

SUPPLEMENTAL MATERIAL

Supplemental table. Adjusted Prevalence (%) of Low Risk Profile at Y20 by AHEI-based Number of Healthy Lifestyle factors (HLF) , Y0 to Y20 among CARDIA Study participants.

| | Number of HLFs* | | | | | p-trend |
|-------------------------------|-----------------|------|------|------|------|---------|
| | 0-1 | 2 | 3 | 4 | 5 | |
| All participants [†] | 3.2 | 14.4 | 28.6 | 40.3 | 54.0 | <0.0001 |
| All participants [‡] | 6.1 | 15.7 | 28.5 | 41.0 | 55.0 | <0.0001 |
| Black men [§] | 3.3 | 9.2 | 14.6 | 26.4 | 34.2 | <0.0001 |
| White men [§] | 2.4 | 14.1 | 24.7 | 41.1 | 45.2 | <0.0001 |
| Black women [§] | 3.5 | 11.8 | 28.5 | 38.3 | 60.2 | <0.0001 |
| White women [§] | 0.7 | 20.6 | 41.2 | 48.9 | 66.3 | <0.0001 |

*Based on the average of Y0, Y7 and Y20 data.

[†] Based on imputed data (n=3154) and adjusted for age, race, and sex.

[‡] Based on complete data sample (n=2336) and adjusted for age, race, and sex.

[§] Age adjusted.