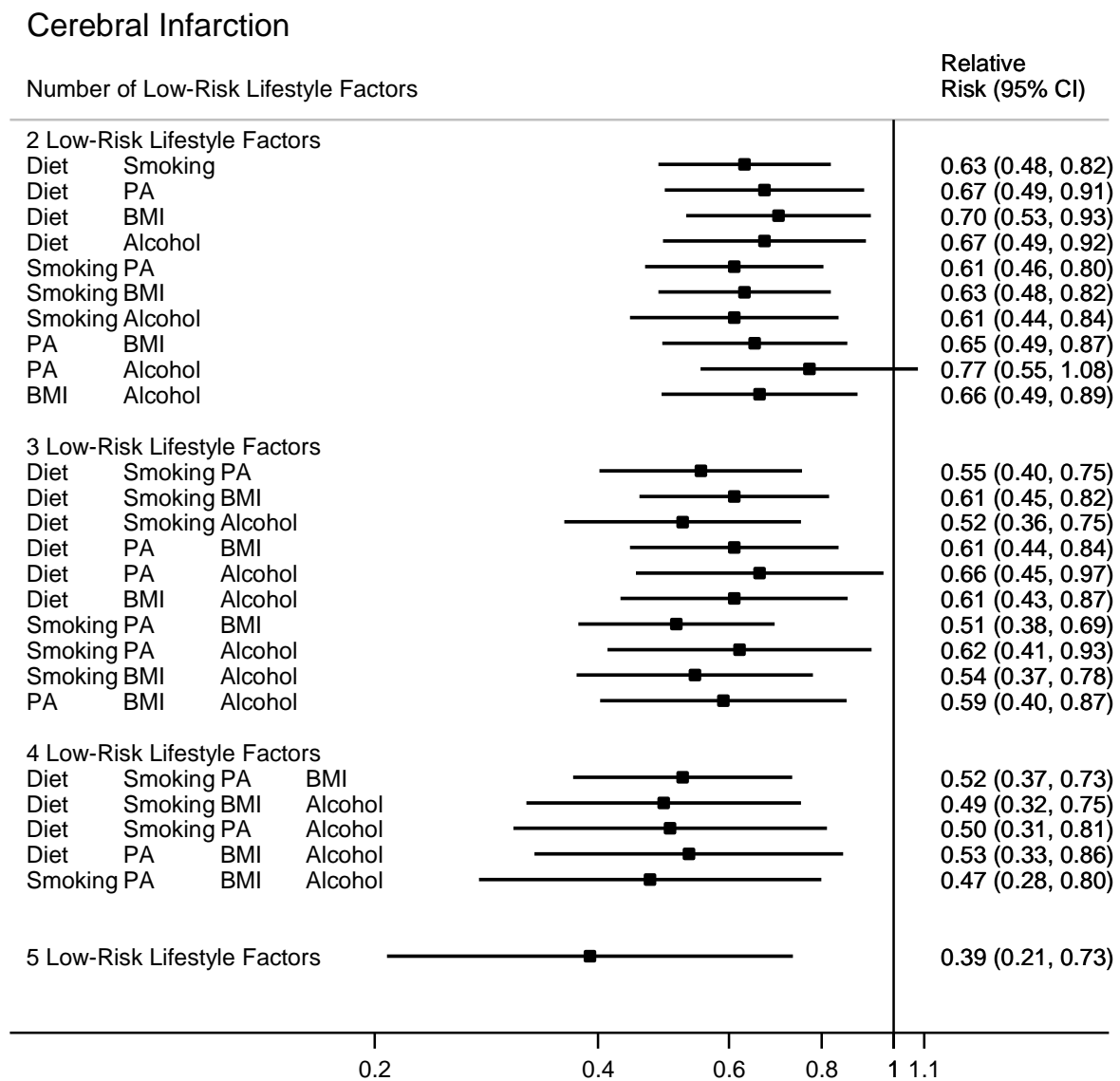**Supplemental Figure 1A.** Multivariable relative risks (95% confidence intervals)* of cerebral infarction according to a healthy lifestyle defined by different combinations of five low-risk lifestyle factors†, compared with the high-risk group‡, among 31 696 Swedish women, 1998–2008

Cerebral Infarction

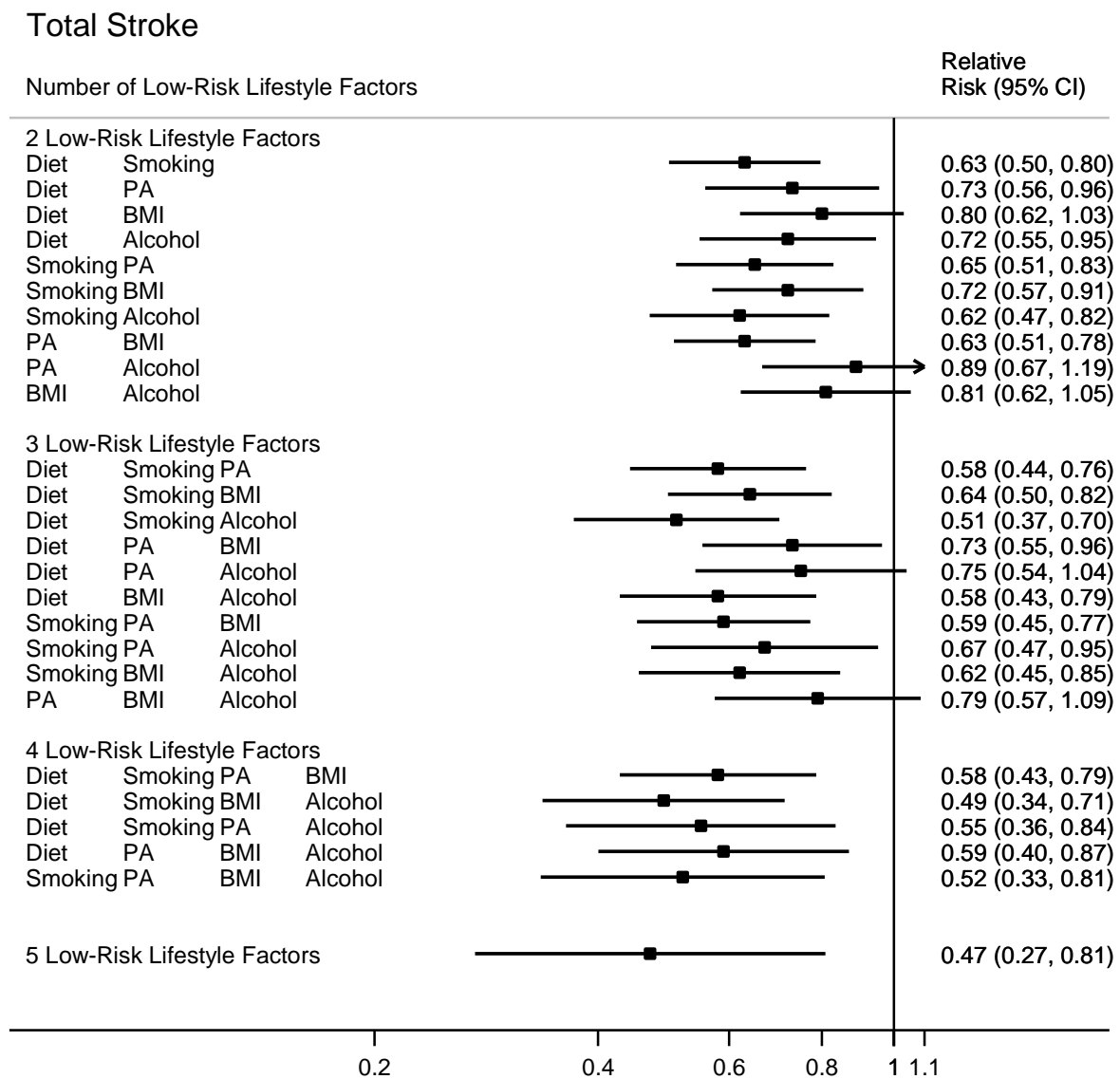| Number of Low-Risk Lifestyle Factors				Relative Risk (95% CI)
2 Low-Risk Lifestyle Factors				
Diet	Smoking			0.63 (0.48, 0.82)
Diet	PA			0.67 (0.49, 0.91)
Diet	BMI			0.70 (0.53, 0.93)
Diet	Alcohol			0.67 (0.49, 0.92)
Smoking	PA			0.61 (0.46, 0.80)
Smoking	BMI			0.63 (0.48, 0.82)
Smoking	Alcohol			0.61 (0.44, 0.84)
PA	BMI			0.65 (0.49, 0.87)
PA	Alcohol			0.77 (0.55, 1.08)
BMI	Alcohol			0.66 (0.49, 0.89)
3 Low-Risk Lifestyle Factors				
Diet	Smoking	PA		0.55 (0.40, 0.75)
Diet	Smoking	BMI		0.61 (0.45, 0.82)
Diet	Smoking	Alcohol		0.52 (0.36, 0.75)
Diet	PA	BMI		0.61 (0.44, 0.84)
Diet	PA	Alcohol		0.66 (0.45, 0.97)
Diet	BMI	Alcohol		0.61 (0.43, 0.87)
Smoking	PA	BMI		0.51 (0.38, 0.69)
Smoking	PA	Alcohol		0.62 (0.41, 0.93)
Smoking	BMI	Alcohol		0.54 (0.37, 0.78)
PA	BMI	Alcohol		0.59 (0.40, 0.87)
4 Low-Risk Lifestyle Factors				
Diet	Smoking	PA	BMI	0.52 (0.37, 0.73)
Diet	Smoking	BMI	Alcohol	0.49 (0.32, 0.75)
Diet	Smoking	PA	Alcohol	0.50 (0.31, 0.81)
Diet	PA	BMI	Alcohol	0.53 (0.33, 0.86)
Smoking	PA	BMI	Alcohol	0.47 (0.28, 0.80)
5 Low-Risk Lifestyle Factors				0.39 (0.21, 0.73)

*Adjusted for age, education, aspirin use, history of diabetes, diagnosis of atrial fibrillation, family history of myocardial infarction before 60 years of age, total energy intake, non-recommended food score, and the other low-risk lifestyle factors. Also included in the model was a variable for women in the intermediate group, i.e., women who were neither in the low-risk group (defined by 2 to 5 lifestyle factors) nor in the high-risk group. Thus, all analyses included the whole study population.
†Low-risk for the lifestyle factors was defined as: diet = top 50% of Recommended Food Score; smoking = never smoking; PA (physical activity) = walking/bicycling ≥40 min/d and exercise ≥1 h/wk; BMI = body mass index <25 kg/m^2; and alcohol = intake of 5.0–15 g/d of alcohol.
‡High-risk group includes women with 0 (n=1535 women; 4.8%) low-risk lifestyle factors.

Supplemental Figure 1B. Multivariable relative risks (95% confidence intervals)* of total stroke according to a healthy lifestyle defined by different combinations of five low-risk lifestyle factors†, compared with the high-risk group‡, among 31 696 Swedish women, 1998–2008

Total Stroke

Number of Low-Risk Lifestyle Factors				Relative Risk (95% CI)
2 Low-Risk Lifestyle Factors				
Diet	Smoking			0.63 (0.50, 0.80)
Diet	PA			0.73 (0.56, 0.96)
Diet	BMI			0.80 (0.62, 1.03)
Diet	Alcohol			0.72 (0.55, 0.95)
Smoking	PA			0.65 (0.51, 0.83)
Smoking	BMI			0.72 (0.57, 0.91)
Smoking	Alcohol			0.62 (0.47, 0.82)
PA	BMI			0.63 (0.51, 0.78)
PA	Alcohol			0.89 (0.67, 1.19)
BMI	Alcohol			0.81 (0.62, 1.05)
3 Low-Risk Lifestyle Factors				
Diet	Smoking	PA		0.58 (0.44, 0.76)
Diet	Smoking	BMI		0.64 (0.50, 0.82)
Diet	Smoking	Alcohol		0.51 (0.37, 0.70)
Diet	PA	BMI		0.73 (0.55, 0.96)
Diet	PA	Alcohol		0.75 (0.54, 1.04)
Diet	BMI	Alcohol		0.58 (0.43, 0.79)
Smoking	PA	BMI		0.59 (0.45, 0.77)
Smoking	PA	Alcohol		0.67 (0.47, 0.95)
Smoking	BMI	Alcohol		0.62 (0.45, 0.85)
PA	BMI	Alcohol		0.79 (0.57, 1.09)
4 Low-Risk Lifestyle Factors				
Diet	Smoking	PA	BMI	0.58 (0.43, 0.79)
Diet	Smoking	BMI	Alcohol	0.49 (0.34, 0.71)
Diet	Smoking	PA	Alcohol	0.55 (0.36, 0.84)
Diet	PA	BMI	Alcohol	0.59 (0.40, 0.87)
Smoking	PA	BMI	Alcohol	0.52 (0.33, 0.81)
5 Low-Risk Lifestyle Factors				0.47 (0.27, 0.81)

*Adjusted for age, education, aspirin use, history of diabetes, diagnosis of atrial fibrillation, family history of myocardial infarction before 60 years of age, total energy intake, non-recommended food score, and the other low-risk lifestyle factors. Also included in the model was a variable for women in the intermediate group, i.e., women who were neither in the low-risk group (defined by 2 to 5 lifestyle factors) nor in the high-risk group. Thus, all analyses included the whole study population.

†Low-risk for the lifestyle factors was defined as: diet = top 50% of Recommended Food Score; smoking = never smoking; PA (physical activity) = walking/bicycling $\geq$40 min/d and exercise $\geq$1 h/wk; BMI = body mass index <25 kg/m^2; and alcohol = intake of 5.0–15 g/d of alcohol.

‡High-risk group includes women with 0 (n=1535 women; 4.8%) low-risk lifestyle factors.