



Supplementary material

Association of Classic Cardiovascular Risk Factors and Lifestyles With the Cardio-ankle Vascular Index in a General Mediterranean Population

Table 1 of the supplementary material.

Main Characteristics of the Participants and Distribution of Classic Risk Factors in Men From the Whole Follow-up Sample Versus the Subset Assessed

	Follow-up sample	Subsample	<i>P</i>
<i>Number of participants</i>	1962	1235	
<i>Age, y</i>		60.19 ± 10.74	.001
<i>Systolic BP, mmHg</i>	134.36 ± 18.57	135.49 ± 18.12	.090
<i>Diastolic BP, mmHg</i>	78.69 ± 10.08	80.19 ± 9.95	< .001
<i>Pulse pressure, mmHg</i>	55.68 ± 16.07	55.31 ± 15.34	.512
<i>Hypertension, %</i>	56.42	57.00	.774
<i>Medication for hypertension, %</i>	36.70	33.93	.120
<i>Total cholesterol, mg/dL</i>	195.17 ± 36.2	196.71 ± 35.09	.233
<i>LDL-C, mg/dL</i>	126.57 ± 31.7	128.48 ± 30.34	.091
<i>HDL-C, mg/dL</i>	47.40 ± 10.54	46.84 ± 10.28	.141
<i>Hypercholesterolemia, %</i>	30.08	28.84	.478
<i>Medication for hypercholesterolemia, %</i>	23.96	22.83	.493
<i>Glucose, mg/dL</i>	101.73 ± 26.27	101.46 ± 25.86	.771
<i>Diabetes mellitus, %</i>	19.31	19.72	.812
<i>Medication for diabetes, %</i>	0.111	0.115	.746

<i>Triglycerides, mg/dL</i>	92 [68-127]	92 [68-128]	.675
<i>BMI, m/kg²</i>	27.74 ± 3.81	27.97 ± 3.91	.094
<i>Waist, cm</i>	99.80 ± 10.53	100.55 ± 10.65	.054
<i>REGICOR coronary risk</i>	4.26 [2.59-6.88]	4.72 [2.76-7.31]	.096
<i>DQI</i>	38.99 ± 2.99	38.88 ± 2.98	.366
<i>Smoking, %</i>			.633
Current	19.45	20.60	
Former	47.46	45.93	
Never	33.09	33.47	
<i>EEPA, kcal/wk</i>			
Total	2098 [1007-3898]	2150 [969-3935]	.957
Light	336 [0-839]	280 [0-839]	.004
Moderate	280 [0-1399]	280 [0-1678]	.420
Vigorous	325 [49-1441]	336 [73-1605]	.651
<i>Active, %</i>	67.41	69.26	.315

BMI, body mass index; BP, blood pressure; ; CAVI, cardio-ankle vascular index; DQI, dietary quality index; EEPA, energy expenditure of *physical activity*; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol.

Unless otherwise indicated, data are expressed as mean ± standard deviation or median [25th percentile-75th percentile].

Table 2 of the supplementary material

Main Characteristics of the Participants and Distribution of Classical Risk Factors in Women From the Whole Follow-up Sample Versus the Subset Assessed

	Follow-up sample	Subsample	P
<i>Number of participants</i>	2317	1378	
<i>Age, y</i>	60.74 ± 11.69	60.04 ± 11.40	.074
<i>Systolic BP, mmHg</i>	126.11 ± 20.29	126.49 ± 19.84	.573
<i>Diastolic BP, mmHg</i>	74.51 ± 9.51	74.99 ± 9.68	.144
<i>Pulse pressure, mmHg</i>	51.60 ± 16.50	51.50 ± 15.92	.864
<i>Hypertension, %</i>	41.91	42.09	.941
<i>Medication for hypertension, %</i>	28.36	27.36	.539
<i>Total cholesterol, mg/dL</i>	206.82 ± 35.31	204.26 ± 34.83	.033
<i>LDL-C, mg/dL</i>	132.05 ± 30.52	130.99 ± 30.28	.312
<i>HDL-C, mg/dL</i>	56.32 ± 11.57	55.15 ± 11.00	.002
<i>Hypercholesterolemia, %</i>	28.15	27.85	.876
<i>Medication for hypercholesterolemia, %</i>	18.26	19.38	.423
<i>Glucose, mg/dL</i>	92.95 ± 18.15	92.02 ± 17.89	.133
<i>Diabetes mellitus, %</i>	10.45	10.47	1
<i>Medication for diabetes, %</i>	6.09	6.46	.701
<i>Triglycerides, mg/dL</i>	81 [60-111]	80 [59-110]	.420
<i>BMI, m/kg²</i>	26.88 ± 5.03	26.90 ± 4.93	.901
<i>Waist, cm</i>	91.43 ± 12.83	92.26 ± 12.66	.055
<i>REGICOR coronary risk</i>	2.28 [1.35-3.75]	2.41 [1.39-3.99]	.052
<i>DQI</i>	39.22 ± 2.84	39.26 ± 2.84	.683

<i>Smoking, %</i>			.702
Current	13.23	13.60	
Former	16.48	17.38	
Never	70.29	69.02	
<i>EEPA, kcal/wk</i>			
Total	1504 [706-2545]	1538 [743-2558]	.565
Light	336 [0-839]	252 [0-839]	.382
Moderate	0 [0-839]	70 [0-839]	.725
Vigorous	294 [49-1143]	339 [73-1185]	.349
<i>Active, %</i>	57.80	59.23	.420

BMI, body mass index; BP, blood pressure; CAVI, cardio-ankle vascular index; DQI, Dietary quality index; EEPA, energy expenditure of physical activity; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol.

Unless otherwise indicated, data are expressed as mean \pm standard deviation or median [25th percentile-75th percentile].

Table 3 of the supplementary material

Sociodemographic and Clinical Characteristics of Participants by Sex and Presence of CAVI \geq 9

	Men			Women		
	CAVI < 9	CAVI \geq 9	P	CAVI < 9	CAVI \geq 9	P
Number of participants	657	578		882	496	
Age, years	53.20 \pm 8.16	46.80 \pm 8.92	< .001	64.01 \pm 8.92	35.99 \pm 8.81	< .001
Systolic BP, mmHg	129.47 \pm 15.15	142.34 \pm 18.79	< .001	120.29 \pm 17.79	137.52 \pm 18.46	< .001
Diastolic BP, mmHg	80.25 \pm 9.69	80.12 \pm 10.24	.819	74.56 \pm 9.68	75.75 \pm 9.65	.029
Pulse pressure, mmHg	49.22 \pm 11.62	62.22 \pm 16.10	< .001	45.73 \pm 12.29	61.78 \pm 16.45	< .001
Hypertension, %	40.79	75.43	< .001	28.34	66.53	< .001
Medication for hypertension, %	20.85	48.79	< .001	16.89	45.97	< .001
Total cholesterol, mg/dL	198.93 \pm 33.96	194.18 \pm 36.19	.018	202.64 \pm 34.52	207.11 \pm 35.24	.025
LDL-C, mg/dL	130.83 \pm 29.61	125.82 \pm 30.96	.004	130.44 \pm 29.74	131.96 \pm 31.22	.386
HDL-C, mg/dL	46.64 \pm 9.94	47.07 \pm 10.66	.461	55.27 \pm 10.89	54.95 \pm 11.20	.612
Hypercholesterolemia, %	21.41	37.26	< .001	20.53	40.78	< .001
Medication for hypercholesterolemia, %	16.29	30.28	< .001	12.24	32.05	< .001
Glucose, mg/dL	96.68 \pm 18.09	106.91 \pm 31.68	< .001	89.95 \pm 14.76	95.69 \pm 21.91	< .001
Diabetes mellitus, %	11.47	28.99	< .001	7.42	15.81	< .001
Medication for diabetes,%	5.18	18.69	< .001	4.31	10.28	< .001
Triglycerides, mg/dL	89.5 [67-128]	95 [70-128]	.843	75 [55-102]	90 [68-119]	< .001
BMI, m/kg ²	28.24 \pm 4.14	27.67 \pm 3.62	.010	26.83 \pm 5.31	27.03 \pm 4.16	.431
Waist, cm	100.18 \pm 11.16	100.96 \pm 10.03	.196	91.31 \pm 13.32	93.95 \pm 11.21	< .001
REGICOR coronary risk	3.44 [2.20-5.41]	6.80 [4.79-10.04]	< .001	1.95 [1.14-3.34]	3.60 [2.50-5.09]	< .001
CAVI	7.96 \pm 0.71	10.12 \pm 1.02	< .001	7.79 \pm 0.80	9.94 \pm 0.74	< .001
DQI	38.61 \pm 3.04	39.22 \pm 2.88	< .001	39.00 \pm 2.74	39.73 \pm 2.95	< .001
Smoking, %			< .001			< .001
Current	25.27	15.30		17.82	6.07	
Former	40.74	51.83		22.24	8.70	
Never	34.00	32.87		59.93	85.22	

<i>EEPA, MET·min/wk</i>						
Total	2002 [934-3531]	2293 [1075-4240]	.004	1454 [735-2425]	1683 [802-3081]	.011
Light	224 [0-559]	420 [0-946]	< .001	224 [0-671]	448 [0-1119]	< .001
Moderate	280 [0-1119]	559 [0-2098]	< .001	105 [0-699]	0 [0-1049]	.004
Vigorous	661 [98-1810]	182 [24-1164]	< .001	388 [98-1170]	245 [33-1198]	.261
<i>Active, %</i>	72.87	64.98	.004	60.69	56.61	.160

BMI, body mass index; BP, blood pressure; CAVI, cardio-ankle vascular index; DQI, dietary quality index; EEPA, energy expenditure of physical activity; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol. Unless otherwise indicated, data are expressed as mean \pm standard deviation or median [25th percentile-75th percentile].

Figure of the supplementary material. Flowchart showing patients included in the study. ABI, ankle brachial index; CAVI, cardio-ankle vascular index.

