

Appendix 3. Hazard ratio of incident cases of IHD in the whole population of the Inter99 study 10 years after study start. Results are shown separately for men and women.

Outcome	Number of participants	Number of person years	Number of events (intervention/control group)	Hazard Ratio (95 % C.I.) Control group is ref=1	Interactions group* age (p-value)
IHD - Men					
Model 1	28,437	265,532	352/1,367	1.01 (0.90 to 1.14)	0.17
Model 2	27,745	259,359	340/1,330	1.01 (0.90 to 1.14)	
Model 3	27,745	259,359	340/1,330	1.01 (0.90 to 1.14)	
Stroke - Men					
Model 1	29,010	273,896	191/802	0.99 (0.84 to 1.16)	0.94
Model 2	28,302	267,393	188/791	0.99 (0.85 to 1.17)	
Model 3	28,302	267,393	188/791	0.99 (0.84 to 1.16)	
IHD + Stroke - Men					
Model 1	28,137	260,094	478/1,929	0.98 (0.88 to 1.08)	0.22
Model 2	27,453	254,010	463/1,886	0.97 (0.88 to 1.08)	
Model 3	27,453	254,010	463/1,886	0.97 (0.87 to 1.07)	
Total death - Men					
Model 1	29,370	280,746	354/1,558	0.96 (0.85 to 1.08)	0.94
Model 2	28,654	274,126	345/1,528	0.96 (0.85 to 1.08)	
Model 3	28,654	274,126	345/1,528	0.95 (0.84 to 1.07)	

Model 1: adjusted for age

Model 2: adjusted for age, education, ethnicity, and cohabitation

Model 3: adjusted for age, education, ethnicity, cohabitation, and co-morbidity

Outcome	Number of participants	Number of person years	Number of events (intervention/control group)	Hazard Ratio (95 % C.I.) Control group is ref=1	Interactions group* age (p-value)
IHD - Women					
Model 1	29,871	286,095	213/850	1.07 (0.91 to 1.24)	0.64
Model 2	29,056	278,449	205/809	1.08 (0.93 to 1.27)	
Model 3	29,056	278,449	205/809	1.09 (0.93 to 1.27)	
Stroke - Women					
Model 1	29,930	288,359	135/598	0.97 (0.80 to 1.17)	0.17
Model 2	29,110	280,547	133/573	0.99 (0.82 to 1.20)	
Model 3	29,110	280,547	133/573	0.98 (0.81 to 1.19)	
IHD + Stroke - Women					
Model 1	29,578	281,251	328/1,314	1.06 (0.93 to 1.19)	0.71
Model 2	28,773	273,744	319/1,257	1.08 (0.95 to 1.22)	
Model 3	28,773	273,744	319/1,257	1.08 (0.95 to 1.22)	
Total death - Women					
Model 1	30,246	293,892	241/1,010	1.06 (0.92 to 1.22)	0.29
Model 2	29,416	285,906	238/989	1.06 (0.92 to 1.23)	
Model 3	29,416	285,906	238/989	1.04 (0.90 to 1.20)	

Model 1: adjusted for age

Model 2: adjusted for age, education, ethnicity, and cohabitation

Model 3: adjusted for age, education, ethnicity, cohabitation, and co-morbidity