Supplemental eTable 1. Percentage of missing data among participants with a 10-year predicted atherosclerotic cardiovascular disease risk ≥7.5% (n=5,709).

Participant characteristics	Missing n (%)
Age	0 (0.0)
Men	0 (0.0)
Black	0 (0.0)
Education < high school	1 (0.0)
Annual household income < $20,000	663 (11.6)
Region of residence	
Stroke belt	0 (0.0)
Stroke buckle	0 (0.0)
Non-belt	0 (0.0)
HDL cholesterol	0 (0.0)

Participant characteristics	Missing n (%)
Total cholesterol	0 (0.0)
High-sensitivity c-reactive protein	112 (2.0)
Systolic blood pressure	0 (0.0)
Diastolic blood pressure	0 (0.0)
Antihypertensive medication use	0 (0.0)

Participant characteristics	Missing n (%)
Albumin-to-creatinine ratio	188 (3.3)
Estimate glomerular filtration rate	0 (0.0)
Lifestyle factors	
Waist circumference	13 (0.2)
Physical activity	73 (1.3)
Smoking status	0 (0.0)
Saturated fat intake	1,500 (26.3)
Mediterranean diet score	1,562 (27.4)

Supplemental eTable 2. Coronary Heart Disease and Stroke Events for Each and the Number of Healthy Lifestyle Factors Among

Participants With a 10-year Predicted Atherosclerotic Cardiovascular Disease Risk ≥7.5% (n=5,709).

	CHD / stroke Events	Total incident ASCVD[a] events	N at risk
		Individual healthy lifestyle factors	
Waist circumference			
Obese	85 / 69	154	2,459
Non-obese	118 / 105	223	3,250
Physical activity			
None	49 / 65	114	1,720
1 – 4 times per week	83 / 73	156	2,502
≥ 5 times per week	58 / 49	107	1,488
Smoking status			
Current	51 / 40	91	1,100
Nonsmoker	152 / 134	286	4,609

Saturated fat intake			
≥ 7.0% of daily calories	195 / 160	355	5,292
< 7.0% of daily calories	8 / 14	22	417
Mediterranean diet score[b]			
Quartile 1 (worse)	58 / 71	129	1,792
Quartile 2	42 / 36	78	1,143
Quartile 3	50 / 32	82	1,190
Quartile 4 (better)	42 / 45	88	1,584
Number of healthy lifestyle factors[c]			
0	6 / 15	21	289
1	65 / 53	118	1,649
2	65 / 69	134	2,104
3	30 / 51	81	1,238
≥ 4	14 / 9	23	429

ASCVD: atherosclerotic cardiovascular disease.

CHD: coronary heart disease.

REGARDS: REasons for Geographic and Racial Differences in Stroke.

[a]Incident atherosclerotic cardiovascular disease: a stroke (nonfatal or fatal and ischemic or hemorrhagic) or CHD (nonfatal myocardial infarction or CHD death) event.

[b]Quartiles determined using all REGARDS study participants.

Mediterranean diet score cut-points: [quartile 1 (low) to quartile 4 (high)] <3, 3 to <4, 4 to <6, and ≥6.

[c]Number of healthy lifestyle factors: the sum of a non-obese waist circumference (<102 cm for men and <88 cm for women), physical activity ≥ 5 times per week, nonsmoking, saturated fat intake < 7.0% of average daily calories and Mediterranean diet score in quartile.

Supplemental eTable 3. Incidence Rates and Hazard Ratios of Incident Atherosclerotic Cardiovascular Disease[a] Associated With Healthy Lifestyle Factors Among Participants With a 10-year Predicted Atherosclerotic Cardiovascular Disease Risk ≥7.5% Using the Un-Imputed Data Set (complete case analysis).

	Events / n at risk	Crude incidence rate per 1,000 person years (95% confidence interval)	Hazard Ratio (95% confidence interval)			
			Model 1[b]		Model 2[c]	
Individual healthy lifestyle factors						
Waist circumference						
Obese	154 / 2,452	10.97 (9.24, 12.70)	1 (ref)		1 (ref)	
Non-obese	222 / 3,244	11.70 (10.16, 13.23)	0.95	(0.76, 1.19)	1.16	(0.91, 1.48)
Physical activity						
None	111 / 1,699	11.54 (9.39, 13.69)	1 (ref)		1 (ref)	
1 – 4 times per week	152 / 2,467	10.49 (8.82, 12.16)	0.87	(0.67, 1.13)	0.93	(0.71, 1.21)

≥ 5 times per week	106 / 1,469	12.33	(9.98, 14.68)	0.94	(0.71, 1.25)	1.04	(0.77, 1.39)
p-trend					0.600		0.662
Smoking status							
Current	91 / 1,100	15.40	(12.24, 18.57)		1 (ref)		1 (ref)
Nonsmoker	286 / 4,609	10.52	(9.30, 11.74)	0.51	(0.39, 0.67)	0.56	(0.43, 0.74)
Saturated fat intake							
≥ 7.0% of daily calories	269 / 3,916	11.66	(10.27, 13.05)		1 (ref)		1 (ref)
< 7.0% of daily calories	15 / 293	8.34	(4.12, 12.57)	0.65	(0.37, 1.14)	0.74	(0.42, 1.30)
Mediterranean diet score[d]							
Quartile 1 (worse)	93 / 1,302	12.42	(9.90, 14.95)		1 (ref)		1 (ref)
Quartile 2	60 / 837	12.16	(9.08, 15.24)	0.93	(0.66, 1.30)	0.96	(0.68, 1.37)
Quartile 3	62 / 867	12.00	(9.02, 14.99)	0.88	(0.63, 1.23)	0.98	(0.69, 1.39)
Quartile 4 (better)	67 / 1,141	9.70	(7.38, 12.03)	0.72	(0.51, 1.00)	0.81	(0.58, 1.14)
p-trend					0.054		0.102

				Number of healthy lifestyle factors[e]				
0	11 / 199	9.98	(4.08, 15.88)		1 (ref)		1 (ref)	
1	87 / 1,153	13.12	(10.36, 15.87)	1.07	(0.55, 2.07)	1.13	(0.58, 2.21)	
2	100 / 1,518	11.06	(8.89, 13.23)	0.77	(0.40, 1.51)	0.89	(0.45, 1.76)	
3	60 / 909	10.95	(8.18, 13.72)	0.67	(0.33, 1.35)	0.79	(0.39, 1.62)	
≥ 4	15 / 311	7.72	(3.82, 11.63)	0.52	(0.22, 1.19)	0.66	(0.28, 1.54)	
p-trend				<0.001		<0.001		

[a]Incident atherosclerotic cardiovascular disease: a stroke (nonfatal or fatal and ischemic or hemorrhagic) or CHD (nonfatal myocardial infarction or CHD death) event.

[b]Model 1: adjustment for age, race, sex, education, income and geographic region of residence.

[c]Model 2: adjustment for Model 1 variables plus high-density lipoprotein and total cholesterol, c-reactive protein >3 mg/L, systolic and diastolic blood pressure, antihypertensive medication use, albumin-to-creatinine ratio ≥30 g/mg and estimated glomerular filtration rate <60 ml/min/1.73 m^2.

[d]Quartiles determined using all participants.

Mediterranean diet score cut-points: [quartile 1 (low) to quartile 4 (high)] <3, 3 to <4, 4 to <6, and ≥6.

[e]Number of healthy lifestyle factors: the sum of a non-obese waist circumference (<102 cm for men and <88 cm for women), physical activity ≥ 5 times per week, nonsmoking, saturated fat intake < 7.0% of average daily calories and Mediterranean diet score in quartile 4.

Supplemental eTable 4. Incidence Rates and Hazard Ratios of All-Cause Mortality[a] Associated With Healthy Lifestyle Factors Among Participants With a 10-year Predicted Atherosclerotic Cardiovascular Disease Risk ≥7.5% Using the Un-Imputed Data Set (complete case analysis).

	Events / n at risk	Crude incidence rate per 1,000 person years (95% confidence interval)	Hazard Ratio (95% confidence interval)			
			Model 1[d]		Model 2[e]	
Individual healthy lifestyle factors						
Waist circumference						
Obese	193 / 2,452	13.33 (11.45, 15.21)	1 (ref)		1 (ref)	
Non-obese	278 / 3,244	14.18 (12.51, 15.85)	0.93	(0.76, 1.14)	1.05	(0.85, 1.31)
Physical activity						
None	163 / 1,699	16.47 (13.94, 19.00)	1 (ref)		1 (ref)	
1 – 4 times per week	172 / 2,467	11.50 (9.78, 13.22)	0.64	(0.51, 0.80)	0.71	(0.56, 0.90)

≥ 5 times per week	124 / 1,469	13.92 (11.47, 16.37)	0.75	(0.58, 0.96)	0.85	(0.65, 1.10)
p-trend			0.009		0.028	

Smoking status

Current	136 / 1,100	22.18 (18.45, 25.91)	1 (ref)		1 (ref)	
Nonsmoker	335 / 4,609	11.95 (10.67, 13.23)	0.35	(0.28, 0.44)	0.39	(0.31, 0.49)

Saturated fat intake

≥ 7.0% of daily calories	301 / 3,916	12.62 (11.20, 14.05)	1 (ref)		1 (ref)	
< 7.0% of daily calories	24 / 293	12.91 (7.74, 18.07)	0.90	(0.58, 1.39)	0.89	(0.56, 1.40)

Mediterranean diet score[c]

Quartile 1 (worse)	122 / 1,302	15.73 (12.94, 18.52)	1 (ref)		1 (ref)	
Quartile 2	80 / 837	15.71 (12.27, 19.16)	0.91	(0.67, 1.22)	0.85	(0.62, 1.16)
Quartile 3	56 / 867	10.46 (7.72, 13.21)	0.60	(0.43, 0.83)	0.60	(0.43, 0.85)
Quartile 4 (better)	63 / 1,141	8.85 (6.66, 11.03)	0.52	(0.38, 0.72)	0.53	(0.38, 0.74)
p-trend			<0.001		<0.001	

	Number of healthy lifestyle factors[b]					
0	19 / 199	16.92	(9.31, 24.53)	1 (ref)		1 (ref)
1	105 / 1,153	15.24	(12.33, 18.16)	0.60 (0.37, 0.99)		0.69 (0.40, 1.16)
2	110 / 1,518	11.78	(9.58, 13.98)	0.40 (0.24, 0.67)		0.46 (0.27, 0.80)
3	65 / 909	11.47	(8.68, 14.26)	0.37 (0.21, 0.63)		0.44 (0.25, 0.79)
≥ 4	14 / 311	7.04	(3.35, 10.72)	0.24 (0.12, 0.50)		0.30 (0.14, 0.64)
p-trend				<0.001		<0.001

[a]All-cause mortality: death due to any cause.

[b]Number of healthy lifestyle factors: the sum of a non-obese waist circumference (<102 cm for men and <88 cm for women), physical

   activity ≥ 5 times per week, nonsmoking, saturated fat intake < 7.0% of average daily calories and Mediterranean diet score in

   quartile 4.

[c]Quartiles determined using all participants.

   Mediterranean diet score cut-points: [quartile 1 (low) to quartile 4 (high)] < 3, 3 to < 4, 4 to < 6, and ≥ 6.

[d]Model 1: adjustment for age, race, sex, education, income and geographic region of residence.

[e]Model 2: adjustment for Model 1 variables plus high-density lipoprotein and total cholesterol, c-reactive protein >3 mg/L, systolic and diastolic blood pressure, antihypertensive medication use, albumin-to-creatinine ratio ≥30 g/mg and estimated glomerular filtration rate <60 ml/min/1.73 m^2.