

Supplementary Table 1. Risk factor profiling based on *Berry et al.*¹¹

Risk profile	Cholesterol (mmol/l)	DBP (mmHg)	SBP (mmHg)	Hypertension Treatment	Smoking	Diabetes
Optimal	< 4.7	< 80	< 120	no	no	no
Not optimal	4.7 – 5.17	80 – 89	120 – 139	no	no	no
Elevated	5.18 – 6.18	90 – 99	140 – 159	no	no	no
Major	≥ 6.19	≥ 100	≥ 160	yes	yes	yes

Risk factors were viewed as optimal when a participant had untreated systolic and diastolic blood pressure of less than 120 and 80 mm Hg respectively, untreated total cholesterol levels lower than 4.7 mmol/l, was a nonsmoker, and did not have diabetes. Increased levels of total cholesterol (4.7 – 5.17 mmol/l), increased levels of untreated systolic (120 – 139 mm Hg) or diastolic (80 – 89 mm Hg) in nonsmokers without diabetes were considered as not optimal risk factors. Elevated risk factors were defined as untreated systolic blood pressure between 140 and 159 mm Hg, systolic blood pressure between 90 and 99 mm Hg, untreated total cholesterol levels between 5.17 and 6.18 mmol/l in nonsmokers without diabetes. Major risk factors were defined as treatment for hypertension, untreated systolic or diastolic blood pressure of at least 160 or 100 mm Hg, respectively, untreated total cholesterol levels above 6.18 mmol/l, current smokers or having diabetes. Abbreviations: DBP, diastolic blood pressure; SBP, systolic blood pressure.