

## Electronic Supplementary Material

Electronic Supplementary Material Table 1. Definitions of Poor, Intermediate, Ideal Cardiovascular Health<sup>a</sup>

Goal/Metric	Poor health	Intermediate health	Ideal health
Current smoking	Yes	Former ≤ 12 months	Never or quit ≥12 months
Total cholesterol	≥ 6.21 mmol/l (≥ 240 mg/dl)	5.18 - <6.21 mmol/l or treated to goal	< 5.18 mmol/l
Blood pressure	SBP≥140 or DBP ≥90 mmHg	SBP 120-139 or DBP 80-89 mmHg or treated to goal	<120/<80 mmHg
Body mass index	≥30 kg/m <sup>2</sup>	25-29.9 kg/m <sup>2</sup>	<25 kg/m <sup>2</sup>
Physical activity <sup>b</sup>	No exercise	Exercise 1-3 times/week	Exercise 4+ times/week
Healthy diet score <sup>c</sup>	0-1 components	2-3 components	4-5 components
Fasting plasma glucose <sup>d</sup>	≥ 7.0 mmol/l (≥126 mg/dl)	5.6-6.99 mmol/l or treated to goal	<5.6 mmol/l
Points for Ideal Cardiovascular Health Score per Metric	0	0	1

### Electronic Supplementary Material Table 1 Legend:

<sup>a</sup> Adapted from The American Heart Association's Strategic Planning Task Force and Statistical Committee 2020 Guidelines<sup>1</sup>

<sup>b</sup> Adapted for the REGARDS study

<sup>c</sup> Adapted for the REGARDS study: Responses to the Block FFQ were used for the 'healthy diet score' that is based on how many components of the 5 diet goals are met. Fruits and vegetables ≥4.5 cups/day, fish ≥two 98 g servings per week (non-fried), fiber-rich whole grains ≥ three 28 g-equivalent servings/day (1.1g of fiber in 10 gms of carbohydrates), sodium <1500 mg/day, and sugar-sweetened beverages ≤ 1884 kJ/week.

<sup>d</sup> The ideal CVH category for fasting plasma glucose was not used in the analyses.

Electronic Supplementary Material Table 2. Characteristics of Participants Included and Excluded in the Sample<sup>a</sup>

	Included n= 7,758	Excluded N=5,663	p-value <sup>b</sup>
Age	63.0 (8.4)	63.2 (8.9)	0.1901
Female (%)	56.5	57.7	0.1528
African American (%)	26.5	44.1	<.0001
Current smoking (%)	10.7	13.1	<.0001
Ideal cardiovascular diet score (0-5) <sup>c</sup>	0.9 (0.8)	0.9 (0.8)	0.7246
Current alcohol use (%)	62.1	55.3	<.0001
Education college graduate and above (%)	46.2	40.0	<.0001
Income			<.0001
<\$20k	9.9	14.5	
\$20k-\$34k	21.1	21.7	
\$35k-\$74k	34.7	32.5	
\$75 and above	23.7	19.2	
Refused to answer	10.5	12.1	
History of coronary heart disease	11.5	12.5	0.0766
Body mass index (kilogram/meter <sup>2</sup> )	28.4 (5.6)	29.0 (5.9)	<.0001
Waist circumference (centimeters)	93.0 (14.5)	94.1 (14.7)	<.0001
Systolic blood pressure (mmHg)	124.4 (15.1)	126.2 (15.9)	<.0001
Diastolic blood pressure (mmHg)	76.2 (9.1)	76.7 (9.3)	0.0009
eGFR CKD-EPI (ml/min/1.73m <sup>2</sup> ) <sup>d</sup>	87.5 (15.9)	87.7 (18.2)	0.5450
Urine albumin:creatinine ratio (mg/mmol) <sup>e</sup>	0.69 (0.46-1.19)	0.73 (0.49-1.32)	<.0001
Total cholesterol (mmol/l)	5.1 (1.0)	5.1 (1.0)	0.7692
Fasting glucose (mmol/l)	5.1 (0.6)	5.2 (0.8)	<.0001
Statin medication usage	28.3	25.6	0.0005
High-sensitivity C-reactive protein <sup>e</sup>	1.8 (0.8-4.0)	2.0 (0.9-4.7)	<.0001
Diabetes at Follow-up	11.5	10.7	0.1543
Glucose			0.3790
Poor (0-1) (%)	Not applicable	Not applicable	
Intermediate (2-3) (%)	22.6	23.2	
Ideal (4-6) (%)	77.4	76.7	
Blood Pressure			<.0001
Poor (%)	16.5	20.1	
Intermediate (%)	59.0	59.7	
Ideal (%)	24.5	20.1	
Body Mass Index			<.0001
Poor (%)	32.2	35.8	
Intermediate (%)	40.1	38.7	
Ideal (%)	27.8	25.5	
Total Cholesterol			0.0801
Poor (%)	11.9	12.0	

	Included	Excluded	<i>p</i> -value <sup>b</sup>
Intermediate (%)	52.5	50.6	
Ideal (%)	35.6	37.4	
Smoking			<.0001
Poor (%)	10.6	13.1	
Intermediate (%)	1.4	2.0	
Ideal (%)	87.9	84.9	
Dietary Intake			0.6023
Poor (%)	78.5	78.9	
Intermediate (%)	21.6	21.1	
Ideal (%)	0.0	0.0	
Physical Activity			0.0003
Poor (%)	27.6	30.7	
Intermediate (%)	40.1	39.0	
Ideal (%)	32.3	30.2	
Using 6 components			
Total no. ideal components	2.1 (1.1)	1.9 (1.0)	<.0001
0-1, ideal CVH components	32.1	36.4	<.0001
2-3, ideal CVH components	57.8	56.5	
≥4, ideal CVH components	10.2	7.1	

**Electronic Supplementary Material Table 2 Legend:**

<sup>a</sup> Mean (Standard deviation) or percentages are listed.

<sup>b</sup> *p*-values calculated using chi-square (categorical variables), t-test (continuous variables)

<sup>c</sup> Adapted for the REGARDS with 1 point given for: Fruits and vegetables ≥4.5 cups/day, fish ≥two 98 g servings per week (non-fried), fiber-rich whole grains ≥ three 28 g-equivalent servings/day, sodium <1500 mg/day, and sugar-sweetened beverages ≤ 1884 kJ/week

<sup>d</sup> eGFR CKD-EPI = Estimated glomerular filtration rate based on the Chronic Kidney Disease Epidemiology Collaboration

<sup>e</sup> Median and IQR are listed, Kruskal-Wallis test used for comparison

Electronic Supplementary Material Table 3. Characteristics of Participants, by Race, in REGARDS<sup>a</sup>

	Overall n= 7,758	White n=5637	African American n=2025	p-value <sup>b</sup>
Age	63.0 (8.4)	63.5 (8.4)	61.7 (8.2)	<.0001
Female (%)	56.5	52.3	68.0	<.0001
Current smoking (%)	10.7	9.3	14.6	<.0001
Ideal cardiovascular diet score (0-5) <sup>c</sup>	0.9 (0.8)	0.9 (0.8)	0.9 (0.8)	0.0036
Current alcohol use (%)	62.1	66.3	50.6	<.0001
Education college graduate and above (%)	46.2	50.1	35.1	<.0001
Income				<.0001
<\$20k	9.9	7.3	17.2	
\$20k-\$34k	21.1	19.5	25.6	
\$35k-\$74k	34.7	34.7	34.8	
\$75 and above	23.7	27.4	13.7	
Refused to answer	10.5	11.2	8.6	
History of CHD (%)	11.5	12.4	8.8	<.0001
Body mass index (kilogram/meter <sup>2</sup> )	28.4 (5.6)	27.7 (5.0)	30.6 (6.4)	<.0001
Waist circumference (centimeters)	93.0 (14.5)	92.1 (14.5)	95.5 (14.1)	<.0001
Systolic blood pressure (mmHg)	124.4 (15.1)	123.1 (14.8)	127.7 (15.4)	<.0001
Diastolic blood pressure (mmHg)	76.2 (9.1)	75.3 (8.9)	78.5 (9.2)	<.0001
eGFR CKD-EPI (ml/min/1.73m <sup>2</sup> ) <sup>d</sup>	87.5 (15.9)	85.5 (14.2)	92.9 (18.9)	<.0001
Urine albumin:creatinine ratio (mg/mmol) <sup>e</sup>	0.69 (0.46-1.19)	0.69 (0.47-1.17)	0.69 (0.45-1.28)	0.0089
Total cholesterol (mmol/l)	5.1 (1.0)	5.0 (1.0)	5.1 (1.0)	0.0007
Fasting glucose (mmol/l)	5.1 (0.6)	5.1 (0.6)	5.2 (0.6)	<.0001
Statin medication usage	28.3	29.6	24.8	<.0001
High-sensitivity C-reactive protein <sup>e</sup>	1.8 (0.8-4.0)	1.6 (0.8-3.4)	2.7 (1.1-5.9)	<.0001
Incident Diabetes per 1000 person-years	11.5	9.4	17.3	<.0001
Glucose				<.0001
Poor (0-1) (%)	Not applicable	Not applicable	Not applicable	
Intermediate (2-3) (%)	22.6	20.9	27.3	
Ideal (4-6) (%)	77.4	79.1	72.7	
Blood Pressure				<.0001
Poor (%)	16.5	14.4	22.4	
Intermediate (%)	59.0	57.1	64.4	
Ideal (%)	24.5	28.6	13.1	
Body Mass Index				<.0001
Poor (%)	32.2	26.9	46.9	
Intermediate (%)	40.1	41.4	36.4	
Ideal (%)	27.8	31.8	16.7	
Total Cholesterol				<.0001
Poor (%)	11.9	11.3	13.5	
Intermediate (%)	52.5	54.0	48.4	

	Overall	White	African American	p-value <sup>b</sup>
Ideal (%)	35.6	34.7	38.1	
Smoking				<.0001
Poor (%)	10.6	9.2	14.5	
Intermediate (%)	1.4	1.3	1.9	
Ideal (%)	87.9	89.5	83.6	
Dietary Intake				<.0001
Poor (%)	78.5	77.2	81.7	
Intermediate (%)	21.6	22.7	18.4	
Ideal (%)	0.0	0.0	0.0	
Physical Activity				<.0001
Poor (%)	27.6	26.0	32.1	
Intermediate (%)	40.1	39.9	40.5	
Ideal (%)	32.3	34.1	27.4	
Using 6 components				
Number of Ideal Components	2.1 (1.1)	2.2 (1.1)	1.8 (0.9)	<.0001
0-1, ideal CVH components	32.1	28.8	41.1	<.0001
2-3, ideal CVH components	57.8	58.9	54.6	
≥4, ideal CVH components	10.2	12.3	4.3	

**Electronic Supplementary Material Table 3 Legend:**

<sup>a</sup> Mean (Standard deviation) or percentages are listed.

<sup>b</sup> p-values calculated using chi-square (categorical variables), ANOVA (continuous variables) and log-rank test (incident diabetes)

<sup>c</sup> Adapted for the REGARDS with 1 point given for: Fruits and vegetables ≥4.5 cups/day, fish ≥two 98 g servings per week (non-fried), fiber-rich whole grains ≥ three 28 g-equivalent servings/day, sodium <1500 mg/day, and sugar-sweetened beverages ≤ 1884 kJ (36 ounces)/week

<sup>d</sup> eGFR CKD-EPI = Estimated glomerular filtration rate based on the Chronic Kidney Disease Epidemiology Collaboration

<sup>e</sup> Median and IQR are listed, Kruskal-Wallis test used for comparison

Electronic Supplementary Material Table 4. Diabetes Risk Ratios for Baseline Levels of Ideal Cardiovascular Health adjusting for Covariates including Baseline Glucose

<b>Diabetes Incident Rate Ratios for 0-1, 2-3 and <math>\geq 4</math> Ideal Cardiovascular Health Components</b>						
	n/cases	Overall <sup>a</sup>	White <sup>a,c</sup>	African American <sup>a,d</sup>	Normal fasting glucose <sup>a,e</sup>	Impaired fasting glucose <sup>a,f</sup>
0-1 ideal CVH Components	2488/399	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)
2-3 ideal CVH Components	4480/463	0.83 (0.73,0.93)	0.72 (0.62,0.84)	1.01 (0.84,1.20)	0.68 (0.55,0.83)	0.96 (0.84,1.11)
$\geq 4$ ideal CVH Components	790/29	0.46 (0.32,0.65)	0.41 (0.28,0.61)	0.59 (0.28,1.24)	0.22 (0.12,0.41)	0.90 (0.62,1.32)
<i>p</i> for interaction <sup>b</sup>			0.0086		<.0001	

Electronic Supplementary Material Table 4 Legend

<sup>a</sup> Adjusted for age, education, sex, race, education, income, alcohol use, glucose, estimated glomerular filtration rate, urine albumin:creatinine ratio, high-sensitivity C-reactive protein, race stratified analysis were not adjusted for race.

<sup>b</sup> *p* for interaction calculated using multiplicative interaction terms and application of the likelihood ratio test

<sup>c</sup> Whites (n total/cases): Diabetes Risk Ratios for 0-1, 2-3 and  $\geq 4$  ideal CVH components: 0-1, 1643/23; 2-3, 3358/281;  $\geq 4$ , 702/23.

<sup>d</sup> African Americans (n total/cases): Diabetes Risk Ratios for 0-1, 2-3 and  $\geq 4$  ideal CVH components: 0-1, 845/168; 2-3, 1122/182;  $\geq 4$ , 88/6.

<sup>e</sup> Normal fasting glucose participants (n total/cases): Diabetes Risk Ratios for 0-1, 2-3 and  $\geq 4$  ideal CVH components: 0-1, 1760/160; 2-3, 3531/187;  $\geq 4$ , 713/10.

<sup>f</sup> Impaired fasting glucose group (n total/cases): Diabetes Risk Ratios for 0-1, 2-3 and  $\geq 4$  ideal CVH components: 0-1, 728/239; 2-3, 949/276;  $\geq 4$ , 77/19.

Electronic Supplementary Material Table 5. Diabetes Risk Ratios for Baseline Levels of Ideal Cardiovascular Health by World Health Organization Criteria  
 Diabetes Risk Ratios by Number of Ideal Cardiovascular Health Components

	Fasting Glucose <5.6 mmol/l <sup>a,d</sup>	Fasting Glucose 5.6 - <6.1 mmol/l <sup>a,e</sup>	Fasting Glucose 6.1 – 6.9 mmol/l <sup>a,f</sup>		Fasting Glucose < 6.1 mmol/l <sup>a,g</sup>	Fasting Glucose 6.1 – 6.9 mmol/l <sup>a,f</sup>
0	1 (Referent)	1 (Referent)	1 (Referent)		1 (Referent)	1 (Referent)
1	0.55 (0.38,0.80)	1.07 (0.67,1.71)	0.95 (0.69,1.31)		0.69 (0.51,0.94)	0.95 (0.69,1.31)
2	0.45 (0.31,0.65)	1.04 (0.65,1.67)	0.90 (0.65,1.24)		0.57 (0.42,0.78)	0.90 (0.65,1.24)
3	0.29 (0.19,0.44)	1.07 (0.64,1.78)	0.78 (0.52,1.15)		0.41 (0.29,0.58)	0.78 (0.52,1.15)
4	0.11 (0.05,0.23)	0.88 (0.41,1.92)	0.96 (0.55,1.68)		0.19 (0.11,0.32)	0.96 (0.55,1.68)
5	0.15 (0.04,0.61)	1.09 (0.19,6.36)	0.76 (0.28,2.05)		0.20 (0.06,0.62)	0.76 (0.28,2.05)
<i>p</i> for trend <sup>b</sup>	<.0001	0.8446	0.1986		<.0001	0.1986
<i>p</i> for interaction <sup>c</sup>	0.0003				0.0036	

Diabetes Risk Ratios for 0-1, 2-3 and ≥4 ideal Cardiovascular Health Components

0-1, ideal CVH components	1 (Referent)	1 (Referent)	1 (Referent)		1 (Referent)	1 (Referent)
2-3, ideal CVH components	0.65 (0.53,0.80)	0.99 (0.80,1.23)	0.90 (0.76,1.08)		0.71 (0.61,0.83)	0.90 (0.76,1.08)
≥4, ideal CVH components	0.20 (0.10,0.37)	0.85 (0.45,1.59)	0.95 (0.61,1.49)		0.26 (0.16,0.41)	0.95 (0.61,1.49)
<i>p</i> for trend <sup>b</sup>	<.0001	0.7301	0.3318		<.0001	0.3318
<i>p</i> for interaction <sup>c</sup>	<.0001				0.0010	

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Electronic Supplementary Material Table 5 Legend

<sup>a</sup> Adjusted for age, education, sex, race, income, alcohol use, estimated glomerular filtration rate, urine albumin:creatinine ratio, high-sensitivity C-reactive protein; race stratified analysis were not adjusted for race.

<sup>b</sup> *p* for trend calculated using the Log-rank test.

<sup>c</sup> *p* for interaction calculated using multiplicative interaction terms and application of the likelihood ratio test

<sup>d</sup> Fasting glucose <5.6 mmol/l participants (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 166/29; 1, 1594/131; 2, 2156/134; 3, 1375/53; 4, 587/8; 5, 126/2; 0-1, 1760/160; 2-3, 3531/187; ≥4, 713/10.

<sup>e</sup> Fasting glucose 5.6 - <6.1 mmol/l participants (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 60/15; 1, 433/100; 2, 451/98; 3, 218/44; 4, 50/8; 5, 7/1; 0-1, 493/115; 2-3, 669/142; ≥4, 57/9.

<sup>f</sup> Fasting glucose 6.1 – 6.9 mmol/l participants (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 36/20; 1, 199/104; 2, 209/104; 3, 71/30; 4, 15/8; 5, 5/2.; 0-1, 235/124; 2-3, 280/134; ≥4, 20/10.

<sup>g</sup> Fasting glucose < 6.1 mmol/l participants (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 226/44; 1, 2027/231; 2, 2607/232; 3, 1593/97; 4, 637/16; 5, 133/3; 0-1, 2253/275; 2-3, 4200/329; ≥4, 770/19.



Electronic Supplementary Material Table 6. Incident Dysglycaemia (Impaired Fasting Glucose or Diabetes) Risk Ratios for Baseline Levels of Ideal Cardiovascular Health in those with Normal Fasting Glucose at Baseline

	n/cases	Unadjusted	Multivariable Adjusted <sup>a</sup>	White <sup>a,d</sup>	African American <sup>a,e</sup>
0	184/98	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)
1	1627/595	0.69 (0.59,0.80)	0.75 (0.64,0.88)	0.67 (0.55,0.82)	0.82 (0.65,1.05)
2	2138/664	0.58 (0.50,0.68)	0.65 (0.56,0.76)	0.56 (0.46,0.69)	0.76 (0.60,0.98)
3	1286/276	0.40 (0.34,0.48)	0.46 (0.38,0.55)	0.38 (0.30,0.48)	0.61 (0.45,0.81)
4	531/78	0.28 (0.22,0.35)	0.33 (0.26,0.42)	0.30 (0.22,0.39)	0.37 (0.21,0.64)
5	112/16	0.27 (0.17,0.43)	0.35 (0.22,0.55)	0.31 (0.19,0.52)	0.35 (0.07,1.79)
<i>p</i> for trend <sup>b</sup>		<.0001	<.0001	<.0001	<.0001
<i>p</i> for interaction <sup>c</sup>					0.1595

0-1 ideal CVH components	1811/693	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)
2-3 ideal CVH components	3424/940	0.72 (0.66,0.78)	0.74 (0.69,0.81)	0.70 (0.63,0.77)	0.84 (0.74,0.96)
≥4 ideal CVH components	643/94	0.38 (0.31,0.46)	0.43 (0.35,0.52)	0.43 (0.34,0.53)	0.43 (0.27,0.70)
<i>p</i> for trend <sup>b</sup>		<.0001	<.0001	<.0001	<.0001
<i>p</i> for interaction <sup>c</sup>					0.0968

Electronic Supplementary Material Table 6 Legend:

<sup>a</sup> Adjusted for age, education, sex, race, education, income, alcohol use, estimated glomerular filtration rate, urine albumin:creatinine ratio, high-sensitivity C-reactive protein; race stratified analysis were not adjusted for race.

<sup>b</sup> *p* for trend calculated using the Log-rank test.

<sup>c</sup> *p* for interaction calculated using multiplicative interaction terms and application of the likelihood ratio test

<sup>d</sup> Whites (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 109/58; 1, 1097/383; 2, 1553/452; 3, 1020/198; 4, 467/66; 5, 106/15; 0-1, 1206/441; 2-3, 2573/650; ≥4, 573/81.

<sup>e</sup> African Americans (n total/cases); Diabetes Risk Ratios by no. of ideal CVH components: 0, 75/40; 1, 530/212; 2, 585/212; 3, 266/78; 4, 64/12; 5, 6/1; 0-1, 605/252; 2-3, 851/290; ≥4, 70/13.

Electronic Supplementary Material Table 7. Incident Impaired Fasting Glucose Risk Ratios for Baseline Levels of Ideal Cardiovascular Health in those with Normal Fasting Glucose at Baseline

	n/cases	Unadjusted	Multivariable Adjusted <sup>a</sup>	White <sup>a,d</sup>	African American <sup>a,e</sup>
0	148/49	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)
1	1413/338	0.72 (0.56,0.93)	0.77 (0.60,0.99)		
2	1920/398	0.63 (0.49,0.80)	0.67 (0.52,0.86)		
3	1207/187	0.47 (0.36,0.61)	0.50 (0.38,0.65)		
4	515/60	0.35 (0.25,0.49)	0.38 (0.27,0.54)		
5	109/12	0.33 (0.19,0.59)	0.37 (0.21,0.66)		
<i>p</i> for trend <sup>b</sup>		<.0001	<.0001		
0-1 ideal CVH components	1561/387	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)
2-3 ideal CVH components	3127/585	0.75 (0.67,0.85)	0.76 (0.68,0.85)	0.73 (0.64,0.84)	0.84 (0.68,1.04)
≥4 ideal CVH components	624/72	0.47 (0.37,0.59)	0.48 (0.38,0.61)	0.48 (0.38,0.62)	0.47 (0.24,0.93)
<i>p</i> for trend <sup>b</sup>		<.0001	<.0001	<.0001	0.0118
<i>p</i> for interaction <sup>c</sup>				0.4935	

Electronic Supplementary Material Table 7 Legend:

<sup>a</sup> Adjusted for age, education, sex, race, education, income, alcohol use, estimated glomerular filtration rate, urine albumin:creatinine ratio, high-sensitivity C-reactive protein, race stratified analysis were not adjusted for race.

<sup>b</sup> *p* for trend calculated using the Log-rank test.

<sup>c</sup> *p* for interaction calculated using multiplicative interaction terms and application of the likelihood ratio test

<sup>d</sup> Whites (n total/cases): Diabetes Risk Ratios for 0-1, 2-3 and ≥4 ideal CVH components: 0-1, 1065/271; 2-3, 2391/441; ≥4, 557/64.

<sup>e</sup> African Americans (n total/cases) (2) Diabetes Risk Ratios for 0-1, 2-3 and ≥4 ideal CVH components: 0-1, 496/116; 2-3, 736/144; ≥4, 67/8.

Electronic Supplementary Material Table 8. Diabetes Risk Ratios for Baseline Levels of Ideal Cardiovascular Health excluding adjustment for Estimated Glomerular Filtration Rate, Albumin:Creatinine Ratio and high-sensitivity C-Reactive Protein

Diabetes Risk Ratios by Number of Ideal Cardiovascular Health Components

	N / cases	Unadjusted	Multivariable Adjusted <sup>a</sup>	White <sup>a,d</sup>	African American <sup>a,e</sup>	Normal Fasting Glucose <sup>a,f</sup>	Impaired Fasting Glucose <sup>a,g</sup>
0	262/64	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)
1	2226/335	0.62 (0.49,0.78)	0.69 (0.54,0.87)	0.68 (0.49,0.95)	0.67 (0.48,0.93)	0.55 (0.38,0.79)	0.95 (0.71,1.26)
2	2816/336	0.49 (0.39,0.62)	0.56 (0.45,0.72)	0.51 (0.36,0.70)	0.64 (0.45,0.90)	0.44 (0.30,0.64)	0.92 (0.69,1.22)
3	1664/127	0.31 (0.24,0.41)	0.37 (0.28,0.49)	0.32 (0.22,0.46)	0.50 (0.33,0.75)	0.28 (0.18,0.43)	0.81 (0.58,1.12)
4	652/24	0.15 (0.10,0.24)	0.20 (0.13,0.31)	0.18 (0.11,0.31)	0.21 (0.09,0.52)	0.11 (0.05,0.23)	0.80 (0.49,1.31)
5	138/5	0.15 (0.06,0.36)	0.22 (0.09,0.53)	0.18 (0.07,0.49)	0.64 (0.13,3.15)	0.14 (0.03,0.56)	0.98 (0.37,2.58)
<i>p</i> for trend <sup>b</sup>		<.0001	<.0001	<.0001	<.0001	<.0001	0.0819
<i>p</i> for interaction <sup>c</sup>				0.2365		<.0001	

Diabetes Risk Ratios for 0-1, 2-3 and 4+ Ideal Cardiovascular Health Components

0-1 ideal CVH Components	2488/399	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)	1 (Referent)
2-3 ideal CVH Components	4480/463	0.64 (0.57,0.73)	0.69 (0.61,0.78)	0.60 (0.51,0.71)	0.84 (0.70,1.02)	0.64 (0.52,0.78)	0.93 (0.80,1.07)
≥4 ideal CVH Components	790/29	0.23 (0.16,0.33)	0.28 (0.19,0.40)	0.26 (0.17,0.39)	0.34 (0.16,0.72)	0.19 (0.10,0.36)	0.86 (0.58,1.29)
<i>p</i> for trend <sup>b</sup>		<.0001	<.0001	<.0001	0.0022	<.0001	0.1645
<i>p</i> for interaction <sup>c</sup>				0.0455		<.0001	

Electronic Supplementary Material Table 8 Legend:

<sup>a</sup> Adjusted for age, education, sex, race, income, alcohol use; race stratified analysis were not adjusted for race.

<sup>b</sup> *p* for trend calculated using the Log-rank test.

<sup>c</sup> *p* for interaction calculated using multiplicative interaction terms and application of the likelihood ratio test

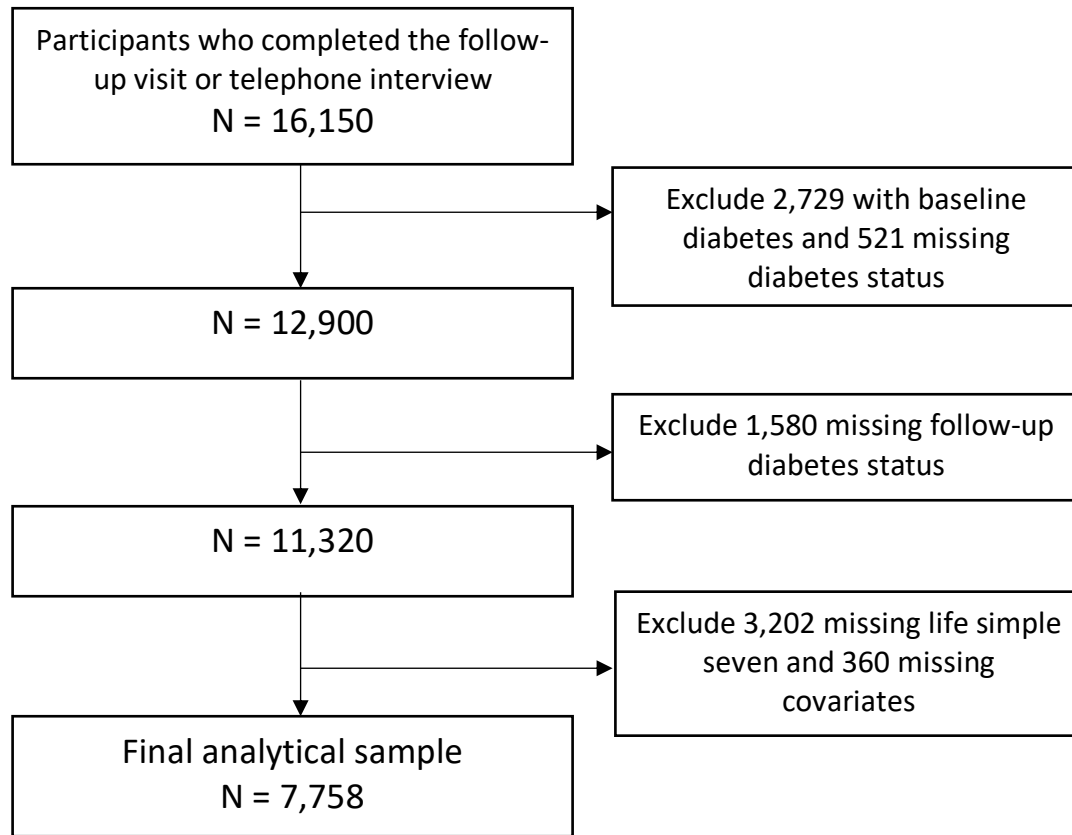
<sup>d</sup> Whites (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 159/33; 1, 1484/198; 2, 2028/200; 3, 1330/81; 4, 570/19; 5, 132/4; 0-1,1643/231; 2-3, 3358/281; ≥4, 702/23.

<sup>e</sup> African Americans (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 103/31; 1, 742/137; 2, 788/136; 3, 334/46; 4, 82/5; 5, 6/1; 0-1, 845/168; 2-3, 1122/182; ≥4, 88/6.

<sup>f</sup> Normal fasting glucose participants (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 166/29; 1, 1594/131; 2, 2156/134; 3, 1375/53; 4, 587/8; 5, 126/2; 0-1, 1760/160; 2-3, 3531/187; ≥4, 713/10.

<sup>g</sup> Impaired fasting glucose group (n total/cases): Diabetes Risk Ratios by no. of ideal CVH components: 0, 96/35; 1, 632/204; 2, 660/202; 3, 289/74; 4, 65/16; 5, 12/3; 0-1, 728/239; 2-3, 949/276; ≥4, 77/19.

Electronic Supplementary Material Figure 1: Exclusion Cascade in the REGARDS Cohort



Electronic Supplementary Material Figure 1 Legend:

Exclusion cascade for participants in the REGARDS cohort and the final analytic sample.