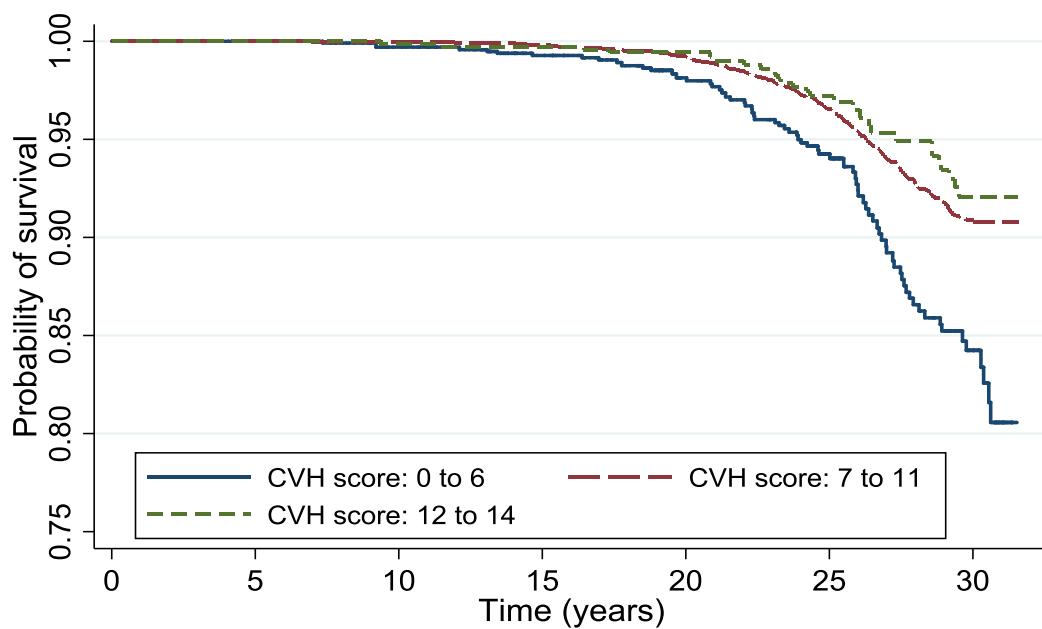


SUPPLEMENTARY MATERIALS

Figure A. Probability of survival free of dementia by CVH score at age 50



Years of follow-up	0-4.9	5-9.9	10-14.9	15-19.9	20-24.9	25-29.9	30-31.6
N dementia cases	0	4	15	36	127	160	5

Abbreviations: CVH, cardiovascular health.

Table A. Metrics distribution at age 50 (%)

	All N=7899	CVH score		
		Poor (0-6) N=978	Intermediate (7-11) N=5997	Optimal (12-14) N=924
Smoking				
Poor	1239 (15.7)	490 (50.1)	747 (12.5)	2 (0.2)
Intermediate	313 (4.0)	71 (7.3)	230 (3.8)	12 (1.3)
Optimal	6347 (80.3)	417 (42.6)	5020 (83.7)	910 (98.5)
Diet				
Poor	2789 (35.3)	674 (68.9)	2068 (34.5)	47 (5.1)
Intermediate	3748 (47.5)	282 (28.8)	3081 (51.4)	382 (41.7)
Optimal	1362 (17.2)	22 (2.3)	848 (14.1)	492 (53.2)
Physical activity				
Poor	1310 (16.6)	479 (49.0)	820 (13.7)	11 (1.2)
Intermediate	2625 (33.2)	331 (33.8)	2123 (35.4)	171 (18.5)
Optimal	3964 (50.2)	168 (17.2)	3054 (50.9)	742 (80.3)
BMI				
Poor	849 (10.7)	352 (36.0)	495 (8.3)	2 (0.2)
Intermediate	3024 (38.3)	459 (46.9)	2464 (41.1)	101 (10.9)
Optimal	4026 (51.0)	167 (17.1)	3038 (50.7)	821 (88.9)
Glucose				
Poor	112 (1.4)	60 (6.1)	52 (0.9)	0 (0.0)
Intermediate	855 (10.8)	222 (22.7)	607 (10.1)	26 (2.8)
Optimal	6932 (87.8)	696 (70.2)	5338 (89.0)	898 (97.2)
Cholesterol				
Poor	3523 (44.6)	737 (75.4)	2742 (45.7)	44 (4.8)
Intermediate	2926 (37.0)	220 (22.5)	2339 (39.0)	367 (39.7)
Optimal	1450 (18.4)	21 (2.2)	916 (15.3)	513 (55.5)
Blood pressure				
Poor	1468 (18.6)	451 (46.1)	1010 (16.8)	7 (0.8)
Intermediate	3399 (43.0)	416 (42.5)	2797 (46.6)	186 (20.1)
Optimal	3032 (38.4)	111 (11.4)	2190 (36.5)	731 (79.1)

Abbreviations: BMI, body mass index; CVH, cardiovascular health.

Table B. CVH score and incidence of dementia, additional adjustment for APOE ε4 (N cases/N total = 176/4996)

	HR for dementia (95%CI) Model 1*	P	HR for dementia (95%CI) Model 1 + APOE ε4	P
CVH score				
<i>1-point increment in the CVH score (range, 0-14)</i>	0.89 (0.82 to 0.96)	0.005	0.89 (0.82 to 0.97)	0.007
<i>Each additional CVH metric at optimal level (range, 0-7)</i>	0.86 (0.75 to 1.00)	0.05	0.87 (0.75 to 1.01)	0.08

Abbreviations: APOE, apolipoprotein E; CI, confidence interval; CVH, cardiovascular health; HR, hazard ratio.

*HR estimated among the 4996 participants with data on APOE, using inverse probability weighted Cox regression models with age as time-scale and adjusted for sex, ethnicity, education, occupational position, and marital status.