

SUPPLEMENTAL MATERIAL

Table S1. Characteristics of the China Kadoorie Biobank Study by Age-comparative Self-rated

Health Status at Baseline

Variables	Total, N (%)	Age-comparative self-rated health, N (%)			
		Better	Same	Worse	Don't know
N	486541 (100)	90738 (18.7)	309022 (63.5)	71791 (14.8)	14990 (3.1)
Age, years[†]	51.0 (10.5)	50.8 (10.7)	50.9 (10.5)	51.4 (10.5)	53.8 (11.0)
Sex					
Male	199113 (40.9)	41752 (46.0)	127283 (41.2)	24690 (34.4)	5388 (35.9)
Female	287428 (59.1)	48986 (54.0)	181739 (58.8)	47101 (65.6)	9602 (64.1)
Marital status					
Married	44228 (90.9)	82626 (91.0)	282654 (91.4)	63894 (89.0)	13144 (87.7)
Widowed	33081 (6.8)	5853 (6.5)	20015 (6.5)	5793 (8.1)	1420 (9.5)
Separated/divorced	7579 (1.6)	1765 (2.0)	4178 (1.4)	1372 (1.9)	264 (1.7)
Never married	3653 (0.7)	494 (0.5)	2265 (0.7)	732 (1.0)	162 (1.1)
Education level					
No formal school	90829 (18.7)	12931 (14.3)	57403 (18.6)	17331 (24.1)	3164 (21.1)
Primary	156407 (32.1)	24060 (26.5)	104137 (33.7)	23403 (32.6)	4807 (32.1)
Middle or high school	211683 (43.5)	45443 (50.1)	131789 (42.6)	28146 (39.2)	6305 (42.0)
College/university or more	27622 (5.7)	8304 (9.1)	15693 (5.1)	2911 (4.1)	714 (4.8)
Household income,					

RMB

<10,000	137893 (28.3)	24621 (27.1)	80679 (26.1)	28885 (40.2)	3708 (24.7)
10,000-19,999	140432 (28.9)	26004 (28.7)	90375 (29.3)	20027 (27.9)	4026 (26.9)
20,000-34,999	120197 (24.7)	21718 (23.9)	81437 (26.3)	13752 (19.2)	3290 (21.9)
≥35,000	88019 (18.1)	18395 (20.3)	56531 (18.3)	9127 (12.7)	3966 (26.5)

Occupation

Farmers	208754 (42.9)	33863 (37.3)	137213 (44.4)	33154 (46.2)	4524 (30.2)
Factory workers	71331 (14.7)	14548 (16.0)	46761 (15.1)	8466 (11.8)	1556 (10.4)
Professionals and managers	64533 (13.3)	16501 (18.2)	38609 (12.5)	7414 (10.3)	2009 (13.4)
Retired	72156 (14.8)	16124 (17.8)	43202 (14.0)	9286 (12.9)	3554 (23.6)
Unemployed and others	69767 (14.3)	9702 (10.7)	43237 (14.0)	13471 (18.8)	3357 (22.4)

Administrative Region

Rural	276755 (56.9)	41227 (45.4)	188614 (61.0)	42215 (58.8)	4699 (31.3)
Urban	209786 (43.1)	49511 (54.6)	120408 (39.0)	29576 (41.2)	10291 (68.7)

Geographical region

North	190992 (39.3)	45072 (49.7)	115313 (37.3)	29285 (40.8)	1322 (8.8)
South	295549 (60.7)	45666 (50.3)	193709 (62.7)	42506 (59.2)	13668 (91.2)

Sleep problems (Yes)	79756 (16.4)	10244 (11.3)	45539 (14.7)	21159 (29.5)	2814 (18.8)
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Cigarette smoking

Never	301601 (62.0)	52025 (57.3)	192713 (62.4)	46801 (65.2)	10062 (67.1)
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Former	26807 (5.5)	5428 (6.0)	16253 (5.2)	4385 (6.1)	741 (5.0)
Occasionally	27872 (5.7)	5878 (6.5)	17153 (5.6)	3995 (5.6)	846 (5.6)
Current	130261 (26.8)	27407 (30.2)	82903 (26.8)	16610 (23.1)	3341 (22.3)
Alcohol drinking					
Never	222161 (45.7)	31476 (34.7)	145507 (47.1)	36254 (50.5)	8924 (59.5)
Ex-drinker	7751 (1.6)	954 (1.1)	4419 (1.4)	2118 (3.0)	260 (1.7)
Occasionally	172550 (35.4)	37489 (41.3)	107436 (34.8)	23796 (33.1)	3829 (25.6)
Weekly	84079 (17.3)	80819 (22.9)	51660 (16.7)	9623 (13.4)	1977 (13.2)
Physical activity, MET-hr/wk[†]	18.1 (10.8, 30.6)	18.8 (11.2, 30.2)	18.4 (11.0, 31.4)	11.9 (9.6, 28.8)	14.3 (8.4, 24.2)
Menopausal status (women only)					
Premenopause	127325 (44.3)	23446 (47.9)	81960 (45.1)	18548 (39.4)	3371 (35.1)
Perimenopause	14354 (5.0)	2484 (5.1)	9157 (5.0)	2334 (4.9)	379 (4.0)
Postmenopause	145749 (50.7)	23056 (47.0)	90622 (49.9)	26219 (55.7)	5852 (60.9)
BMI, kg/m²					
<18.5	21428 (4.4)	2244 (2.5)	13167 (4.2)	5117 (7.1)	900 (6.0)
18.5-23.9	255773 (52.6)	44565 (49.1)	165503 (53.6)	37892 (52.8)	7813 (52.1)
24.0-27.9	159677 (32.8)	33593 (37.0)	100406 (32.5)	20847 (29.0)	4831 (32.2)
≥28.0	49663 (10.2)	10336 (11.4)	29946 (9.7)	7935 (11.1)	1446 (9.7)
Family history of heart disease (Yes)	15379 (3.2)	3399 (3.8)	8946 (2.9)	2663 (3.7)	371 (2.5)

Baseline major depression (Yes)	2972 (0.6)	309 (0.3)	1308 (0.4)	1274 (1.8)	81 (0.5)
Baseline diabetes (Yes)	26118 (5.4)	3380 (3.7)	14855 (4.8)	6878 (9.6)	1005 (6.7)
Baseline hypertension (Yes)	158473 (32.6)	26673 (29.4)	101085 (32.7)	25526 (35.6)	5189 (34.6)
Other baseline comorbidities (Yes)	229350 (47.1)	38134 (42.0)	141452 (45.8)	42224 (58.8)	7540 (50.3)

* Two-sided P values were derived from ANOVA for continuous variables and Chi-square test for categorical variables, all *P* values are <0.001.

† Data are shown as mean (standard deviation).

‡ Data are shown as median (P25, P75).

Table S2. Stratified Analysis: Risk of Ischemic Heart Disease According to Global Self-rated

Health Status

Subgroups	Cases/person-years	Model 1*	Model 2 [†]	Model 3 [‡]	<i>P</i> for interaction
		HR (95% CI)	HR (95% CI)	HR (95% CI)	
Age					
0.10					
30-59 years old					
Excellent	2070/515951	1.00	1.00	1.00	
Good	2950/818435	1.05 (0.99, 1.11)	1.04 (0.99, 1.11)	1.03 (1.97, 1.09)	
Fair	6164/1133304	1.40 (1.33, 1.48)	1.39 (1.32, 1.46)	1.33 (1.27, 1.40)	
Poor	1712/234020	2.02 (1.90, 2.16)	1.96 (1.84, 2.10)	1.80 (1.68, 1.92)	
60-69 years old					
Excellent	1091/82991	1.00	1.00	1.00	
Good	1650/148674	1.08 (1.00, 1.17)	1.08 (0.99, 1.16)	1.06 (0.98, 1.15)	
Fair	3998/256820	1.44 (1.34, 1.54)	1.41 (1.32, 1.51)	1.37 (1.27, 1.47)	
Poor	1112/57703	1.95 (1.79, 2.13)	1.87 (1.72, 2.05)	1.75 (1.60, 1.91)	
70-79 years old					
Excellent	577/25403	1.00	1.00	1.00	
Good	805/45009	0.96 (0.86, 1.07)	0.95 (0.85, 1.06)	0.94 (0.84, 1.05)	
Fair	1986/85692	1.24 (1.13, 1.37)	1.22 (1.10, 1.34)	1.19 (1.08, 1.31)	
Poor	590/19539	1.82 (1.62, 2.06)	1.74 (1.54, 1.96)	1.66 (1.47, 1.88)	
Sex					
0.59					
Men					

Excellent	1760/287799	1.00	1.00	1.00	
Good	2459/426251	1.06 (1.00, 1.13)	1.06 (1.00, 1.13)	1.05 (0.99, 1.12)	
Fair	4830/568999	1.39 (1.31, 1.47)	1.37 (1.30, 1.45)	1.32 (1.25, 1.40)	
Poor	1133/103122	1.96 (1.81, 2.12)	1.91 (1.76, 2.06)	1.76 (1.62, 1.90)	
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Women					
Excellent	1978/336547	1.00	1.00	1.00	
Good	2946/585867	1.03 (0.97, 1.09)	1.02 (0.96, 1.08)	1.00 (0.95, 1.06)	
Fair	7318/906817	1.38 (1.31, 1.45)	1.36 (1.29, 1.43)	1.31 (1.25, 1.38)	
Poor	2281/208140	1.96 (1.84, 2.09)	1.89 (1.77, 2.01)	1.76 (1.65, 1.87)	
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Administrative region					0.43
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Rural					
Excellent	1407/276017	1.00	1.00	1.00	
Good	3228/650831	1.03 (0.96, 1.09)	1.02 (0.96, 1.09)	1.01 (0.95, 1.08)	
Fair	6331/847499	1.33 (1.25, 1.41)	1.31 (1.23, 1.39)	1.28 (1.21, 1.36)	
Poor	2096/202076	1.90 (1.77, 2.03)	1.83 (1.71, 1.96)	1.73 (1.61, 1.86)	
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Urban					
Excellent	2331/348328	1.00	1.00	1.00	
Good	2177/361287	1.05 (0.99, 1.11)	1.04 (0.98, 1.11)	1.03 (0.97, 1.09)	
Fair	5817/628317	1.43 (1.36, 1.51)	1.41 (1.34, 1.48)	1.35 (1.28, 1.42)	
Poor	1318/109186	2.00 (1.87, 2.15)	1.92 (1.79, 2.06)	1.74 (1.63, 1.87)	
<hr/>					
Geographical					<0.001
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region

North

Excellent	2795/297781	1.00	1.00	1.00
Good	3149/377323	1.04 (0.99, 1.10)	1.04 (0.99, 1.10)	1.03 (0.97, 1.08)
Fair	6169/541521	1.35 (1.29, 1.41)	1.33 (1.27, 1.40)	1.29 (1.23, 1.35)
Poor	1888/118204	1.86 (1.76, 1.98)	1.80 (1.70s, 1.92)	1.67 (1.57, 1.78)

South

Excellent	943/326565	1.00	1.00	1.00
Good	2256/634795	1.07 (0.99, 1.16)	1.06 (0.99, 1.15)	1.05 (0.98, 1.14)
Fair	5979/934295	1.47 (1.37, 1.58)	1.45 (1.36, 1.56)	1.41 (1.31, 1.51)
Poor	1526/193059	2.16 (1.99, 2.35)	2.09 (1.93, 2.28)	1.95 (1.79, 2.13)

Education0.01

No formal**education**

Excellent	642/94398	1.00	1.00	1.00
Good	1379/212064	1.02 (0.93, 1.12)	1.00 (0.91, 1.11)	1.00 (0.90, 1.09)
Fair	2800/258668	1.34 (1.22, 1.46)	1.30 (1.19, 1.42)	1.27 (1.16, 1.39)
Poor	1010/76573	1.75 (1.58, 1.94)	1.66 (1.50, 1.84)	1.59 (1.44, 1.77)

Primary school

Excellent	958/163372	1.00	1.00	1.00
Good	1776/327991	1.03 (0.95, 1.12)	1.03 (0.96, 1.12)	1.02 (0.95, 1.11)
Fair	4169/495850	1.33 (1.24, 1.43)	1.32 (1.23, 1.42)	1.28 (1.19, 1.38)

Poor	1205/110663	2.03 (1.86, 2.21)	1.98 (1.81, 2.16)	1.85 (1.69, 2.02)
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Middle school or higher				
Excellent	2138/366575	1.00	1.00	1.00
Good	2250/472063	1.05 (0.98, 1.11)	1.04 (0.98, 1.10)	1.03 (0.97, 1.09)
Fair	5179/721298	1.43 (1.36, 1.51)	1.41 (1.34, 1.48)	1.35 (1.28, 1.42)
Poor	1199/124027	2.02 (1.88, 2.17)	1.94 (1.80, 2.09)	1.76 (1.63, 1.90)
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Income				0.03
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<10,000				
Excellent	963/138097	1.00	1.00	1.00
Good	1534/268338	0.95 (0.88, 1.04)	0.95 (0.88, 1.04)	0.95 (0.87, 1.03)
Fair	3569/442055	1.24 (1.15, 1.33)	1.22 (1.14, 1.32)	1.20 (1.11, 1.29)
Poor	1563/142699	1.79 (1.65, 1.94)	1.73 (1.59, 1.88)	1.63 (1.50, 1.77)
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10,000-34,999				
Excellent	2019/339702	1.00	1.00	1.00
Good	2833/543642	1.06 (1.00, 1.13)	1.05 (0.99, 1.12)	1.04 (0.98, 1.10)
Fair	6721/811926	1.41 (1.34, 1.49)	1.39 (1.32, 1.47)	1.34 (1.27, 1.41)
Poor	1555/138517	2.01 (1.88, 2.16)	1.94 (1.81, 2.08)	1.79 (1.67, 1.92)
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≥35,000				
Excellent	756/146546	1.00	1.00	1.00
Good	1038/200138	1.11 (1.01, 1.22)	1.10 (1.00, 1.21)	1.09 (0.99, 1.20)
Fair	1858/221835	1.52 (1.39, 1.66)	1.49 (1.36, 1.63)	1.44 (1.32, 1.57)

Poor	296/30047	2.01 (1.75, 2.30)	1.92 (1.67, 2.21)	1.78 (1.55, 2.05)
Cigarette smoking				0.65
Never				
Excellent	2102/364220	1.00	1.00	1.00
Good	3092/618264	1.03 (0.97, 1.09)	1.02 (0.97, 1.08)	1.01 (0.95, 1.07)
Fair	7544/949098	1.39 (1.32, 1.46)	1.37 (1.31, 1.44)	1.33 (1.26, 1.39)
Poor	2126/203022	1.94 (1.82, 2.06)	1.87 (1.76, 2.00)	1.74 (1.64, 1.86)
Former				
Excellent	316/33514	1.00	1.00	1.00
Good	460/53773	1.09 (0.94, 1.27)	1.09 (0.94, 1.26)	1.08 (0.93, 1.25)
Fair	991/76382	1.46 (1.28, 1.67)	1.42 (1.25, 1.63)	1.38 (1.21, 1.58)
Poor	312/18895	2.07 (1.76, 2.45)	2.00 (1.69, 2.37)	1.90 (1.60, 2.25)
Current				
Excellent	1320/226611	1.00	1.00	1.00
Good	1853/340081	1.05 (0.98, 1.13)	1.05 (0.98, 1.13)	1.04 (0.96, 1.11)
Fair	3613/450336	1.34 (1.26, 1.43)	1.33 (1.24, 1.42)	1.28 (1.20, 1.36)
Poor	976/89345	1.95 (1.79, 2.13)	1.90 (1.75, 2.08)	1.75 (1.60, 1.91)
Alcohol drinking				0.14
Never				
Excellent	1467/249874	1.00	1.00	1.00
Good	2433/458946	1.00 (0.94, 1.07)	1.00 (0.93, 1.06)	0.98 (0.92, 1.05)

Fair	6171/701208	1.36 (1.28, 1.44)	1.35 (1.27, 1.43)	1.30 (1.22, 1.38)
Poor	1814/156203	1.81 (1.69, 1.94)	1.78 (1.65, 1.91)	1.65 (1.53, 1.77)

Former

Excellent	56/5892	1.00	1.00	1.00
Good	119/11501	1.18 (0.85, 1.64)	1.19 (0.86, 1.65)	1.18 (0.85, 1.63)
Fair	317/24739	1.30 (0.97, 1.74)	1.30 (0.97, 1.74)	1.28 (0.95, 1.72)
Poor	148/9801	1.93 (1.40, 2.66)	1.92 (1.39, 2.66)	1.88 (1.36, 2.61)

Current

Excellent	2215/368579	1.00	1.00	1.00
Good	2853/541671	1.07 (1.01, 1.13)	1.07 (1.01, 1.13)	1.05 (1.00, 1.12)
Fair	5660/749869	1.39 (1.32, 1.46)	1.38 (1.31, 1.45)	1.33 (1.27, 1.40)
Poor	1452/145258	2.06 (1.93, 2.21)	2.03 (1.89, 2.17)	1.88 (1.75, 2.01)

Physical activity

0.19

Low

Excellent	1695/160605	1.00	1.00	1.00
Good	2303/267400	1.04 (0.98, 1.11)	1.04 (0.97, 1.10)	1.02 (0.96, 1.09)
Fair	6253/505584	1.40 (1.32, 1.48)	1.38 (1.30, 1.46)	1.33 (1.25, 1.40)
Poor	1959/117306	2.06 (1.92, 2.20)	1.99 (1.86, 2.13)	1.83 (1.71, 1.96)

Moderate

Excellent	1279/230251	1.00	1.00	1.00
Good	1664/336986	1.03 (0.95, 1.11)	1.02 (0.94, 1.09)	1.00 (0.93, 1.08)
Fair	3498/495711	1.35 (1.26, 1.44)	1.32 (1.24, 1.41)	1.27 (1.19, 1.36)

Poor	875/103363	1.82 (1.66, 1.99)	1.75 (1.60, 1.92)	1.62 (1.48, 1.78)
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High				
Excellent	764/233490	1.00	1.00	1.00
Good	1438/407732	1.07 (0.97, 1.16)	1.06 (0.97, 1.16)	1.05 (0.96, 1.15)
Fair	2397/474521	1.40 (1.29, 1.52)	1.38 (1.27, 1.50)	1.35 (1.24, 1.47)
Poor	580/90593	1.86 (1.66, 2.08)	1.81 (1.61, 2.02)	1.73 (1.54, 1.94)
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BMI				0.32
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<18.5 kg/m²				
Excellent	106/17870	1.00	1.00	1.00
Good	212/33597	1.12 (0.88, 1.42)	1.11 (0.88, 1.41)	1.10 (0.87, 1.40)
Fair	657/71552	1.51 (1.22, 1.87)	1.48 (1.19, 1.83)	1.44 (1.17, 1.79)
Poor	292/22222	2.18 (1.73, 2.75)	2.06 (1.63, 2.60)	1.98 (1.57, 2.52)
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18.5-23.9 kg/m²				
Excellent	1580/322407	1.00	1.00	1.00
Good	2455/535525	1.05 (0.98, 1.12)	1.04 (0.98, 1.11)	1.03 (0.97, 1.10)
Fair	5445/785795	1.38 (1.30, 1.46)	1.36 (1.29, 1.45)	1.32 (1.25, 1.40)
Poor	1501/163667	1.98 (1.84, 2.13)	1.92 (1.79, 2.07)	1.79 (1.66, 1.93)
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24.0-27.9 kg/m²				
Excellent	1490/220322	1.00	1.00	1.00
Good	1929/342523	1.01 (0.94, 1.08)	1.01 (0.94, 1.08)	0.99 (0.93, 1.06)
Fair	4249/470164	1.37 (1.29, 1.46)	1.35 (1.27, 1.44)	1.30 (1.22, 1.38)
Poor	1069/91315	1.89 (1.74, 2.05)	1.81 (1.67, 1.97)	1.67 (1.54, 1.81)
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≥28.0 kg/m²

Excellent	562/63747	1.00	1.00	1.00
Good	809/100473	1.10 (0.99, 1.23)	1.09 (0.98, 1.22)	1.08 (0.97, 1.21)
Fair	1797/148305	1.40 (1.27, 1.55)	1.38 (1.25, 1.52)	1.33 (1.20, 1.46)
Poor	552/34058	1.96 (1.73, 2.21)	1.89 (1.67, 2.14)	1.74 (1.53, 1.97)

History of 0.78
diabetes

No

Excellent	3431/603383	1.00	1.00	1.00
Good	4964/975069	1.04 (0.99, 1.09)	1.03 (0.99, 1.08)	1.02 (0.98, 1.07)
Fair	10741/1391903	1.37 (1.32, 1.43)	1.36 (1.30, 1.41)	1.33 (1.27, 1.38)
Poor	2807/281472	1.92 (1.82, 2.02)	1.87 (1.77, 1.97)	1.78 (1.69, 1.88)

Yes

Excellent	307/20962	1.00	1.00	1.00
Good	441/37050	1.03 (0.89, 1.20)	1.03 (0.89, 1.19)	1.03 (0.89, 1.19)
Fair	1407/83913	1.29 (1.14, 1.47)	1.27 (1.12, 1.44)	1.25 (1.10, 1.42)
Poor	607/29790	1.69 (1.47, 1.95)	1.62 (1.40, 1.87)	1.57 (1.36, 1.81)

History of 0.13
hypertension

No

Excellent	2057/451148	1.00	1.00	1.00
Good	2747/694975	1.05 (0.99, 1.11)	1.05 (0.99, 1.11)	1.04 (0.98, 1.10)

Fair	5625/987276	1.34 (1.27, 1.41)	1.33 (1.26, 1.40)	1.30 (1.24, 1.37)
Poor	1499/199089	1.93 (1.80, 2.06)	1.89 (1.76, 2.03)	1.80 (1.68, 1.93)
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Yes				
Excellent	1681/173198	1.00	1.00	1.00
Good	2658/317143	1.02 (0.96, 1.09)	1.01 (0.95, 1.08)	1.01 (0.95, 1.08)
Fair	6523/488539	1.37 (1.30, 1.45)	1.35 (1.28, 1.43)	1.33 (1.26, 1.41)
Poor	1915/112174	1.87 (1.75, 2.00)	1.80 (1.68, 1.92)	1.73 (1.62, 1.86)

* Model 1: adjusted for age, marital status, education level, household income, occupation, and menopausal status;

† Model 2: model 1 plus sleep problems, cigarette smoking, alcohol drinking, physical activity, body mass index, and family history of heart disease;

‡ Model 3: model 2 plus baseline major depression, diabetes, hypertension and other comorbidities.

Table S3. Sensitivity Analysis: Risk of Ischemic Heart Disease According to Age- Self-rated

Health Status				
Age-comparative		Model 1*	Model 2†	Model 3‡
self-rated health	Cases/person-years	HR (95% CI)	HR (95% CI)	HR (95% CI)
Including “don’t know”				
Better	4038/649835	1.00	1.00	1.00
Same	14939/2172181	1.27 (1.22, 1.31)	1.26 (1.21, 1.31)	1.23 (1.19, 1.27)
Worse	5048/501051	1.96 (1.87, 2.04)	1.91 (1.83, 1.99)	1.78 (1.70, 1.86)
don’t know	680/100476	1.53 (1.41,1.67)	1.51 (1.39,1.64)	1.46 (1.34,1.59)

* Model 1: adjusted for age, marital status, education level, household income, occupation, and menopausal status;

† Model 2: model 1 plus sleep problems, cigarette smoking, alcohol drinking, physical activity, body mass index, and family history of heart disease;

‡ Model 3: model 2 plus baseline major depression, diabetes, hypertension and other comorbidities.

Table S4. Stratified Analysis: Risk of Ischemic Heart Disease According to Age-comparative

Self-rated Health Status

Subgroups	Cases/person-years	Model 1*	Model 2 [†]	Model 3 [‡]	<i>P</i> for interaction
		HR (95% CI)	HR (95% CI)	HR (95% CI)	
Age					
30-59 years old					
Better	2015/511321	1.00	1.00	1.00	0.14
Same	7828/1726348	1.26 (1.20, 1.32)	1.26 (1.20, 1.32)	1.23 (1.17, 1.29)	
Worse	2761/394268	1.97 (1.86, 2.09)	1.93 (1.82, 2.05)	1.78 (1.68, 1.89)	
60-69 years old					
Better	1311/103743	1.00	1.00	1.00	0.34
Same	4769/339072	1.30 (1.22, 1.39)	1.29 (1.21, 1.37)	1.26 (1.18, 1.34)	
Worse	1548/82252	1.94 (1.80, 2.09)	1.88 (1.74, 2.03)	1.76 (1.62, 1.90)	
70-79 years old					
Better	712/34771	1.00	1.00	1.00	0.34
Same	2342/106761	1.24 (1.13, 1.35)	1.22 (1.12, 1.33)	1.20 (1.10, 1.31)	
Worse	739/24531	1.97 (1.77, 2.19)	1.89 (1.69, 2.11)	1.82 (1.63, 2.03)	
Sex					
Men					
Better	1955/296829	1.00	1.00	1.00	0.34
Same	6243/885507	1.22 (1.16, 1.29)	1.22 (1.16, 1.29)	1.19 (1.13, 1.25)	
Worse	1720/168252	1.93 (1.80, 2.06)	1.90 (1.78, 2.03)	1.77 (1.65, 1.89)	

Women

Better	2083/353006	1.00	1.00	1.00
Same	8696/1286673	1.31 (1.24, 1.37)	1.29 (1.23, 1.36)	1.26 (1.20, 1.33)
Worse	3328/332799	1.99 (1.88, 2.10)	1.92 (1.82, 2.04)	1.80 (1.70, 1.90)

Administrative

0.96

region

Rural

Better	1484/301125	1.00	1.00	1.00
Same	8453/1344074	1.25 (1.18, 1.32)	1.24 (1.17, 1.31)	1.22 (1.15, 1.29)
Worse	2855/297499	1.88 (1.76, 2.01)	1.83 (1.71, 1.95)	1.74 (1.63, 1.86)

Urban

Better	2554/348710	1.00	1.00	1.00
Same	6486/828107	1.28 (1.22, 1.34)	1.27 (1.21, 1.33)	1.23 (1.18, 1.29)
Worse	2193/203552	2.02 (1.90, 2.14)	1.95 (1.84, 2.07)	1.79 (1.68, 1.90)

Geographical

<0.001

region

North

Better	3047/321838	1.00	1.00	1.00
Same	7895/799026	1.26 (1.21, 1.32)	1.26 (1.21, 1.31)	1.23 (1.18, 1.28)
Worse	2917/204427	1.85 (1.76, 1.95)	1.81 (1.71, 1.90)	1.68 (1.59, 1.77)

South

Better	991/327997	1.00	1.00	1.00
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Same	7044/1373155	1.29 (1.21, 1.39)	1.29 (1.20, 1.38)	1.26 (1.18, 1.35)
Worse	2131/296624	2.15 (1.99, 2.32)	2.10 (1.94, 2.27)	1.98 (1.83, 2.14)
Education				0.09
No formal school				
Better	663/93968	1.00	1.00	1.00
Same	3515/406313	1.25 (1.15, 1.36)	1.23 (1.13, 1.34)	1.21 (1.11, 1.32)
Worse	1469/120336	1.78 (1.62, 1.95)	1.70 (1.55, 1.87)	1.63 (1.48, 1.80)
Primary				
Better	1030/172323	1.00	1.00	1.00
Same	5260/730695	1.24 (1.15, 1.33)	1.23 (1.15, 1.32)	1.20 (1.12, 1.29)
Worse	1611/161926	1.98 (1.83, 2.15)	1.94 (1.79, 2.1,)	1.81 (1.67, 1.97)
Middle school or higher				
Better	2345/383544	1.00	1.00	1.00
Same	6164/1035173	1.28 (1.22, 1.35)	1.28 (1.22, 1.34)	1.24 (1.18, 1.30)
Worse	1968/218789	2.04 (1.92, 2.17)	1.99 (1.87, 2.12)	1.83 (1.72, 1.95)
Income				0.04
<10,000				
Better	1160/179879	1.00	1.00	1.00
Same	4233/581341	1.17 (1.09, 1.25)	1.16 (1.09, 1.24)	1.14 (1.07, 1.22)
Worse	2071/203782	1.74 (1.62, 1.88)	1.69 (1.57, 1.82)	1.60 (1.48, 1.73)
10,000-34,999				

Better	2013/342640	1.00	1.00	1.00	
Same	8244/1205969	1.31 (1.25, 1.38)	1.30 (1.24, 1.37)	1.27 (1.21, 1.33)	
Worse	2458/235471	2.09 (1.97, 2.21)	2.03 (1.91, 2.16)	1.89 (1.78, 2.01)	
<hr/>					
≥35,000					
Better	775/127316	1.00	1.00	1.00	
Same	2462/384871	1.29 (1.18, 1.41)	1.29 (1.18, 1.40)	1.26 (1.15, 1.37)	
Worse	519/61798	1.94 (1.73, 2.18)	1.89 (1.68, 2.12)	1.76 (1.57, 1.98)	
<hr/>					
Cigarette smoking					0.21
<hr/>					
Never					
Better	2194/374639	1.00	1.00	1.00	
Same	9066/1361516	1.31 (1.25, 1.37)	1.30 (1.24, 1.36)	1.27 (1.21, 1.33)	
Worse	3170/330686	1.97 (1.86, 2.08)	1.91 (1.81, 2.02)	1.79 (1.69, 1.89)	
<hr/>					
Former					
Better	383/38017	1.00	1.00	1.00	
Same	1208/111150	1.31 (1.16, 1.47)	1.30 (1.15, 1.46)	1.27 (1.12, 1.43)	
Worse	439/28689	2.06 (1.78, 2.37)	2.01 (1.73, 2.33)	1.90 (1.64, 2.21)	
<hr/>					
Current					
Better	1461/237179	1.00	1.00	1.00	
Same	4665/699514	1.18 (1.11, 1.26)	1.18 (1.11, 1.26)	1.15 (1.08, 1.22)	
Worse	1439/141675	1.91 (1.77, 2.06)	1.88 (1.74, 2.03)	1.74 (1.61, 1.88)	
<hr/>					
Alcohol drinking					0.006
<hr/>					

Never

Better	1430/226918	1.00	1.00	1.00
Same	7371/1026479	1.25 (1.18, 1.33)	1.25 (1.18, 1.33)	1.22 (1.15, 1.29)
Worse	2670/253196	1.81 (1.70, 1.94)	1.79 (1.68, 1.91)	1.67 (1.56, 1.78)

Former

Better	68/6707	1.00	1.00	1.00
Same	359/29972	1.17 (0.89, 1.54)	1.19 (0.90, 1.56)	1.17 (0.89, 1.54)
Worse	187/13611	1.76 (1.32, 2.35)	1.77 (1.32, 2.37)	1.76 (1.31, 2.36)

Current

Better	2540/416209	1.00	1.00	1.00
Same	7209/1115730	1.26 (1.21, 1.32)	1.27 (1.21, 1.33)	1.23 (1.18, 1.29)
Worse	2191/234245	2.06 (1.94, 2.18)	2.04 (1.93, 2.17)	1.91 (1.80, 2.03)

Physical activity

0.11

Low

Better	1914/182631	1.00	1.00	1.00
Same	7196/656658	1.28 (1.21, 1.34)	1.27 (1.2, 1.34)	1.23 (1.17, 1.30)
Worse	2703/170373	2.05 (1.93, 2.18)	2.00 (1.88, 2.12)	1.84 (1.73, 1.96)

Moderate

Better	1350/240532	1.00	1.00	1.00
Same	4388/722107	1.27 (1.19, 1.35)	1.26 (1.18, 1.34)	1.24 (1.16, 1.32)
Worse	1380/168379	1.91 (1.77, 2.06)	1.87 (1.73, 2.02)	1.75 (1.61, 1.89)

High

Better	774/226671	1.00	1.00	1.00
Same	3355/793416	1.21 (1.12, 1.31)	1.21 (1.11, 1.31)	1.19 (1.10, 1.29)
Worse	965/162299	1.72 (1.56, 1.90)	1.69 (1.53, 1.87)	1.63 (1.47, 1.80)
BMI				0.21
<18.5 kg/m²				
Better	107/15798	1.00	1.00	1.00
Same	741/89954	1.38 (1.12, 1.71)	1.35 (1.09, 1.67)	1.34 (1.08, 1.65)
Worse	387/33516	1.97 (1.58, 2.46)	1.85 (1.47, 2.31)	1.79 (1.42, 2.24)
18.5-23.9 kg/m²				
Better	1617/319765	1.00	1.00	1.00
Same	6784/1168757	1.27 (1.20, 1.34)	1.26 (1.19, 1.34)	1.24 (1.17, 1.31)
Worse	2262/266220	2.03 (1.90, 2.16)	1.98 (1.85, 2.11)	1.85 (1.73, 1.98)
24.0-27.9 kg/m²				
Better	1671/240369	1.00	1.00	1.00
Same	5256/705365	1.24 (1.17, 1.31)	1.23 (1.16, 1.30)	1.20 (1.13, 1.27)
Worse	1575/146361	1.90 (1.77, 2.05)	1.82 (1.70, 1.96)	1.69 (1.57, 1.82)
≥28.0 kg/m²				
Better	643/73903	1.00	1.00	1.00
Same	2158/208105	1.33 (1.22, 1.46)	1.32 (1.21, 1.45)	1.29 (1.17, 1.41)
Worse	824/54954	1.96 (1.76, 2.18)	1.90 (1.71, 2.12)	1.75 (1.57, 1.96)
History of diabetes				0.58

No				
Better	3688/627060	1.00	1.00	1.00
Same	13489/2073825	1.26 (1.21, 1.31)	1.26 (1.21, 1.30)	1.24 (1.19, 1.28)
Worse	4177/456726	1.90 (1.82, 1.99)	1.87 (1.79, 1.96)	1.80 (1.71, 1.88)
<hr/>				
Yes				
Better	350/22775	1.00	1.00	1.00
Same	1450/98355	1.18 (1.04, 1.33)	1.16 (1.03, 1.31)	1.15 (1.02, 1.30)
Worse	871/44325	1.72 (1.51, 1.95)	1.65 (1.45, 1.88)	1.60 (1.41, 1.83)
<hr/>				
History of hypertension				0.67
<hr/>				
No				
Better	2110/461306	1.00	1.00	1.00
Same	7229/1476027	1.26 (1.2, 1.33)	1.26 (1.2, 1.33)	1.25 (1.18, 1.31)
Worse	2262/328713	1.9 (1.79, 2.02)	1.87 (1.76, 1.99)	1.79 (1.68, 1.91)
<hr/>				
Yes				
Better	1928/188528	1.00	1.00	1.00
Same	7710/696154	1.23 (1.17, 1.30)	1.22 (1.16, 1.29)	1.21 (1.15, 1.28)
Worse	2786/172338	1.89 (1.78, 2.01)	1.83 (1.72, 1.94)	1.77 (1.66, 1.88)

*Model 1: adjusted for age, marital status, education level, household income, occupation, and menopausal status;

†Model 2: model 1 plus sleep problems, cigarette smoking, alcohol drinking, physical activity, body mass index, and family history of heart disease;

‡Model 3: model 2 plus baseline major depression, diabetes, hypertension and other comorbidities.

Table S5. Risk of Ischemic Heart Disease According to Two Measures of Self-rated Health Status

Exposures	A*	B†	C‡
	HR (95% CI)	HR (95% CI)	HR (95% CI)
Global self-rated health			
(Reference=Excellent)			
Good	1.02 (0.98, 1.07)		0.98 (0.94, 1.03)
Fair	1.32 (1.27, 1.37)		1.19 (1.14, 1.25)
Poor	1.76 (1.68, 1.85)		1.37 (1.29, 1.45)
Age-comparative self-rated health			
(Reference=Better)§			
Same		1.23 (1.19, 1.27)	1.14 (1.10, 1.19)
Worse		1.78 (1.70, 1.86)	1.46 (1.37, 1.53)
Don't know		1.46 (1.34, 1.59)	1.27 (1.17, 1.39)

* only global self-rated health was included in model 3 (adjusted for age, marital status, education level, household income, occupation, and menopausal status, sleep problems, cigarette smoking, alcohol drinking, physical activity, body mass index, family history of heart disease, baseline major depression, diabetes, hypertension, and other comorbidities).

† only age-comparative self-rated health was included in model 3.

‡ both global self-rated health and age-comparative self-rated health were included in model 3.

§ Participants who reported “don’t know” to the age-comparative self-rated health question were not excluded in this analysis.

Table S6. The Distribution of Global Self-rated Health Status by Age-comparative Self-rated

Health Status

Global self-rated health	Age-comparative self-rated health, N (%)				Total, N (%)
	Better	Same	Worse	Don't Know	
Excellent	46 875 (51.7)	39414 (12.8)	717 (1.0)	1334 (8.9)	88340 (18.2)
Good	30 651 (33.8)	105 831 (34.2)	2 862 (4.0)	1678 (11.2)	141022 (29.0)
Fair	12 320 (13.6)	157 926 (51.1)	31 521 (43.9)	10391 (69.3)	212158 (43.6)
Poor	892 (1.0)	5851 (1.9)	36 691 (51.1)	1587 (10.6)	45021 (9.3)
Total, N (%)	90 738 (18.6)	309 022 (63.5)	71791 (14.8)	14990 (3.1)	486541

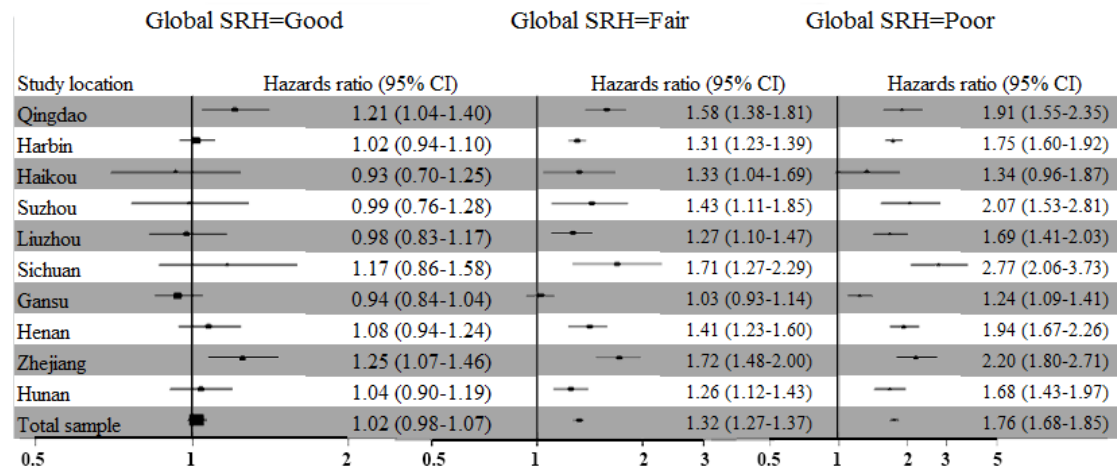
Table S7. Sensitivity Analysis: Risk of Ischemic Heart Disease According to Two Measures of Self-rated Health Status

Excluding participants with baseline conditions	Major depression	Baseline comorbidities	Died or developed IHD in the first 2 years
	(n=2,972)	(n=238,007)	(n=9,147)
	HR (95% CI)	HR (95% CI)	HR (95% CI)
Global self-rated health			
Excellent	1.00	1.00	1.00
Good	1.02 (0.98, 1.07)	1.05 (0.98, 1.13)	1.06 (1.01, 1.11)
Fair	1.32 (1.27, 1.37)	1.32 (1.24, 1.41)	1.32 (1.26, 1.37)
Poor	1.78 (1.69, 1.87)	1.88 (1.72, 2.06)	1.76 (1.66, 1.86)
Age-comparative self-rated health			
Better	1.00	1.00	1.00
Same	1.23 (1.19, 1.27)	1.26 (1.18, 1.33)	1.22 (1.17, 1.27)
Worse	1.79 (1.71, 1.87)	1.89 (1.74, 2.04)	1.75 (1.67, 1.84)

Hazards ratios (95% confidence interval) were calculated after adjustment for age, marital status, education level, household income, occupation, and menopausal status, sleep problems, cigarette smoking, alcohol drinking, physical activity, body mass index, family history of heart disease, baseline major depression, diabetes, hypertension, and other comorbidities.

Figure S1. Risk of Ischemic Heart Disease According to global Self-rated Health Status by study

locations



Hazards ratios (95% CI) were calculated after adjustment for age, marital status, education level, household income, occupation, and menopausal status, sleep problems, cigarette smoking, alcohol drinking, physical activity, body mass index, family history of heart disease, and baseline major depression, diabetes, hypertension and other comorbidities.

Figure S2. Risk of Ischemic Heart Disease According to Age-comparative Self-rated Health

Status by study locations

Study location	Age-comparative SRH=Same		Age-comparative SRH=Worse	
	Hazards ratio (95% CI)		Hazards ratio (95% CI)	
Qingdao		1.45 (1.27-1.65)		2.02 (1.73-2.36)
Harbin		1.20 (1.13-1.28)		1.73 (1.59-1.87)
Haikou		1.40 (1.03-1.91)		1.76 (1.22-2.55)
Suzhou		1.21 (0.95-1.53)		1.82 (1.38-2.41)
Liuzhou		1.16 (1.04-1.30)		1.88 (1.64-2.16)
Sichuan		1.35 (1.15-1.58)		2.27 (1.93-2.68)
Gansu		1.04 (0.94-1.14)		1.19 (1.06-1.33)
Henan		1.36 (1.23-1.50)		2.10 (1.86-2.38)
Zhejiang		1.89 (1.41-2.51)		2.92 (2.16-3.96)
Hunan		1.11 (0.95-1.30)		1.65 (1.38-1.98)
Total sample		1.23 (1.19-1.27)		1.78 (1.19-1.27)

Hazards ratios (95% CI) were calculated after adjustment for age, marital status, education level, household income, occupation, and menopausal status, sleep problems, cigarette smoking, alcohol drinking, physical activity, body mass index, family history of heart disease, and baseline major depression, diabetes, hypertension and other comorbidities.