

SUPPLEMENTARY DATA

Supplementary Table 1. Definitions of Subclinical Vascular Disease

Characteristic	Definition of subclinical disease component	Cut-points for subclinical disease presence used in the present study
1 Coronary artery calcification (CAC)		
Increased CAC	CAC was defined as an Agatston score > 10 on CT angiography ^{4 5}	CAC > 100 ¹⁰
2. LV hypertrophy by echocardiography		
LV hypertrophy by echocardiography	LV mass was calculated as $0.8 \{1.04 [(IVS+LVEDD+PW)^3 - (LVEDD)^3] \} + 0.6$ g. LV mass values were then adjusted for height ^{2,7}	$\geq 51 \text{ g/m}^{2.7}$ for both men and women ⁹
3. LV systolic dysfunction by echocardiography		
LV systolic dysfunction	Visual assessment on echocardiography	By evidence on two-dimensional echocardiography of mild or greater systolic dysfunction on visual assessment in multiple views (corresponding to ejection fraction less than 50%) ⁶
4. Peripheral arterial disease		
Ankle-brachial index ≤ 0.9	Defined as the ratio of the average systolic blood pressure at the ankle of each leg divided by the average systolic blood pressure in the arm with the highest blood pressure.	An ankle-brachial index at or below 0.9 on either leg ⁶

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5. <i>Microalbuminuria</i>		
Microalbuminuria	An urine albumin to urine creatinine ratio ≥ 25 $\mu\text{g}/\text{mg}$ in men, and ≥ 35 $\mu\text{g}/\text{mg}$ in women ⁶	Presence of microalbuminuria according to the definition.

Abbreviations: IVS = Intact Ventricular Septum, LVEDD = Left Ventricle End Diastolic Dimension, PW = Posterior Wall

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Supplementary Table 2. Incidence of cardiovascular disease, with Exam 2 serving as baseline

Characteristic	No. of Events / No. at Risk	Person- Years At Risk	Incidence Rate, per 1000 p-years	Age- and Sex-Adjusted Rate % (95% CI)
Referent[*]				
All	63/2533	9992	6.30	1.81(1.32-2.49)
No subclinical disease	25/2010	7995	3.13	0.65(0.36-1.18)
Any subclinical disease present	34/462	1763	19.3	2.51(1.37-4.55)
Metabolic syndrome[†]				
All	56/1074	4171	13.4	4.03(2.92-5.53)
No subclinical disease	26/736	2883	9.02	3.83(2.48-5.86)
Any subclinical disease present	27/310	1184	22.8	5.82(3.53-9.46)
Diabetes				
All	73/722	2714	26.9	6.34(4.62-8.63)
No subclinical disease	27/392	1507	17.9	6.97(4.42-10.83)
Any subclinical disease present	42/310	1134	37.0	11.42(7.88-16.26)