

ESM Table 5. Diabetes Incidence Rates per 1000 Person-years for Baseline Levels of Total Cardiovascular Health

	Overall n= 5348	non-Hispanic white n=2277	Chinese American n=676	African American n=1293	Hispanic American n=1102
Diabetes Incidence Rates by Total Cardiovascular Health Score ^{a,b}					
0-2	26.3 (14.2, 48.9)	29.5 (11.1, 78.7)	N/A ^c	13.6 (3.4, 54.3)	N/A ^b
3	21.2 (14.3, 31.3)	19.5 (10.5, 36.3)	N/A ^c	20.2 (9.6, 42.5)	26.7 (13.4, 53.4)
4	15.0 (11.1, 20.2)	16.3 (9.8, 27.0)	24.4 (7.9, 75.8)	11.4 (6.5, 20.1)	16.7 (9.7, 28.7)
5	16.5 (13.3, 20.4)	12.4 (8.4, 18.2)	4.4 (0.6, 31.2)	21.3 (15.2, 30.0)	19.4 (13.1, 28.7)
6	14.8 (12.4, 17.7)	16.2 (12.2, 21.6)	25.5 (15.6, 41.7)	11.6 (8.0, 16.9)	13.3 (9.2, 19.2)
7	12.0 (10.0, 14.3)	8.2 (5.9, 11.4)	18.5 (12.0, 28.7)	13.2 (9.4, 18.5)	15.1 (10.7, 21.3)
8	10.7 (8.9, 12.9)	7.5 (5.5, 10.4)	12.0 (7.6, 18.8)	12.6 (8.7, 18.4)	16.1 (11.2, 23.2)
9	6.2 (4.7, 8.1)	2.7 (1.5, 4.9)	6.1 (3.3, 11.4)	9.3 (5.4, 15.9)	14.2 (8.9, 22.9)
10	3.2 (1.9, 5.4)	0.9 (0.2, 3.5)	7.9 (4.0, 15.9)	1.8 (0.3, 12.7)	5.4 (1.7, 16.7)
11-12	3.2 (1.4, 7.2)	3.6 (1.3, 9.6)	2.3 (0.3, 16.4)	6.8 (1.0, 48.1)	N/A ^c
Rate-Ratio per 1-unit increase	0.81 (0.78, 0.85)	0.73 (0.68, 0.79)	0.77 (0.67, 0.88)	0.89 (0.82, 0.97)	0.89 (0.82, 0.97)
Diabetes Incidence Rates for Inadequate, Average and Optimal Total Cardiovascular Health ^{a,b}					
Inadequate (0-4)	17.6 (14.1, 22.0)	18.5 (12.8, 26.6)	20.6 (6.6, 63.8)	13.6 (8.9, 20.9)	21.3 (14.4, 31.5)
Average (5-8)	13.0 (11.8, 14.2)	10.2 (8.7, 12.0)	15.9 (12.2, 20.7)	14.1 (11.8, 16.8)	15.6 (13.0, 18.7)
Optimal (9-12)	4.9 (3.9, 6.2)	2.3 (1.4, 3.7)	6.2 (3.9, 9.7)	7.1 (4.3, 11.8)	10.4 (6.7, 16.1)

Rate-Ratio					
per 1-unit increase	0.53 (0.46, 0.62)	0.38 (0.30, 0.49)	0.45 (0.30, 0.68)	0.75 (0.56, 1.00)	0.71 (0.53, 0.94)

^a 2 points for attainment of ideal cardiovascular health, 1 point for intermediate cardiovascular health and 0 points for poor cardiovascular health per category, were summed to create a total score ranging 0-12 and categorized as Inadequate (0-4), Average (5-8) or Optimal (9-12).

^b Rate per 1000 person-years with 95% confidence interval

^c Unable to define incident diabetes rate due to a lack of participants meeting criteria for the category.