

Table e-1. Age-standardized baseline characteristics of the whole population of 35,455 men in the Cohort of Swedish Men by number of healthy lifestyle factors

| Characteristics* | Whole population (n=35,455) | Number of healthy lifestyle factors | | | | | |
|--|--------------------------------|-------------------------------------|--------------------------|---------------------------|----------------------------|---------------------------|------------------------|
| | | 0 (n=412 [1.2%]) | 1 (n=3,001 [8.4%]) | 2 (n=9,302 [26.2%]) | 3 (n=13,657 [38.5%]) | 4 (n=8,212 [23.2%]) | 5 (n=871 [2.5%]) |
| Age, y | 59 | 57 | 58 | 59 | 60 | 60 | 60 |
| Postsecondary education, % | 18 | 12 | 12 | 14 | 17 | 23 | 38 |
| Married/cohabiting, % | 84 | 79 | 79 | 83 | 84 | 86 | 87 |
| Any aspirin use, % | 32 | 41 | 35 | 33 | 33 | 30 | 29 |
| Family history of myocardial infarction, % | 14 | 15 | 16 | 15 | 14 | 13 | 12 |
| Heart failure, % | 0.7 | 2.0 | 1.1 | 0.9 | 0.6 | 0.4 | 0.4 |
| Atrial fibrillation, % | 2.1 | 2.9 | 2.8 | 2.2 | 2.2 | 1.8 | 1.6 |
| Diabetes, % | 7.9 | 15 | 11 | 10 | 7.7 | 5.5 | 4.5 |
| History of hypertension, % | 21 | 35 | 26 | 26 | 22 | 15 | 13 |
| History of high cholesterol, % | 13 | 18 | 16 | 15 | 13 | 11 | 12 |
| Not smoking, % | 76 | 0 | 31 | 61 | 83 | 98 | 100 |
| BMI, kg/m ² | 26 | 29 | 28 | 27 | 26 | 24 | 23 |
| BMI 18.5–25 kg/m ² , % | 44 | 0 | 8.6 | 20 | 39 | 91 | 100 |
| Physical activity, min/wk | 390 | 60 | 160 | 290 | 440 | 490 | 530 |
| Physical activity ≥150 min/wk, % | 73 | 0 | 20 | 51 | 85 | 98 | 100 |
| Alcohol intake, g/d | 14 | 44 | 24 | 17 | 12 | 11 | 10 |
| Alcohol intake >0–30 g/d, % | 80 | 0 | 40 | 67 | 88 | 97 | 100 |
| Fruit and vegetables, servings/d | 3.9 | 3.0 | 3.2 | 3.5 | 3.8 | 4.4 | 7.0 |
| Processed meat, g/d | 42 | 50 | 46 | 44 | 43 | 38 | 17 |
| Low-risk diet, %† | 8.6 | 0 | 0.7 | 2.0 | 4.5 | 16 | 100 |

*Values are means if not otherwise indicated.

†Consumption of ≥5 servings/d of fruits and vegetables and <30 g/d of processed meat.

Table e-2. Multivariable relative risks (RR) and 95% confidence intervals (CI) of stroke by number of healthy lifestyle factors in the whole population of 35,455 men in the Cohort of Swedish Men, 1998–2008

| No. of healthy lifestyle factors | Total stroke | | Ischemic stroke | | Hemorrhagic stroke | |
|----------------------------------|--------------|------------------|-----------------|------------------|--------------------|------------------|
| | No. of cases | RR (95% CI)* | No. of cases | RR (95% CI)* | No. of cases | RR (95% CI)* |
| 0 | 29 | 1.00 (reference) | 22 | 1.00 (reference) | 5 | 1.00 (reference) |
| 1 | 189 | 0.68 (0.46-1.02) | 135 | 0.65 (0.41-1.03) | 31 | 0.68 (0.26-1.76) |
| 2 | 638 | 0.68 (0.47-0.99) | 469 | 0.67 (0.43-1.03) | 92 | 0.62 (0.25-1.55) |
| 3 | 862 | 0.55 (0.38-0.80) | 633 | 0.53 (0.35-0.82) | 140 | 0.59 (0.24-1.45) |
| 4 | 425 | 0.43 (0.29-0.63) | 315 | 0.42 (0.27-0.65) | 61 | 0.42 (0.17-1.07) |
| 5 | 34 | 0.31 (0.18-0.50) | 29 | 0.34 (0.19-0.59) | 2 | 0.13 (0.03-0.69) |
| <i>P</i> for trend | | <0.0001 | | <0.0001 | | 0.001 |

*Adjusted for age, education, civil status, aspirin use, family history of myocardial infarction before 60 years of age, and diagnosis of heart failure or atrial fibrillation before baseline.

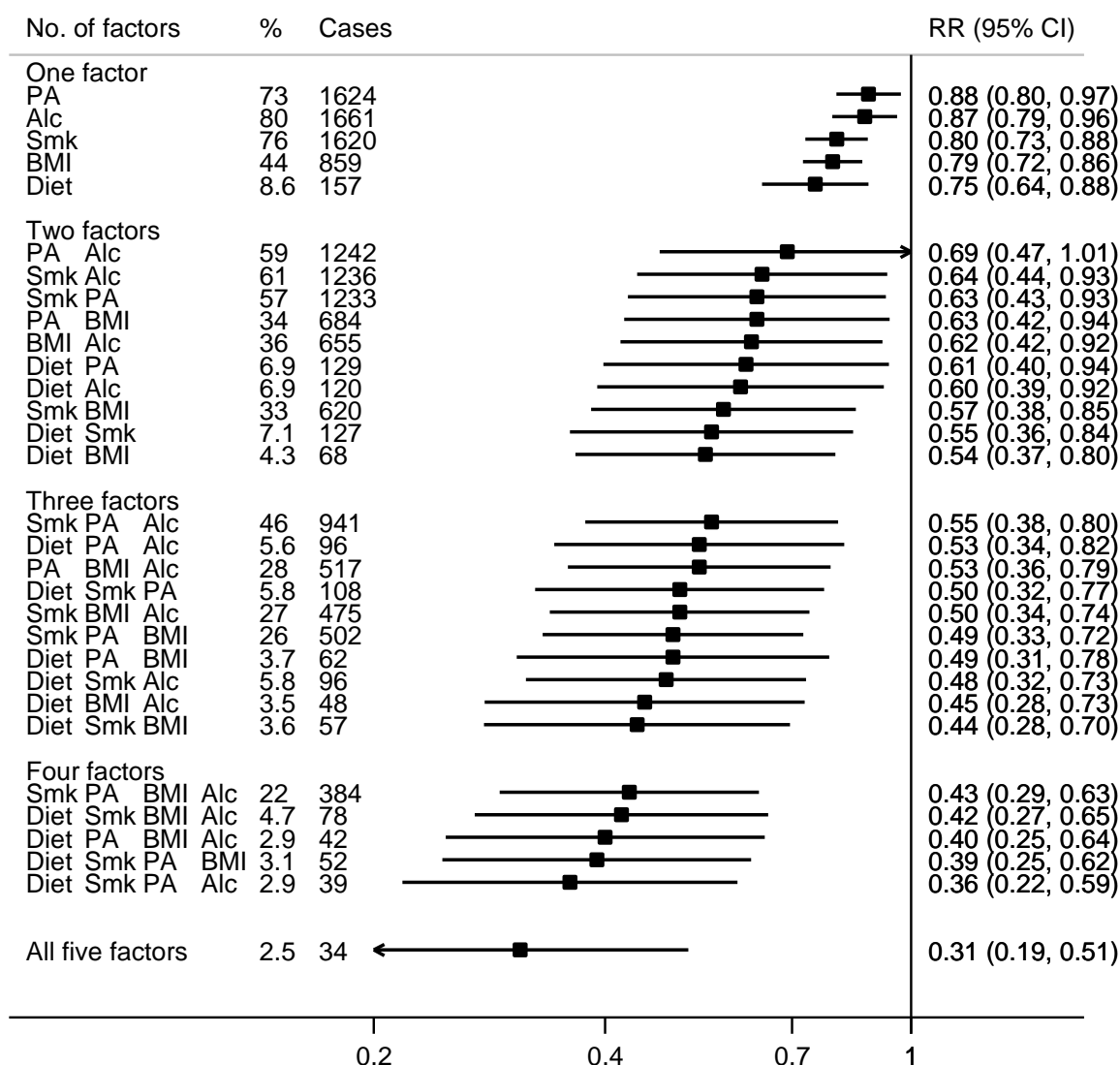


Figure e-1. Multivariable relative risks (RR) and 95% confidence intervals (CI) of total stroke according to the separate and joint effect of five healthy lifestyle factors, compared with 0 factor, in the whole population of 35,455 men in the Cohort of Swedish Men, 1998–2008. The RRs are adjusted for the same variables as in table e-2. In the analysis of one lifestyle factor, the five factors were mutually adjusted for each other by inclusion in the same model. The analyses of two to five lifestyle factors also included men in the intermediate group, i.e., those who neither adhered to the specified lifestyle factors nor were in the reference group with no factor. The five indicators of a healthy lifestyle were diet: ≥ 5 servings/d of fruits and vegetables and < 30 g/d of processed meat; smoking (Smk): never or past smoking; physical activity (PA): ≥ 150 min/wk of walking/bicycling and/or exercise; BMI: 18.5–25 kg/m²; and alcohol (Alc): > 0 –30 g/d. % indicates the proportion of men with the specified healthy lifestyle factor(s), and cases are the total number of stroke cases in that group. Assuming a causal association between the healthy lifestyle factors and stroke risk, it was estimated that 44% (95% CI, 22% to 60%) of stroke cases in this population might have been prevented if all men had adhered to all five lifestyle factors.