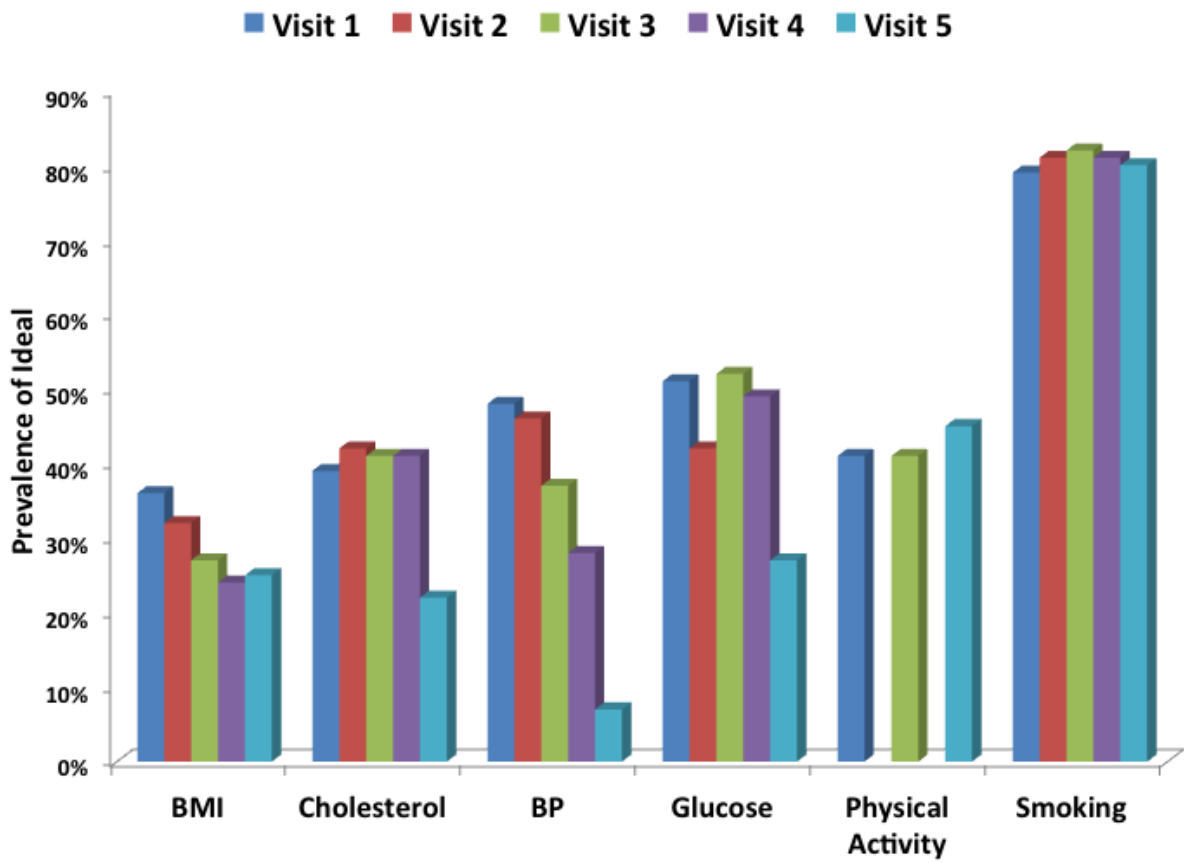
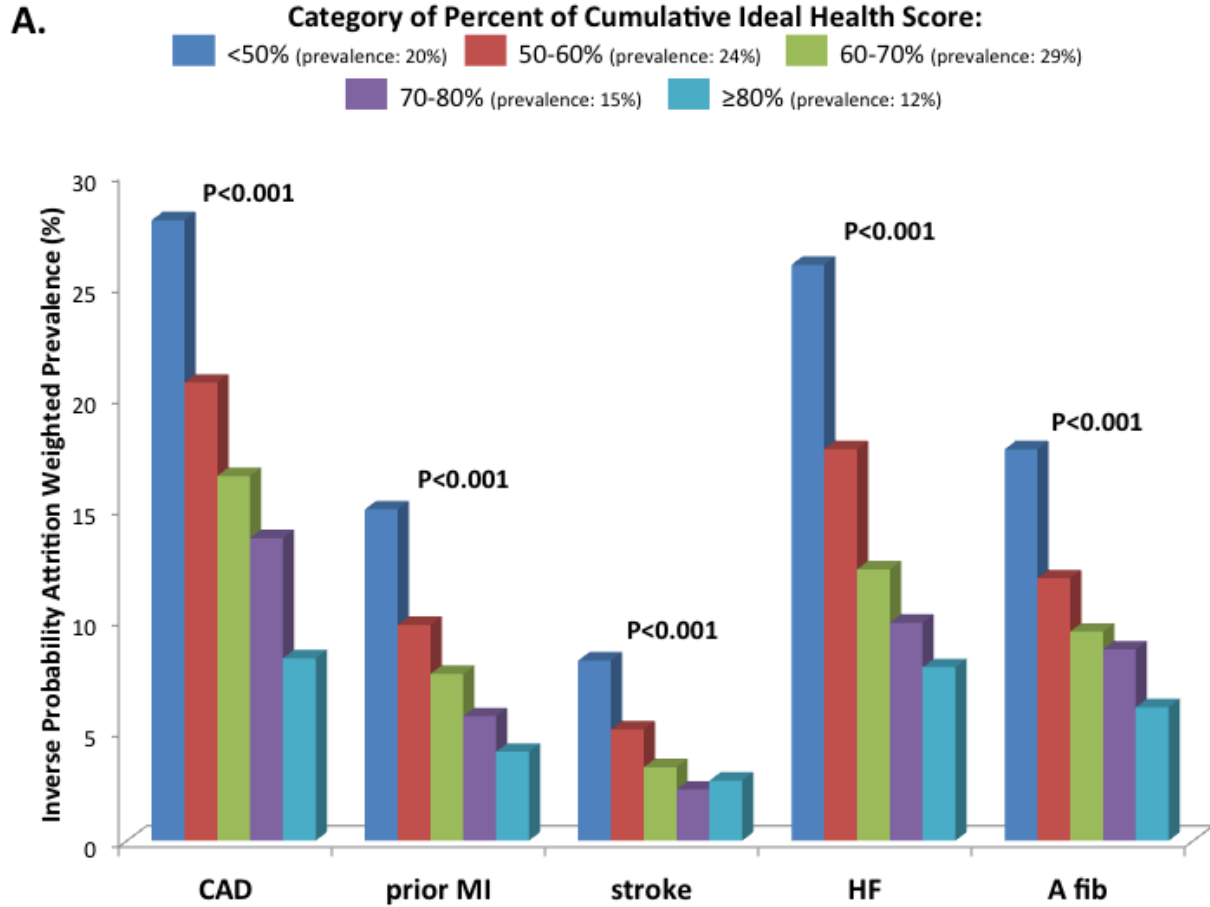


SUPPLEMENTAL MATERIAL

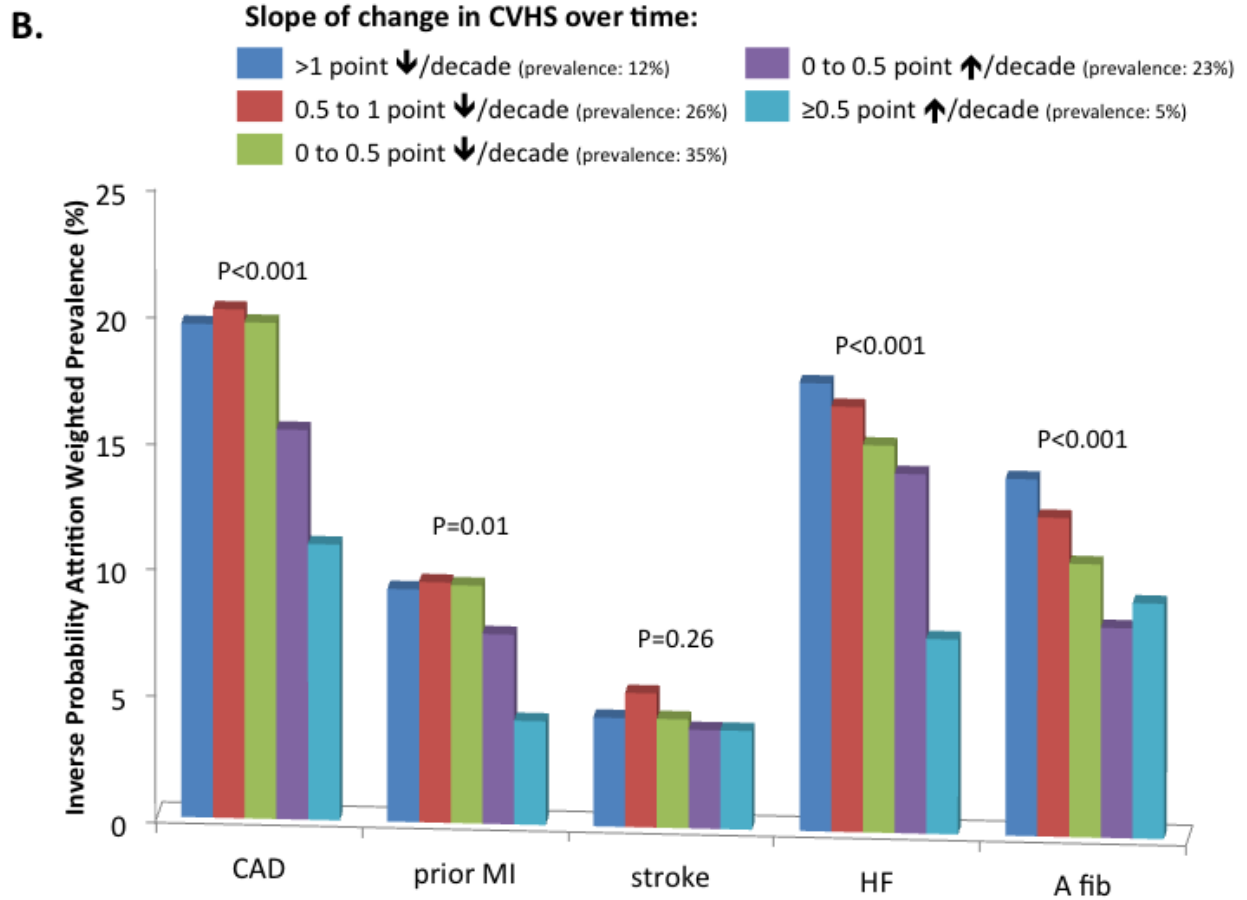
Supplemental Figure 1. Prevalence of ideal status for each of the 6 health factors/behaviors at each ARIC study visit. Physical activity was only assessed at Visits 1, 3, and 5.



Supplement Figure 2. Prevalence of CVD based on category of percent cumulative CVHS attained from Visits 1 through 5 using inverse probability attrition weighting. P values are multivariable adjusted P for trend across categories and are adjusted for age, gender, race, and study field center.



Supplement Figure 3. Prevalence of CVD based on slope of change in CVHS per decade of follow-up using inverse probability attrition weighting. Prevalence estimates are also adjusted for CVHS at Visit 1, age, gender, race, and study field center. P values are multivariable adjusted P for trend across categories and are adjusted for CVHS at Visit 1, age, gender, race, and study field center.



Supplemental Table 1. Prevalence of cardiovascular diseases by categories of percent cumulative Cardiovascular Health Score attained through mid-life and late-life stratified by gender (2,685 men, 3,835 women). Prevalence estimates and P values are adjusted for age, race, and Field Center. Interaction P value tests the interaction between category of percent cumulative attained CVHS and gender. Percent cumulative CVHS is modeled as a continuous variable. Values are multivariable adjusted means and 95% confidence intervals. M – male; F – female.

	Gender	Category of percent cumulative CVHS attained					P for trend	P for Interact
		<50%	50-60%	60-70%	70-80%	≥80%		
CAD	F	19.2 [16.9,21.5]	12.8 [10.7,14.8]	8.6 [6.8,10.5]	7.5 [5.0,10.0]	4.4 [1.8,7.0]	<0.001	0.60
	M	37.6 [33.4,41.8]	29.9 [26.6,33.1]	25.2 [22.3,28.0]	21.4 [17.2,25.6]	13.3 [8.5,18.1]	<0.001	
Prior MI	F	11.5 [9.7,13.2]	6.4 [4.8,7.9]	3.5 [2.4,9]	4.2 [2.3,6.0]	2.1 [0.1,4.0]	<0.001	0.26
	M	18.6 [15.2,21.9]	13.9 [11.3,16.5]	11.8 [9.6,14]	8.0 [4.9,11.2]	6.7 [3.1,10.3]	<0.001	
Stroke	F	7.5 [6.1,8.8]	4.0 [2.8,5.3]	2.6 [1.5,3.7]	1.4 [0.2,9]	2.0 [0.4,3.6]	<0.001	0.38
	M	8.4 [6.3,10.4]	5.5 [3.9,7.1]	3.7 [2.3,5.1]	2.8 [0.8,4.9]	3.7 [1.4,6.1]	<0.001	
HF	F	23.7 [21.4,26.1]	14.3 [12.2,16.5]	8.4 [6.5,10.4]	8.3 [5.7,10.9]	6.4 [3.7,9.1]	<0.001	0.73
	M	26.9 [23.3,30.4]	19.5 [16.7,22.2]	15.2 [12.8,17.6]	11.4 [7.9,14.9]	8.2 [4.2,12.2]	<0.001	
A Fib	F	13.8 [11.7,15.9]	9.5 [7.7,11.4]	6.5 [4.8,8.1]	6.1 [3.9,8.3]	3.6 [1.3,5.8]	<0.001	0.27
	M	19 [15.7,22.3]	13.1 [10.5,15.6]	11.9 [9.7,14.0]	9.9 [6.8,13.1]	7.6 [4.0,11.2]	<0.001	

Supplemental Table 2. Prevalence of cardiovascular diseases by categories of percent cumulative Cardiovascular Health Score attained through mid-life and late-life stratified by race (4,977 white and 1,543 black participants). Prevalence estimates and P values are adjusted for age, gender, and Field Center. Interaction P value tests the interaction between category of percent cumulative attained CVHS and race. Percent cumulative CVHS is modeled as a continuous variable. Values are multivariable adjusted means and 95% confidence intervals. B – black; W – white.

	Race	Category of percent cumulative ideal health score					P for trend	P for interact
		<50%	50-60%	60-70%	70-80%	≥80%		
CAD	W	29.7 [26.8,32.5]	21.8 [19.6,24]	17.4 [15.6,19.3]	15.4 [12.9,17.8]	10.5 [7.9,13]	<0.001	0.15
	B	18.6 [15.8,21.4]	13.4 [10.3,16.4]	9.3 [5.8,12.8]	6.1 [0.1,12.1]	4.5 [0,13.9]	<0.001	
Prior MI	W	15.4 [13.2,17.6]	9.9 [8.2,11.7]	7.9 [6.5,9.3]	6.8 [4.9,8.6]	5.0 [3.1,6.9]	<0.001	0.05
	B	11.2 [8.8,13.5]	7.4 [4.9,9.9]	3.6 [0.9,6.4]	1.7 [0,6.3]	2.3 [-4.8,9.3]	<0.001	
Stroke	W	7.5 [6.1,8.9]	3.9 [2.8,5]	3 [2.1,3.9]	1.6 [0.4,2.8]	2.3 [1.0,3.5]	<0.001	0.81
	B	9.0 [6.9,11]	6.6 [4.4,8.8]	2.8 [0.3,5.3]	3.5 [0,7.8]	4.6 [0,11.2]	<0.001	
HF	W	20.9 [18.5,23.4]	15 [13.1,16.9]	10.6 [9.1,12.2]	8.6 [6.5,10.7]	6.1 [3.9,8.3]	<0.001	0.22
	B	32.9 [29.5,36.2]	20.9 [17.2,24.6]	12.6 [8.5,16.8]	11.1 [4,18.3]	9.3 [0,20.5]	<0.001	
A Fib	W	19.7 [17.2,22.1]	11.8 [9.9,13.8]	10.3 [8.8,11.9]	9.1 [7.1,11.2]	6.6 [4.5,8.7]	<0.001	0.89
	B	7.5 [5.4,9.7]	7.1 [4.9,9.4]	3.4 [0.9,5.9]	3.7 [0,7.9]	5.5 [0,12.1]	0.005	

Supplemental Table 3. Measures of cardiovascular structure and function at Visit 5 by the percent cumulative CVHS attained between Visits 1 and 5 stratified by gender (1,552 men, 2,746 women). Values and P values are adjusted for age, race, and field center.

Interaction P value tests the interaction between category of percent cumulative attained CVHS and gender. Percent cumulative CVHS is modeled as a continuous variable. Values are multivariable adjusted means and 95% confidence intervals. M – male; F – female.

		Category of percent cumulative ideal health score					P or	P for
		<50%	50-60%	60-70%	70-80%	≥80%	trend	interact
<i>LV Structure</i>								
LVEDV	F	73.3 [71.7,75]	72.2 [70.9,73.6]	69 [67.9,70.1]	66.6 [65.2,68.0]	67 [65.5,68.4]	<0.001	0.005
(ml)	M	99.8 [96.6,103.0]	95.2 [92.9,97.4]	97.5 [95.7,99.4]	95.6 [93,98.2]	94.8 [92,97.6]	0.04	
LV MWT	F	1.00 [0.99,1.01]	0.98 [0.97,0.99]	0.94 [0.94,0.95]	0.92 [0.91,0.93]	0.89 [0.88,0.9]	<0.001	0.02
(cm)	M	1.07 [1.05,1.09]	1.03 [1.01,1.04]	1.01 [1.00,1.02]	0.98 [0.96,0.99]	0.97 [0.96,0.99]	<0.001	
LV Mass	F	146 [143,150]	141 [138,143]	129 [127,131]	120 [117,123]	113 [110,116]	<0.001	0.05
(g)	M	184 [178,189]	165 [161,169]	163 [160,167]	152 [148,157]	148 [143,154]	<0.001	
LVH	F	17.8 [14.7,20.9]	13.5 [11.0,16]	8.5 [6.4,10.6]	7.1 [4.4,9.8]	3.7 [1.0,6.4]	<0.001	<0.001
	M	6.6 [3.6,9.7]	4.3 [2.2,6.5]	4.8 [3,6.5]	3.1 [0.6,5.5]	2.4 [0,5.1]	0.02	
<i>LV Systolic Function</i>								
LVEF (%)	F	66.7 [66.1,67.2]	67.1 [66.6,67.5]	66.9 [66.5,67.3]	66.8 [66.3,67.3]	66.8 [66.3,67.3]	0.88	0.41
	M	64.8 [64.0,65.6]	64.9 [64.3,65.4]	64.5 [64.0,64.9]	65.3 [64.6,65.9]	65.1 [64.4,65.8]	0.55	

Longitudinal strain (%)	F	-18.2 [-18.4,-17.9]	-18.5 [-18.7,-18.3]	-18.4 [-18.6,-18.3]	-18.6 [-18.8,-18.4]	-18.9 [-19.1,-18.6]	<0.001	0.65
	M	-17.6 [-18,-17.3]	-17.7 [-18.0,-17.5]	-17.9 [-18.1,-17.7]	-18.2 [-18.5,-18.0]	-18.3 [-18.6,-18.0]	<0.001	
<i>LV Diastolic Function</i>								
TDI e' (cm/s)	F	5.42 [5.27,5.57]	5.66 [5.54,5.78]	5.59 [5.49,5.69]	5.76 [5.63,5.89]	6.07 [5.94,6.21]	<0.001	0.78
	M	5.63 [5.43,5.83]	5.61 [5.47,5.75]	5.78 [5.66,5.89]	6.01 [5.84,6.17]	6.07 [5.89,6.25]	<0.001	
E/e' ratio	F	13.5 [13.1,13.8]	13 [12.7,13.3]	12.3 [12.1,12.6]	12.1 [11.7,12.4]	11.3 [11.0,11.7]	<0.001	0.39
	M	12.1 [11.6,12.6]	12 [11.6,12.3]	10.9 [10.7,11.2]	10.5 [10.1,10.9]	10.1 [9.7,10.5]	<0.001	
LA volume (ml)	F	46.9 [45.5,48.2]	45.1 [44.0,46.2]	41.9 [41.0,42.8]	39.6 [38.4,40.8]	39.1 [38.0,40.3]	<0.001	0.01
	M	54.7 [52.4,57.1]	51 [49.3,52.7]	51.2 [49.8,52.6]	48.6 [46.7,50.5]	47.9 [45.8,50.0]	<0.001	
<i>RV Function & Pulmonary Pressure</i>								
RVFAC (%)	F	53.2 [52.4,54]	53.2 [52.5,53.9]	53.4 [52.9,54]	54.2 [53.5,54.9]	54.9 [54.2,55.5]	<0.001	0.21
	M	51.4 [50.2,52.6]	50.6 [49.8,51.4]	50.6 [49.9,51.2]	51.4 [50.5,52.3]	52.4 [51.4,53.4]	0.10	
TR velocity (m/sec)	F	2.47 [2.43,2.5]	2.43 [2.40,2.46]	2.36 [2.33,2.38]	2.33 [2.3,2.36]	2.33 [2.3,2.36]	<0.001	0.99
	M	2.46 [2.4,2.52]	2.35 [2.31,2.39]	2.35 [2.32,2.39]	2.32 [2.28,2.36]	2.28 [2.23,2.32]	<0.001	
<i>Arterial Structure & Function</i>								
Aortic root diameter	F	3.09 [3.06,3.12]	3.08 [3.06,3.11]	3.01 [2.99,3.03]	2.97 [2.94,3]	2.97 [2.95,3.00]	<0.001	0.01
	M	3.51 [3.46,3.55]	3.46 [3.42,3.49]	3.46 [3.43,3.49]	3.43 [3.39,3.47]	3.42 [3.38,3.46]	0.008	

(cm)									
Ea	F	1.89 [1.84,1.93]	1.84 [1.80,1.88]	1.91 [1.88,1.94]	2.01 [1.96,2.05]	1.91 [1.87,1.96]	0.002		0.002
(mmHg/ml)	M	1.66 [1.60,1.72]	1.71 [1.66,1.75]	1.73 [1.69,1.77]	1.69 [1.64,1.75]	1.69 [1.64,1.75]	0.79		
MAP	F	91 [90,92]	89 [88,90]	89 [88,89]	88 [87,89]	85 [84,86]	<0.001		0.004
(mmHg)	M	89 [87,90]	89 [88,90]	89 [88,90]	88 [87,90]	87 [85,88]	0.07		
PWV	F	1230 [1190,1270]	1174 [1143,1205]	1130 [1105,1155]	1141 [1109,1172]	1079 [1048,1111]	<0.001		0.14
(cm/s)	M	1336 [1259,1413]	1239 [1189,1290]	1184 [1143,1226]	1116 [1060,1172]	1141 [1080,1203]	<0.001		

Supplemental Table 4. Measures of cardiovascular structure and function at Visit 5 by category of percent cumulative CVHS attained between Visits 1 and 5 stratified by race (3,326 white and 972 black participants). Values and P values are adjusted for age, gender, and field center. Interaction P value tests the interaction between category of percent cumulative attained CVHS and race. Percent cumulative CVHS is modeled as a continuous variable. Values are multivariable adjusted means and 95% confidence intervals. B – black; W – white.

Race		Category of percent cumulative ideal health score					P for trend	P for Interact
		<50%	50-60%	60-70%	70-80%	≥80%		
<i>LV Structure</i>								
LVEDV	W	82.8 [80.8,84.8]	80.0 [78.5,81.4]	79.3 [78.2,80.4]	77.6 [76.2,79.0]	76.8 [75.4,78.2]	<0.001	0.05
(ml)	B	84.4 [82.1,86.7]	82.7 [80.5,84.8]	80.3 [78,82.5]	73.9 [70.4,77.5]	80.5 [74.9,86.1]	<0.001	
LV MWT	W	1.03 [1.01,1.04]	0.99 [0.99,1]	0.97 [0.96,0.97]	0.94 [0.93,0.95]	0.92 [0.91,0.93]	<0.001	0.57
(cm)	B	1.03 [1.02,1.05]	1.01 [0.99,1.03]	0.98 [0.96,1.00]	0.93 [0.90,0.95]	0.93 [0.89,0.97]	<0.001	
LV Mass	W	162 [159,166]	151 [148,153]	143 [141,145]	133 [131,136]	127 [124,129]	<0.001	0.85
(g)	B	154 [149,158]	146 [141,150]	137 [133,142]	124 [117,131]	127 [116,138]	<0.001	
LVH	W	15.6 [12.6,18.5]	10.7 [8.6,12.8]	7.1 [5.4,8.7]	6.4 [4.3,8.5]	3.3 [1.3,5.4]	<0.001	0.51
	B	10.8 [7.4,14.2]	8.1 [4.9,11.4]	8.0 [4.6,11.3]	2.1 [0,7.4]	4.6 [0,13]	0.004	
<i>LV Systolic Function</i>								
LVEF (%)	W	66.3 [65.7,66.9]	66.5 [66.1,66.9]	66.2 [65.9,66.5]	66.3 [65.9,66.7]	66.3 [65.9,66.7]	0.48	0.03

	B	65.1 [64.4,65.8]	65.4 [64.8,66.1]	65.2 [64.5,65.9]	66.4 [65.3,67.6]	66 [64.2,67.8]	0.05	
Longitudi	W	-18.1 [-18.3,-17.8]	-18.3 [-18.5,-18.1]	-18.4 [-18.5,-18.3]	-18.5 [-18.7,-18.3]	-18.7 [-18.9,-18.6]	<0.001	
nal strain								0.04
(%)	B	-17.6 [-17.9,-17.2]	-17.8 [-18.1,-17.5]	-17.7 [-18,-17.4]	-18.5 [-19.0,-18.0]	-18.6 [-19.4,-17.9]	<0.001	
<i>LV Diastolic Function</i>								
TDI e'	W	5.63 [5.48,5.78]	5.64 [5.53,5.75]	5.67 [5.58,5.75]	5.86 [5.75,5.97]	6.08 [5.97,6.18]	<0.001	
(cm/s)	B	5.27 [5.08,5.46]	5.61 [5.43,5.79]	5.67 [5.48,5.86]	5.87 [5.57,6.17]	6.21 [5.74,6.69]	<0.001	0.10
E/e' ratio	W	12.7 [12.3,13.1]	12.6 [12.4,12.9]	11.9 [11.7,12.1]	11.5 [11.2,11.7]	10.9 [10.7,11.2]	<0.001	
	B	13.3 [12.8,13.8]	12.7 [12.2,13.1]	11.5 [11.0,12.0]	11.5 [10.8,12.3]	10.3 [9.1,11.5]	<0.001	0.08
LA	W	49.2 [47.6,50.8]	46.9 [45.8,48]	45.2 [44.4,46.1]	43 [41.9,44.1]	41.9 [40.8,43]	<0.001	
volume								0.20
(ml)	B	51.2 [49.5,53]	48.3 [46.6,50]	45.5 [43.7,47.3]	41.2 [38.4,44]	46.2 [41.8,50.7]	<0.001	
<i>RV Function & Pulmonary Pressure</i>								
RVFAC	W	52.4 [51.6,53.3]	52.1 [51.5,52.7]	52.3 [51.9,52.8]	53 [52.4,53.6]	53.9 [53.3,54.4]	<0.001	
(%)	B	52.9 [51.9,54.0]	52.9 [51.9,53.9]	52.4 [51.4,53.4]	53.7 [52.1,55.3]	54.2 [51.7,56.8]	0.35	0.36
TR	W	2.46 [2.42,2.50]	2.42 [2.39,2.44]	2.36 [2.34,2.38]	2.34 [2.31,2.36]	2.32 [2.29,2.34]	<0.001	
velocity								0.68
(m/sec)	B	2.46 [2.41,2.5]	2.39 [2.34,2.43]	2.35 [2.3,2.39]	2.29 [2.22,2.36]	2.34 [2.23,2.44]	<0.001	

Arterial Structure & Function

Aortic root diameter (cm)	W	3.24 [3.21,3.27]	3.23 [3.21,3.25]	3.19 [3.17,3.21]	3.16 [3.14,3.19]	3.15 [3.13,3.18]	<0.001	
	B	3.20 [3.16,3.24]	3.17 [3.13,3.2]	3.11 [3.07,3.14]	3.03 [2.96,3.09]	3.11 [3.01,3.21]	<0.001	0.10
Ea (mmHg/ml)	W	1.78 [1.73,1.83]	1.78 [1.74,1.81]	1.80 [1.77,1.83]	1.87 [1.83,1.91]	1.82 [1.78,1.85]	0.06	
	B	1.90 [1.84,1.96]	1.85 [1.79,1.91]	1.99 [1.93,2.04]	2.01 [1.92,2.10]	1.94 [1.79,2.09]	0.01	0.09
MAP (mmHg)	W	89 [88,90]	88 [87,89]	88 [87,88]	88 [87,89]	85 [84,86]	<0.001	
	B	93 [92,95]	91 [90,93]	92 [91,94]	90 [87,92]	89 [85,92]	0.004	0.71
PWV (cm/s)	W	1249 [1199,1299]	1201 [1168,1234]	1138 [1112,1163]	1124 [1092,1155]	1091 [1061,1122]	<0.001	
	B	1308 [1258,1358]	1204 [1158,1250]	1205 [1158,1251]	1162 [1090,1233]	1130 [1018,1241]	<0.001	0.87

Supplemental Table 5. Prevalence of cardiovascular diseases by categories of slope of change in Cardiovascular Health Score through mid-life and late-life stratified by gender (2,685 men, 3,835 women). Prevalence estimates and P values are adjusted for age, race, and Field Center. Interaction P value tests the interaction between category of slope of change in CVHS and gender. Values are multivariable adjusted means and 95% confidence intervals. M – male; F – female.

		Slope of Change in CVHS per decade of follow-up					Adj P for trend	P for interact
Gender	>1 point /decade decrease	0.5 – 1 point/decade decrease	0 – 0.5 point/decade decrease	0 – 0.5 point/decade increase	≥0.5 point/decade increase			
CAD	M	27.8 [22.3,33.3]	30.0 [26.7,33.4]	28.7 [25.9,31.4]	22.4 [18.9,25.8]	10.5 [3.6,17.4]	<0.001	0.03
	F	12.9 [10.1,15.8]	11.4 [9.5,13.4]	11.1 [9.4,12.8]	8.6 [6.4,10.9]	10.6 [5.6,15.5]		
Prior MI	M	12.4 [7.9,16.8]	13.3 [10.6,16]	13.7 [11.6,15.9]	10.4 [7.8,13.1]	4.0 [0,9.2]	0.02	0.12
	F	6.8 [4.5,9]	5.8 [4.3,7.3]	5.5 [4.2,6.8]	4.7 [3,6.4]	4.7 [1,8.4]		
Stroke	M	5.3 [2.6,8]	5.2 [3.6,6.9]	5.1 [3.7,6.4]	4.5 [2.8,6.1]	1 [0,4.4]	0.14	0.23
	F	3.7 [2,5.4]	4.5 [3.3,5.6]	3.5 [2.5,4.5]	2.7 [1.3,4]	3.9 [0.9,6.9]		
HF	M	19.2 [14.6,23.8]	18.7 [15.8,21.5]	17.8 [15.5,20.2]	14.3 [11.4,17.2]	7.3 [1.4,13.1]	0.002	0.18
	F	14.3 [11.3,17.3]	13.2 [11.2,15.2]	12.1 [10.3,13.8]	12.2 [9.8,14.5]	7.4 [2.3,12.6]		
A Fib	M	14.4 [10,18.8]	15.2 [12.5,17.8]	12.7 [10.6,14.9]	9.5 [6.9,12.1]	8.4 [3.1,13.6]	0.005	0.09

F	11.1 [8.4,13.8]	8.2 [6.5,10.0]	7.5 [6.1,9.0]	6.5 [4.5,8.5]	8.5 [4.2,12.8]	0.04
---	-----------------	----------------	---------------	---------------	----------------	------

Supplemental Table 6. Prevalence of cardiovascular diseases by categories of slope of change in Cardiovascular Health Score through mid-life and late-life stratified by race (4,977 white and 1,543 black participants). Prevalence estimates and P values are adjusted for age, gender, and Field Center. Interaction P value tests the interaction between category of slope of change in CVHS and race. Values are multivariable adjusted means and 95% confidence intervals. B – black; W – white.

	Race	Slope of Change in CVHS per decade of follow-up					Adj P for trend	P for interact
		>1 point /decade decrease	0.5 – 1 point/decade decrease	0 – 0.5 point/decade decrease	0 – 0.5 point/decade increase	≥0.5 point/decade increase		
CAD	W	20.2 [17.2,23.2]	20.6 [18.6,22.6]	19.8 [18.1,21.6]	14.4 [12.0,16.8]	7.3 [2.2,12.3]	<0.001	0.08
	B	16.4 [9.7,23.1]	13.5 [9.8,17.3]	13.2 [10.4,16.0]	13 [9.8,16.3]	12.8 [6.0,19.6]		
Prior MI	W	8.7 [6.3,11.0]	9.1 [7.6,10.7]	9.6 [8.2,10.9]	6.9 [5.1,8.7]	4.7 [0.9,8.5]	0.05	0.60
	B	13.9 [7.8,20.0]	8.1 [4.9,11.3]	6.6 [4.4,8.8]	7.1 [4.6,9.6]	1.4 [0,6.5]		
Stroke	W	3.5 [2.0,4.9]	4.0 [3.0,5.0]	3.3 [2.4,4.2]	3.0 [1.8,4.2]	2.4 [0,4.9]	0.24	0.39
	B	7.1 [2.3,11.9]	7.4 [4.7,10.0]	7.0 [5.0,9.0]	5.1 [2.7,7.4]	2.8 [0,7.7]		
HF	W	13.3 [10.7,15.8]	12.9 [11.2,14.6]	12.1 [10.6,13.6]	10.1 [8.0,12.1]	5.7 [1.4,10.0]	0.002	0.96
	B	27.1 [19,35.3]	23.7 [19.2,28.2]	22.1 [18.8,25.5]	21.8 [17.9,25.7]	12 [3.8,20.3]		
A Fib	W	14.3 [11.7,17]	12.2 [10.5,13.9]	10.6 [9.2,12.1]	8.8 [6.8,10.8]	6.4 [2.2,10.6]	<0.001	0.09

B	5 [0,10.2]	7.4 [4.5,10.3]	6.2 [4.2,8.3]	3.9 [1.6,6.2]	10.9 [6.0,15.7]	0.99
----------	------------	----------------	---------------	---------------	-----------------	------

Supplemental Table 7. Measures of cardiovascular structure and function at Visit 5 by category of slope of change in CVHS between Visits 1 and 5 stratified by gender (1,552 men, 2,746 women). Values and P values are adjusted for age, race, and field center.

Interaction P value tests the interaction between category of slope of change in CVHS and gender. Values are multivariable adjusted means and 95% confidence intervals. M – male; F – female.

		Slope of Change in CVHS per decade of follow-up					Adj P	P for
Gender		>1 point /decade decrease	0.5 – 1 point/decade decrease	0 – 0.5 point/decade decrease	0 – 0.5 point/decade increase	≥0.5 point/decade increase		
<i>LV Structure</i>								
LVEDV (ml)	M	96.2 [92.7,99.8]	95.3 [93.0,97.6]	97.4 [95.5,99.3]	96.9 [94.6,99.2]	95.6 [91.3,99.9]	0.67	0.62
	F	69.7 [68.0,71.4]	69.6 [68.4,70.8]	69.3 [68.2,70.3]	69.6 [68.2,71.1]	68.5 [65.3,71.6]	0.70	
LV MWT (cm)	M	1.04 [1.02,1.06]	1.02 [1.00,1.03]	1.01 [1.00,1.02]	1.00 [0.98,1.01]	0.98 [0.96,1.01]	<0.001	0.75
	F	0.97 [0.96,0.99]	0.96 [0.95,0.97]	0.94 [0.93,0.95]	0.92 [0.91,0.93]	0.89 [0.87,0.91]	<0.001	
LV Mass (g)	M	174 [168,180]	163 [159,167]	163 [160,167]	157 [153,162]	153 [145,161]	<0.001	0.67
	F	138 [134,141]	133 [131,136]	129 [127,131]	122 [120,125]	114 [107,120]	<0.001	
LVH	M	6.4 [3.0,9.7]	3.9 [1.8,6.1]	4.5 [2.7,6.3]	3.4 [1.3,5.5]	4.1 [0.1,8.2]	0.38	0.86
	F	11.1 [7.8,14.3]	11.2 [9.0,13.5]	10.5 [8.5,12.4]	6.1 [3.4,8.7]	6.4 [0.5,12.3]	0.01	

LV Systolic Function

LVEF (%)	M	64.9 [64.1,65.8]	64.8 [64.2,65.3]	64.9 [64.4,65.3]	64.9 [64.3,65.4]	64.6 [63.5,65.6]	0.85	0.51
	F	66.8 [66.3,67.4]	67.1 [66.7,67.5]	66.6 [66.3,67]	66.9 [66.4,67.4]	67.4 [66.3,68.4]	0.98	
Longitudinal Strain (%)	M	-17.8 [-18.2,-17.5]	-17.9 [-18.2,-17.7]	-17.9 [-18.1,-17.7]	-17.9 [-18.2,-17.7]	-18.4 [-18.8,-17.9]	0.25	0.06
	F	-18.3 [-18.6,-18.1]	-18.4 [-18.5,-18.2]	-18.5 [-18.6,-18.3]	-18.9 [-19.1,-18.7]	-19.1 [-19.6,-18.7]	<0.001	

LV Diastolic Function

TDI e' (cm/s)	M	5.60 [5.38,5.83]	5.67 [5.52,5.81]	5.86 [5.75,5.98]	5.93 [5.79,6.07]	5.84 [5.57,6.11]	0.01	0.51
	F	5.49 [5.33,5.64]	5.60 [5.49,5.7]	5.75 [5.66,5.84]	5.84 [5.72,5.97]	6.04 [5.75,6.32]	<0.001	
E/e' ratio	M	11.3 [10.7,11.8]	11.4 [11.0,11.7]	11.2 [10.9,11.5]	10.8 [10.5,11.1]	10.8 [10.1,11.4]	0.04	0.45
	F	12.8 [12.4,13.2]	12.6 [12.4,12.9]	12.4 [12.1,12.6]	12 [11.7,12.3]	11.9 [11.2,12.7]	0.001	
LA volume (ml)	M	52.5 [49.8,55.1]	50.6 [48.9,52.2]	50.8 [49.4,52.2]	50.3 [48.6,52.0]	48.3 [45.2,51.5]	0.14	0.09
	F	43.0 [41.6,44.4]	43.2 [42.2,44.1]	41.7 [40.8,42.5]	42.2 [41,43.4]	41.4 [38.8,44]	0.10	

RV Function & Pulmonary Pressure

RVFAC (%)	M	51.0 [49.8,52.3]	50.6 [49.8,51.5]	51.6 [51.0,52.3]	51.2 [50.4,52.1]	49.4 [47.9,51]	0.74	0.12
	F	53.2 [52.3,54.0]	53.7 [53.2,54.3]	53.5 [53,54.0]	54.3 [53.7,55.0]	55.6 [54.1,57.1]	0.01	
TR velocity	M	2.37 [2.31,2.43]	2.37 [2.33,2.41]	2.34 [2.31,2.37]	2.35 [2.31,2.39]	2.21 [2.13,2.28]	0.01	0.61

(m/s)	F	2.43 [2.39,2.46]	2.41 [2.38,2.43]	2.36 [2.34,2.38]	2.34 [2.31,2.38]	2.26 [2.2,2.32]	<0.001	
-------	---	------------------	------------------	------------------	------------------	-----------------	--------	--

Arterial Structure & Function

Aortic Root	M	3.48 [3.43,3.53]	3.45 [3.42,3.48]	3.45 [3.42,3.48]	3.43 [3.39,3.46]	3.53 [3.47,3.6]	0.99	0.66
Diameter (cm)	F	3.06 [3.03,3.09]	3.03 [3.00,3.05]	3.01 [2.99,3.03]	3.01 [2.99,3.04]	2.98 [2.92,3.04]	0.02	
Ea	M	1.68 [1.61,1.74]	1.71 [1.66,1.75]	1.71 [1.67,1.74]	1.72 [1.68,1.77]	1.66 [1.58,1.74]	0.78	0.11
(mmHg/ml)	F	1.94 [1.88,1.99]	1.88 [1.85,1.92]	1.95 [1.92,1.98]	1.87 [1.83,1.92]	1.90 [1.81,1.99]	0.47	
MAP (mmHg)	M	88 [87,90]	89 [88,90]	89 [88,90]	88 [87,89]	87 [84,89]	0.22	0.09
	F	92 [91,93]	89 [88,90]	88 [87,89]	86 [85,87]	85 [83,87]	<0.001	
PWV (cm/s)	M	1197 [1114,1280]	1184 [1134,1235]	1161 [1120,1202]	1253 [1203,1303]	1159 [1061,1256]	0.43	0.02
	F	1184 [1145,1222]	1147 [1120,1174]	1152 [1129,1176]	1112 [1081,1144]	1057 [988,1125]	0.002	

Supplemental Table 8. Measures of cardiovascular structure and function at Visit 5 by category of slope of change in CVHS between Visits 1 and 5 stratified by race (3,326 white and 972 black participants). Values and P values are adjusted for age, gender, and field center. Interaction P value tests the interaction between category of slope of change in CVHS and race. Values are multivariable adjusted means and 95% confidence intervals. B – black; W – white.

		Slope of Change in CVHS per decade of follow-up					Adj P for trend	P for intera ct
Race	>1 point /decade decrease	0.5 – 1 point/decade decrease	0 – 0.5 point/decade decrease	0 – 0.5 point/decade increase	≥0.5 point/decade increase			
<i>LV Structure</i>								
LVEDV (ml)	W	79.4 [77.7,81.2]	78.5 [77.3,79.7]	79 [77.9,80.1]	79.2 [77.8,80.7]	78 [74.9,81.0]	0.90	0.34
	B	77.4 [72.9,81.9]	81.9 [79.3,84.5]	82.1 [80.0,84.1]	81.6 [79.3,83.9]	80 [75.2,84.8]	0.64	
LV MWT (cm)	W	1.00 [0.98,1.01]	0.97 [0.96,0.98]	0.96 [0.95,0.97]	0.94 [0.93,0.95]	0.92 [0.90,0.93]	<0.001	0.88
	B	1.00 [0.96,1.03]	1.03 [1.01,1.05]	0.99 [0.98,1.01]	0.98 [0.96,1.00]	0.96 [0.92,0.99]	0.001	
LV Mass (g)	W	152 [149,155]	142 [140,144]	141 [139,143]	135 [133,138]	128 [122,133]	<0.001	0.71
	B	141 [132,151]	153 [147,158]	143 [139,147]	136 [131,141]	132 [122,141]	<0.001	
LVH	W	9.4 [6.9,12.0]	8.3 [6.6,10.1]	7.9 [6.3,9.5]	5.4 [3.3,7.6]	6 [1.6,10.5]	0.03	0.45
	B	7.3 [0.4,14.1]	10.2 [6.3,14.1]	9.6 [6.7,12.6]	4.9 [1.5,8.4]	5.5 [0,12.6]	0.13	
<i>LV Systolic Function</i>								

LVEF (%)	W	66.2 [65.7,66.7]	66.4 [66.1,66.8]	66.3 [66.0,66.6]	66.2 [65.8,66.6]	66.5 [65.7,67.4]	0.96	0.52
	B	66.2 [64.8,67.6]	65.5 [64.7,66.3]	64.9 [64.3,65.6]	65.8 [65.1,66.6]	65.2 [63.7,66.7]	0.90	
Longitudinal strain (%)	W	-18.2 [-18.4,-18.0]	-18.4 [-18.6,-18.3]	-18.4 [-18.5,-18.3]	-18.6 [-18.8,-18.4]	-19 [-19.4,-18.7]	0.001	0.82
	B	-18.1 [-18.7,-17.5]	-17.4 [-17.8,-17.0]	-17.8 [-18.0,-17.5]	-18.1 [-18.4,-17.8]	-18.1 [-18.8,-17.4]	0.08	

LV Diastolic Function

TDI e' (cm/s)	W	5.53 [5.40,5.66]	5.68 [5.58,5.77]	5.85 [5.77,5.93]	5.94 [5.83,6.05]	5.93 [5.70,6.16]	<0.001	0.25
	B	5.68 [5.30,6.07]	5.40 [5.18,5.62]	5.59 [5.42,5.76]	5.66 [5.46,5.85]	5.85 [5.45,6.25]	0.17	
E/e' ratio	W	12.2 [11.9,12.6]	12.0 [11.8,12.2]	11.8 [11.6,12.0]	11.4 [11.2,11.7]	11.3 [10.7,11.8]	<0.001	0.20
	B	12.0 [11.0,13.0]	12.8 [12.3,13.4]	12.2 [11.8,12.6]	12.0 [11.5,12.5]	12.3 [11.3,13.3]	0.26	
LA volume (ml)	W	46 [44.6,47.3]	45.3 [44.4,46.2]	44.6 [43.7,45.4]	44.5 [43.4,45.6]	41.5 [39.1,43.9]	0.007	0.10
	B	46.8 [43.2,50.4]	48.3 [46.3,50.4]	46.6 [45,48.1]	47.6 [45.8,49.4]	49.5 [45.7,53.2]	0.68	

RV Function & Pulmonary Pressure

RVFAC (%)	W	52.3 [51.5,53.0]	52.4 [51.9,52.9]	52.8 [52.3,53.2]	53.4 [52.8,54.1]	52.9 [51.6,54.2]	0.02	0.23
	B	52.7 [50.6,54.8]	53.5 [52.3,54.8]	52.9 [52.0,53.8]	52.6 [51.5,53.6]	52.9 [50.8,55.0]	0.53	
TR velocity (m/s)	W	2.41 [2.38,2.44]	2.39 [2.37,2.42]	2.35 [2.32,2.37]	2.35 [2.32,2.37]	2.20 [2.14,2.26]	<0.001	0.38
	B	2.42 [2.32,2.51]	2.4 [2.34,2.45]	2.39 [2.35,2.43]	2.36 [2.31,2.41]	2.33 [2.24,2.42]	0.12	

Arterial Structure & Function

Aortic Root	W	3.23 [3.20,3.26]	3.19 [3.17,3.21]	3.18 [3.16,3.20]	3.17 [3.15,3.20]	3.22 [3.17,3.27]	0.08	
Diameter	B	3.16 [3.08,3.23]	3.15 [3.1,3.19]	3.14 [3.11,3.18]	3.14 [3.10,3.17]	3.13 [3.05,3.21]	0.60	0.44
(cm)								
Ea	W	1.85 [1.80,1.89]	1.80 [1.77,1.83]	1.83 [1.81,1.86]	1.78 [1.75,1.82]	1.74 [1.66,1.82]	0.31	
(mmHg/ml)	B	1.85 [1.73,1.97]	1.90 [1.83,1.97]	1.96 [1.91,2.01]	1.92 [1.86,1.98]	1.93 [1.80,2.05]	0.43	0.52
MAP	W	90 [89,91]	88 [87,89]	87 [87,88]	85 [84,86]	82 [81,84]	<0.001	<0.00
(mmHg)	B	91 [88,94]	92 [91,94]	92 [90,93]	92 [90,93]	94 [91,97]	0.59	1
PWV (cm/s)	W	1191 [1151,1232]	1152 [1124,1180]	1126 [1102,1151]	1157 [1125,1190]	1052 [984,1120]	0.02	
	B	1162 [1064,1260]	1182 [1125,1239]	1260 [1218,1302]	1210 [1162,1258]	1243 [1144,1342]	0.31	0.24

Supplemental Table 9. Clinical characteristics at Visit 1 among participants in each of the 5 CVHS trajectories.

	Trajectory of CVHS					Trend 1	5 vs 3	5 vs 2	5 vs 1
	1 (n=577)	2 (n=1685)	3 (n=2636)	4 (n=1350)	5 (n=272)	to 4			
Age (years)	53.2 ± 5.4	52.2 ± 5.3	52.0 ± 5.1	51.3 ± 4.8	53.4 ± 5.6	<0.0001	<0.0001	0.0013	0.72
Male	204 (35%)	638 (38%)	1155 (44%)	544 (40%)	144 (53%)	0.003	0.004	<0.0001	<0.0001
Black	27 (5%)	211 (13%)	650 (25%)	577 (43%)	78 (29%)	0.0001	0.15	<0.0001	<0.0001
Field Center						0.47	0.04	<0.0001	<0.0001
Forsyth County	182 (14%)	53 (20%)	519 (20%)	470 (28%)	204 (35%)				
Jackson	545 (40%)	71 (26%)	596 (23%)	179 (11%)	25 (4%)				
Minneapolis	285 (21%)	90 (21%)	754 (29%)	468 (28%)	135 (23%)				
Washington County	338 (25%)	58 (21%)	767 (29%)	468 (28%)	135 (23%)				
<i>Co-morbidities</i>									
Hypertension	19 (3%)	191 (11%)	690 (26%)	657 (49%)	85 (31%)	0.0001	0.08	<0.0001	<0.0001
Smoking						0.0001	0.0246	<0.0001	<0.0001
Current	32 (6%)	186 (11%)	440 (17%)	443 (33%)	64 (24%)				
Former	209 (36%)	568 (34%)	920 (35%)	368 (27%)	96 (35%)				
Never	336 (58%)	928 (55%)	1273 (48%)	537 (40%)	112 (41%)				

Diabetes	4 (1%)	29 (2%)	153 (6%)	193 (15%)	7 (3%)	0.0001	0.03	0.33	0.02
Coronary disease	4 (1%)	28 (2%)	50 (2%)	38 (3%)	4 (2%)	0.002	0.62	0.81	0.27
Prior MI	3 (0.5%)	16 (1%)	41 (2%)	32 (2%)	3 (1%)	0.0002	0.56	0.81	0.35
Stroke	1 (0.2%)	9 (0.5%)	14 (0.5%)	20 (1.5%)	0	0.0009	0.23	0.23	0.49
Heart Failure	3 (0.5%)	8 (0.5%)	78 (3%)	71 (5%)	8 (3%)	0.0001	0.99	<0.0001	0.003
Atrial fibrillation	0	2 (0.1%)	2 (0.1%)	1 (0.1%)	0	0.92	0.65	0.57	.
<i>Physical Exam Findings</i>									
BMI (kg/m ²)	22.7 ± 2.2	24.8 ± 3.5	28.0 ± 4.6	30.6 ± 5.2	27.1 ± 4.4	<0.0001	0.0007	<0.0001	<0.0001
SBP (mmHg)	106 ± 11	111 ± 14	119 ± 15	125 ± 17	120 ± 16	<0.0001	0.0996	<0.0001	<0.0001
DBP (mmHg)	66 ± 8	69 ± 9	74 ± 10	78 ± 11	75 ± 10	<0.0001	0.0242	<0.0001	<0.0001
Heart rate (bpm)	63 ± 9	65 ± 9	66 ± 10	67 ± 10	65 ± 10	<0.0001	0.0106	0.9684	0.047
<i>Laboratory Values</i>									
Creatinine (mg/dl)	0.70 ± 0.17	0.70 ± 0.17	0.73 ± 0.18	0.71 ± 0.18	0.75 ± 0.19	0.0011	0.0619	<0.0001	0.0002
LDL (mg/dl)	112 ± 30	124 ± 36	136 ± 37	154 ± 37	141 ± 35	<0.0001	0.0298	<0.0001	<0.0001
HDL (mg/dl)	62 ± 17	56 ± 18	51 ± 16	49 ± 15	53 ± 17	<0.0001	0.089	0.0038	<0.0001

Supplemental Table 10. Measures of cardiovascular structure and function at Visit 5 by CVHS trajectory. Values and P values are adjusted for age, gender, race, and field center.

	Trajectory 1	Trajectory 2	Trajectory 3	Trajectory 4	Trajectory 5	Trend 1-4	5 vs 3	5 vs 2	5 vs 1
<i>LV Structure</i>									
LVEDV (ml)	76.2 [74.5,77.9]	78.3 [77.2,79.3]	80.3 [79.4,81.2]	81.2 [79.7,82.6]	81.2 [78.6,83.7]	<0.001	0.43	0.05	0.001
LV MWT (cm)	0.91 [0.90,0.92]	0.94 [0.94,0.95]	0.99 [0.98,0.99]	1.01 [1.00,1.02]	0.95 [0.94,0.97]	<0.001	<0.001	0.49	<0.001
LV mass (g)	122 [119,125]	135 [133,137]	147 [145,149]	155 [152,157]	136 [131,141]	<0.001	<0.001	0.8	<0.001
LVH	1.7 [0,4.3]	6.6 [5.0,8.1]	8.5 [7.2,9.7]	12.4 [10.3,14.5]	7.2 [3.4,10.9]	<0.001	0.53	0.93	0.004
<i>LV Systolic Function</i>									
LVEF (%)	65.9 [65.4,66.4]	66.2 [65.9,66.5]	66.1 [65.8,66.4]	66.0 [65.6,66.4]	66.3 [65.6,67.1]	0.84	0.64	0.87	0.92
Longitudinal strain (%)	-18.6 [-18.9,- 18.4]	-18.4 [-18.6,- 18.3]	-18.2 [-18.3,- 18.1]	-18 [-18.2,-17.8]	-18.6 [-18.9,- 18.3]	<0.001	0.04	0.32	0.77
<i>LV Diastolic Function</i>									
TDI e' (cm/s)	6.12 [5.99,6.25]	5.86 [5.78,5.93]	5.63 [5.56,5.70]	5.56 [5.45,5.67]	5.66 [5.47,5.86]	<0.001	0.69	0.08	0.004
E/e' ratio	10.7 [10.3,11.0]	11.5 [11.3,11.7]	12.2 [12.1,12.4]	12.8 [12.5,13.1]	12.0 [11.5,12.5]	<0.001	0.38	0.07	<0.001
LA volume (ml)	41.1 [39.7,42.4]	43.5 [42.7,44.3]	46.8 [46.1,47.5]	48.2 [47.1,49.3]	45.8 [43.8,47.8]	<0.001	0.46	0.06	0.001

RV Function & Pulmonary Pressure

RVFAC (%)	54.2 [53.5,54.9]	53.0 [52.6,53.5]	52.3 [51.9,52.6]	52.7 [52.1,53.4]	52.3 [51.2,53.4]	<0.001	0.93	0.2	0.002
TR velocity (m/s)	2.31 [2.28,2.34]	2.34 [2.32,2.35]	2.39 [2.37,2.4]	2.45 [2.42,2.48]	2.32 [2.27,2.36]	<0.001	0.01	0.21	0.93

Arterial Structure & Function

Aortic root diameter (cm)	3.12 [3.09,3.15]	3.16 [3.14,3.17]	3.19 [3.18,3.21]	3.23 [3.2,3.25]	3.2 [3.16,3.24]	<0.001	0.67	0.05	0.02
Ea (mmHg/ml)	1.80 [1.77,1.84]	1.84 [1.77,1.90]	1.82 [1.80,1.85]	1.86 [1.83,1.88]	1.87 [1.82,1.91]	0.01	0.81	0.66	0.79
MAP (mmHg)	85 [84,86]	88 [87,89]	89 [88,89]	89 [89,90]	88 [86,89]	<0.001	0.26	0.48	0.3
PWV (cm/s)	1081 [1044,1118]	1140 [1118,1163]	1173 [1154,1193]	1244 [1211,1278]	1139 [1081,1196]	<0.001	0.34	0.92	0.04

Supplemental Table 11. Measures of cardiovascular structure and function at Visit 5 by percent cumulative CVHS attained between Visits 1 and 5 using inverse probability attrition weighting. Values are adjusted for age, gender, race, and field center. Values are multivariable adjusted means and 95% confidence intervals.

	Category of percent cumulative ideal health score					p for trend
	<50% (prevalence: 20%)	50-60% (prevalence: 24%)	60-70% (prevalence: 29%)	70-80% (prevalence: 15%)	≥80% (prevalence: 12%)	
<i>LV Structure</i>						
LVEDV (ml)	82.6 [80.9,84.2]	80.1 [78.8,81.3]	78.6 [77.6,79.7]	76.7 [75.4,77.9]	76.4 [75.2,77.6]	<0.001
LV MWT (cm)	1.03 [1.02,1.04]	1.00 [0.99,1.01]	0.97 [0.96,0.98]	0.94 [0.93,0.95]	0.92 [0.91,0.93]	<0.001
LV Mass (g)	159 [156,163]	149 [146,151]	141 [139,143]	131 [129,133]	125 [123,127]	<0.001
LVH	14.3 [11.2,17.4]	10.0 [8.0,12.1]	7.5 [6.0,9.1]	6.1 [4.2,7.9]	2.9 [1.5,4.3]	<0.001
<i>LV Systolic Function</i>						
LVEF (%)	65.9 [65.4,66.5]	66.3 [66.0,66.7]	66.0 [65.7,66.3]	66.2 [65.8,66.6]	66.1 [65.7,66.5]	0.89
Longitudinal strain (%)	-17.9 [-18.1,-17.7]	-18.2 [-18.3,-18.0]	-18.2 [-18.3,-18.1]	-18.4 [-18.6,-18.3]	-18.6 [-18.8,-18.4]	<0.001
<i>LV Diastolic Function</i>						
TDI e' (cm/s)	5.46 [5.34,5.59]	5.61 [5.51,5.71]	5.62 [5.53,5.70]	5.80 [5.70,5.90]	6.02 [5.89,6.14]	<0.001

E/e' ratio	13.1 [12.7,13.4]	12.8 [12.6,13.1]	12.0 [11.8,12.2]	11.6 [11.4,11.9]	11.1 [10.8,11.3]	<0.001
LA volume (ml)	49.5 [48.1,50.8]	47.4 [46.4,48.4]	45.1 [44.2,45.9]	42.7 [41.8,43.7]	42.1 [41.2,43.1]	<0.001
<i>RV Function & Pulmonary Pressure</i>						
RVFAC (%)	52.6 [51.9,53.3]	52.5 [51.9,53.0]	52.4 [52.0,52.9]	53.4 [52.8,53.9]	54.0 [53.5,54.6]	<0.001
TR velocity (m/sec)	2.47 [2.43,2.51]	2.42 [2.39,2.45]	2.37 [2.35,2.39]	2.34 [2.31,2.37]	2.32 [2.30,2.35]	<0.001
<i>Arterial Structure & Function</i>						
Aortic root diameter (cm)	3.23 [3.20,3.25]	3.21 [3.19,3.23]	3.17 [3.15,3.19]	3.13 [3.11,3.15]	3.13 [3.11,3.16]	<0.001
Ea (mmHg/ml)	1.81 [1.76,1.85]	1.80 [1.77,1.83]	1.86 [1.83,1.88]	1.91 [1.87,1.94]	1.84 [1.81,1.88]	0.002
MAP (mmHg)	90 [89,91]	89 [88,90]	89 [88,90]	88 [88,89]	86 [85,87]	<0.001
PWV (cm/s)	1297 [1250,1343]	1240 [1196,1284]	1202 [1167,1237]	1166 [1139,1193]	1126 [1100,1153]	<0.001

Supplemental Table 12. Measures of cardiovascular structure and function at Visit 5 by the category of slope of change in CVHS per decade from Visit 1 through Visit 5 using inverse probability attrition weighting. Values are adjusted for CVHS at Visit 1, age, gender, race, and field center. Values are multivariable adjusted means and 95% confidence intervals.

	Slope of change category					Adj P for trend
	>1 point ↓/decade n=1,236 (11.7%)	0.5-1 point ↓/decade n=2,701 (25.7%)	0-0.5 point ↓/decade n=3,633 (34.5%)	0-0.5 point ↑/decade n=2,415 (23.0%)	≥0.5 point ↑/decade n=537 (5.1%)	
<i>LV Structure</i>						
LVEDV (ml)	78.7 [77.1,80.3]	78.7 [77.5,79.8]	79.1 [78.1,80.0]	79.0 [77.7,80.3]	77.1 [74.6,79.7]	0.83
LV MWT (cm)	1.00 [0.99,1.01]	0.98 [0.98,0.99]	0.97 [0.96,0.97]	0.95 [0.95,0.96]	0.92 [0.91,0.94]	<0.001
LV mass (g)	150 [147,154]	144 [142,147]	141 [139,143]	135 [133,137]	127 [122,132]	<0.001
LVH	9.6 [7.1,12.2]	9.4 [7.6,11.3]	8.6 [7.1,10.2]	5.4 [3.7,7.2]	5.2 [1.6,8.8]	0.002
<i>LV Systolic Function</i>						

LVEF (%)	66.2 [65.7,66.7]	66.2 [65.9,66.6]	66 [65.6,66.3]	66.2 [65.8,66.5]	66.4 [65.6,67.1]	0.96
Longitudinal strain (%)	-18.1 [-18.4,-17.9]	-18.1 [-18.3,-18.0]	-18.2 [-18.3,-18.1]	-18.5 [-18.6,-18.3]	-18.7 [-19.1,-18.4]	0.001
<i>LV Diastolic Function</i>						
TDI e' (cm/s)	5.49 [5.36,5.62]	5.58 [5.49,5.68]	5.73 [5.65,5.81]	5.81 [5.71,5.9]	5.90 [5.68,6.11]	<0.001
E/e' ratio	12.5 [12.2,12.8]	12.4 [12.2,12.6]	12.1 [11.9,12.3]	11.8 [11.5,12.0]	11.6 [11.1,12.1]	<0.001
LA volume (ml)	46.2 [45.0,47.4]	45.9 [45.0,46.8]	45.1 [44.3,45.9]	45.2 [44.2,46.2]	43.2 [41.1,45.2]	0.025
<i>RV Function & Pulmonary Pressure</i>						
RVFAC (%)	52.5 [51.7,53.2]	52.8 [52.3,53.3]	52.9 [52.5,53.3]	53.3 [52.7,53.8]	52.9 [51.8,54.0]	0.16
TR velocity (m/s)	2.42 [2.39,2.45]	2.41 [2.39,2.44]	2.37 [2.35,2.39]	2.36 [2.33,2.38]	2.25 [2.20,2.29]	<0.001
<i>Arterial Structure & Function</i>						
Aortic root diameter (cm)	3.21 [3.18,3.24]	3.18 [3.16,3.20]	3.17 [3.15,3.19]	3.16 [3.13,3.18]	3.19 [3.14,3.23]	0.09
Ea	1.85 [1.81,1.89]	1.82 [1.79,1.85]	1.87 [1.85,1.90]	1.83,1.80,1.87]	1.81 [1.75,1.88]	0.92

(mmHg/ml)						
MAP						
	91 [90,92]	89 [88,90]	89 [88,89]	87 [86,88]	86 [84,88]	<0.001
(mmHg)						
PWV (cm/s)	1238 [1201,1275]	1200 [1167,1234]	1209 [1186,1233]	1212 [1166,1259]	1142 [1072,1212]	0.26
