

Supplemental Table 1. Risk Factor Stratification and Predicted Lifetime Risk for Cardiovascular Disease in the Dallas Heart Study subjects (N= 2,998).

Variable	“Low Predicted Lifetime Risk for Cardiovascular Disease” (N = 1,056)		“High Predicted Lifetime Risk for Cardiovascular Disease” (N= 1,942)		
	All Optimal RF (N = 498)	≥ 1 Not Optimal RF (N = 558)	≥ 1 Elevated RF (N = 401)	1 Major RF (N = 1170)	≥2 Major RF (N = 371)
Systolic/Diastolic Blood Pressure (mmHg)	<120/ <80	120-139/ 80-89	140-159/ 90-99	≥ 160/ ≥ 100 (or treated)	≥ 160/ ≥ 100 (or treated)
Total Cholesterol (mg/dL)	< 180	180-199	200-239	≥ 240 (or treated)	≥ 240 (or treated)
Diabetes Mellitus	No	No	No	Yes	Yes
Current Smoker	No	No	No	Yes	Yes
Predicted Lifetime Risk for CVD (Men)	5%	36%	46%	50%	69%
Predicted Lifetime Risk for CVD (Women)	8%	27%	39%	39%	50%