

# **SUPPLEMENTAL MATERIAL**

**Table S1. Descriptive characteristics of the in- and exclusion study population.**

<i>Characteristics</i>	<i>Inclusion</i> ( <i>n=1699</i> )	<i>Exclusion</i> ( <i>n = 1752</i> )
Age (years)	60.45 (7.88)	59.10 (8.58)
Sex (% male)	50.60	52.30
Education level (%)		
• Low	32.50	34.60
• Medium	28.60	27.90
• High	38.80	37.50
Mean arterial pressure (mmHg)	96.71 (10.27)	96.75 (10.37)
Mean heart rate (bpm)	62.30 (9.40)	63.38 (9.37)
Smoking status (%)		
• Current	11.90	15.80
• Former	53.40	49.90
• Never	34.70	34.30
Alcohol consumption (%)		
• None	17.30	19.90
• Low	56.50	54.40
• High	26.20	25.70
Mobility limitations		
• Yes	19.80	23.90
• Non	80.20	76.10
BMI (kg/m <sup>2</sup> )	26.77 (4.16)	27.10 (4.90)
History of CVD (%)	16.20	17.20
Diabetes status (%)		
• Yes	26.90	29.60

• No	73.10	68.10
Antihypertensive medication use (%)	40.30	39.70
Lipid-modifying medication use (%)	36.70	36.30
Glucose-lowering medication use (%)	21.00	25.70
Total cholesterol-to-HDL cholesterol ratio	3.40 [2.78-4.23]	3.53 [2.88-4.33]
Triglycerides (mmol/L)	1.21 [0.89-1.7]	1.20 [0.87-1.74]
cfPWV (m/s)	9.05 (2.16)	8.97 (2.16)
Carotid DC (10 <sup>3</sup> /kPa)	14.29 (4.98)	14.33 (5.34)
Valid days (n)	6.65 (0.48)	3.00 (3.02)
Time of HPA/week (min)	150.65 (118.98)	121.13 (112.73)

Values are means (SD) or median [Q1-Q3], unless stated otherwise. BMI, body mass index;

cfPWV carotid to femoral pulse wave velocity; Carotid DC carotid distensibility coefficient;

HPA higher intensity physical activity.