.0)	48.3 (0.4)	122.6 (0.6)	72.4 (0.3)	28.4 (0.2)	4.6 (0.6)	29.5 (1.8)	15.8 (1.0)	11.9 (0.8)
Black	41.3 (0.7)	191.9 (1.9)	52.4 (0.6)	126.3 (0.6)	72.7 (0.7)	28.3 (0.3)	7.8 (1.0)	31.0 (2.0)	17.6 (1.5)	8.3 (1.1)
Mexican-American	38.6 (0.8)	198.4 (1.3)	46.6 (0.5)	120.3 (0.6)	70.9 (0.6)	27.8 (0.3)	6.0 (0.8)	31.9 (2.4)	8.6 (1.8)	5.1 (1.1)
Other	40.5 (1.8)	212.7 (4.6)	47.3 (1.3)	121.5 (1.3)	70.4 (1.2)	28.2 (0.4)	10.2 (4.3)	19.8 (5.9)	12.2 (4.5)	13.5 (3.6)
Women										
White	46.5 (0.4)	203.9 (1.2)	60.3 (0.6)	119.2 (0.5)	70.1 (0.4)	27.7 (0.3)	5.0 (0.5)	23.9 (1.3)	18.5 (0.9)	11.2 (1.1)
Black	42.1 (0.7)	192.4 (1.7)	60.4 (0.8)	123.2 (0.8)	70.9 (0.5)	31.1 (0.3)	8.8 (1.2)	21.6 (2.4)	26.4 (1.5)	8.0 (0.8)
Mexican-American	40.5 (0.5)	196.7 (1.8)	57.4 (0.8)	117.5 (0.9)	69.5 (0.5)	27.7 (0.3)	6.9 (1.1)	14.7 (2.1)	10.9 (1.6)	8.7 (1.6)
Other	41.1 (1.3)	199.1 (4.3)	57.3 (1.8)	116.5 (1.8)	69.3 (0.9)	28.2 (0.6)	11.5 (2.3)	19.0 (3.2)	9.7 (3.8)	9.2 (3.5)

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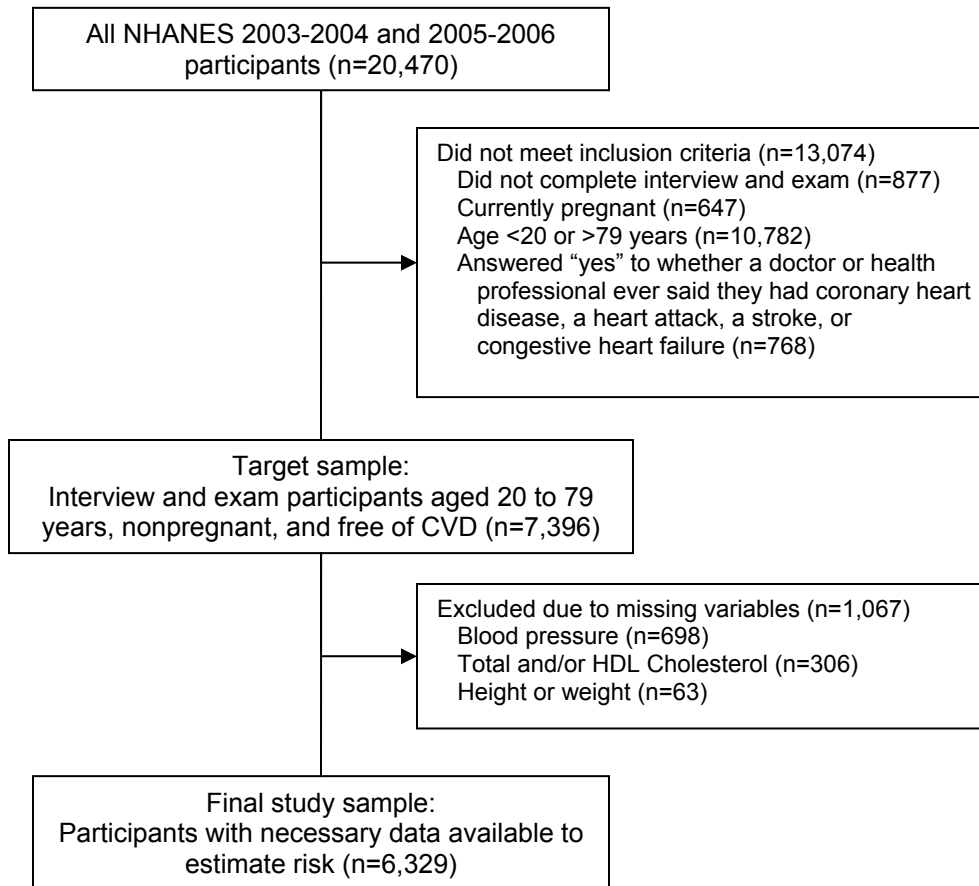
SD=standard deviation, SE=standard error, TC=total cholesterol, HDL-C=high-density lipoprotein cholesterol, SBP=systolic blood pressure, DBP=diastolic blood pressure, BMI=body mass index, DM=diabetes mellitus, HTN=hypertension, Tx=treatment.

Supplemental Table 2. Characteristics of 6,329 Eligible NHANES 2003 to 2006 Participants, Weighted to Reflect the CVD-free, Nonpregnant, 20- to 79-Year Old U.S. Population - by Risk Stratum

	Mean (SD) of Risk Factor Level						Percentage (SE) with Risk Factor			
	Age (years)	TC (mg/dL)	HDL-C (mg/dL)	SBP (mm Hg)	DBP (mm Hg)	BMI (kg/m <sup>2</sup> )	DM (%)	Smoking (%)	Anti-HTN tx (%)	Lipid-lowering Tx (%)
Overall	44.0 (0.4)	200.6 (0.7)	54.2 (0.3)	121.0 (0.3)	71.1 (0.2)	28.2 (0.2)	5.6 (0.4)	25.9 (1.0)	16.5 (0.6)	10.6 (0.6)
Low 10-yr CHD risk*	40.6 (0.3)	198.4 (0.7)	55.4 (0.3)	118.4 (0.3)	71.0 (0.2)	27.9 (0.2)	-	24.5 (1.0)	10.7 (0.5)	6.7 (0.5)
All Optimal	32.6 (0.6)	156.5 (1.0)	54.4 (0.5)	107.3 (0.3)	65.0 (0.4)	25.6 (0.2)	-	-	-	-
≥1 Not Optimal	38.0 (0.5)	179.7 (0.9)	54.5 (0.6)	118.0 (0.4)	71.2 (0.4)	27.9 (0.3)	-	-	-	-
≥1 Elevated	42.7 (0.5)	213.4 (0.5)	57.3 (0.6)	120.2 (0.5)	73.1 (0.4)	28.4 (0.3)	-	-	-	-
1 Major	41.4 (0.4)	206.2 (1.3)	54.9 (0.4)	119.7 (0.5)	71.0 (0.4)	27.9 (0.2)	-	52.7 (1.5)	13.9 (1.0)	7.7 (0.9)
≥2 Major	49.0 (0.7)	230.2 (2.4)	56.1 (0.8)	126.2 (1.2)	74.3 (0.7)	29.6 (0.3)	-	53.1 (2.5)	56.2 (2.4)	38.4 (3.2)
High 10-yr CHD risk*	59.7 (0.4)	210.8 (1.8)	48.8 (0.5)	132.5 (0.6)	71.7 (0.5)	29.8 (0.2)	31.2 (1.7)	32.5 (1.8)	42.6 (1.5)	28.4 (1.8)

\*10-year hard coronary heart disease risk calculated based on D'Agostino *et al* 2001,<sup>9</sup> with "low" defined as <10% 10-year predicted CHD risk and absence of diabetes.

SD=standard deviation, SE=standard error, TC=total cholesterol, HDL-C=high-density lipoprotein cholesterol, SBP=systolic blood pressure, DBP=diastolic blood pressure, BMI=body mass index, DM=diabetes mellitus, HTN=hypertension, Tx=treatment, CHD=coronary heart disease.



Supplemental Figure 1. Selection of study sample. CVD=cardiovascular disease, HDL=high-density lipoprotein.