**Supplemental materials**

Supplementary Table 1. Age- and gender-specific, 10-year and lifetime risk of hemorrhagic stroke and ischemic stroke.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | All stroke | | hemorrhagic stroke | | Ischemic Stroke | |
|  |  | 10-year | Lifetime risk | 10-year | Lifetime risk | 10-year | Lifetime risk |
| Men | 35 | 0.7(0.4-1.0) | 18.0(15.4-19.9) | 0.3(0.1-0.5) | 4.3(3.0-5.3) | 0.6(0.3-0.9) | 15.5(12.1-17.9) |
|  | 45 | 2.2(1.8-2.6) | 17.6(15.1-19.6) | 0.7(0.5-1.0) | 4.2(2.9-5.1) | 1.8(1.4-2.2) | 15.3(11.9-17.7) |
|  | 55 | 5.2(4.6-5.8) | 16.3(13.8-18.4) | 1.4(1.0-1.7) | 3.6(2.4-4.6) | 4.4(3.8-5.0) | 14.4(11.0-16.9) |
| Women | 35 | 0.5(0.3-0.8) | 14.7(11.4-17.5) | 0.3(0.1-0.5) | 3.6(2.5-4.6) | 0.3(0.1-0.5) | 14.7(11.4-17.5) |
|  | 45 | 1.6(1.2-1.9) | 14.4(11.1-17.2) | 0.5(0.3-0.7) | 3.4(2.3-4.3) | 1.3(1.0-1.6) | 12.6(8.3-16.0) |
|  | 55 | 4.0(3.4-4.7) | 13.5(10.2-16.3) | 1.0(0.6-1.3) | 3.0(1.9-4.0) | 3.6(2.9-4.1) | 11.8(7.5-15.3) |

Supplementary Table 2. The 10-year risk of stroke for men and women at age 35-40, 45-50 and 55-60 according to single risk factor level at baseline.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | Ten-year risk at age 35-40  95%CI | | Ten-year risk at age 41-50  95%CI | | Ten-year risk at age 51-60  95%CI | |
| Variable |  | | Men | Women | Men | Women | Men | Women |
| Blood pressure (SBP/DBP), mmHg | | | | |  |  |  |  |
| ＜120 and＜80 | | 0.4(0.0-0.7) | | 0.3(0.1-0.5) | 1.0(0.5-1.4) | 0.7(0.4-1.1) | 1.8(1.1-2.5) | 1.9(1.1-2.8) |
| 120–139 or 80–89 | | 0.5(0.1-1.0) | | 0.5(0.1-0.9) | 1.5(0.9-2.1) | 1.7(1.0-2.3) | 3.7(2.8-4.6) | 3.4(2.3-4.4) |
| 140–159 or 90–99 | | 1.2(0.1-2.3) | | 1.8(0.1-3.6) | 3.8(2.5-5.0) | 2.7(1.5-3.9) | 6.8(5.3-8.3) | 4.8(3.3-6.3) |
| ≥160 or ≥100 | | 2.9(0.3-5.6) | | 1.7(0.0-4.0) | 7.6(4.9-10.3) | 4.6(2.4-6.7) | 15.4(12.4-18.4) | 9.3(6.8-11.7) |
| Non-HDL-C, mmol/L | | | | |  |  |  |  |
| <3.11 | | 0.6(0.1-1.0) | | 0.5(0.2-0.9) | 1.6(1.1-2.2) | 1.5(1.0-2.0) | 4.4(3.4-5.3) | 3.7(2.7-4.9) |
| 3.11-4.14 | | 0.4(0.1-0.8) | | 0.6(0.2-1.1) | 2.6(1.9-3.3) | 1.6(1.0-2.2) | 4.8(3.8-5.7) | 4.0(3.0-5.0) |
| 4.14-5.18 | | 1.7(0.3-3.1) | | 0.4(0.0-1.1) | 2.9(1.6-4.2) | 1.6(0.5-2.7) | 7.6(5.7-9.6) | 4.6(3.0-6.2) |
| ≥5.18 | | 0.8(0.0-2.4) | | 0.0(0.0-0.0) | 2.3(0.0-4.7) | 1.8(0.0-4.0) | 8.1(4.2-11.8) | 4.2(1.6-6.9) |
| HDL-C, mmol/L | | | | | | | | |
| < 1.04 | | 0.6(0.0-1.2) | | 0.8(0.0-1.9) | 3.4(2.2-4.6) | 2.2(0.9-3.4) | 6.6(4.9-8.3) | 6.2(3.9-8.5) |
| 1.04-1.55 | | 0.6(0.2-0.9) | | 0.4(0.1-0.7) | 2.0(1.5-2.5) | 1.7(1.3-2.2) | 5.5(4.6-6.3) | 4.0(3.1-4.8) |
| ≥1.55 | | 1.1(0.3-1.9) | | 0.7(0.2-1.1) | 1.9(1.1-2.7) | 1.1(0.6-1.5) | 3.3(2.2-4.4) | 3.2(2.2-4.2) |
| BMI, kg/m2 | |  | |  |  |  |  |  |
| ＜24 | | 0.8(0.3-1.2) | | 0.5(0.2-0.8) | 1.3(0.9-1.8) | 0.9(0.6-1.3) | 4.0(3.2-4.8) | 2.8(2.0-6) |
| 24-28 | | 0.5(0.1-0.9) | | 0.3(0.0-0.8) | 2.4(1.8-3.2) | 1.9(1.3-2.5) | 5.8(4.7-6.8) | 4.5(3.4-5.5) |
| ≥28 | | 0.8(20.0-2.0) | | 1.3(0.0-2.6) | 5.9(3.8-8.0) | 3.1(1.7-4.5) | 8.8(6.3-11.2) | 6.5(4.4-8.6) |
| Diabetes | |  | |  |  |  |  |  |
| No | | 0.6(0.3-0.9) | | 0.5(0.3-0.8) | 2.2(1.8-2.6) | 1.4(1.1-1.8) | 5.2(4.5-5.8) | 3.9(3.3-4.6) |
| Yes | | 1.6(0.0-3.4) | | 1.1(0.0-2.8) | 2.7(0.8-4.6) | 4.0(1.5-6.5) | 5.6(3.3-7.8) | 5.1 (2.5-7.7) |
| Smoker | |  | |  |  |  |  |  |
| No | | 0.7(0.2-1.3) | | 0.5(0.3-0.8) | 2.0(1.4-2.5) | 1.5(1.2-1.9) | 4.6(3.7-5.4) | 3.9(3.3-4.6) |
| Yes | | 0.7(0.3-1.0) | | 0.0(0.0-0.0) | 2.4(1.8-3.0) | 3.2(0.0-7.6) | 5.9(4.9-6.9) | 5.7(2.1-9.1) |

Supplementary Table 3. Lifetime risk of stroke in men and women according blood pressure at age 35 to 80

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Risk factors | Men | |  | Women |
| Lifetime risk (95% CI), % | |  | Lifetime risk (95% CI), % |
| BP\*, mm Hg |  | |  |  |
| ＜120 and＜80 | | 10.7(6.1-14.6) |  | 8.0(3.8-11.8) |
| 120–139 or 80–89 | | 14.3(10.2-17.7) |  | 12.8(7.1-17.8) |
| 140–159 or 90–99 | | 20.4(15.9-24.0) |  | 17.1(12.9-20.8) |
| ≥160 or ≥100 | | 38.4(31.4-43.8) |  | 26.7(18.1-33.7) |
| BP\*\*, mm Hg | |  |  |  |
| ＜120 and＜80 | | 10.5(5.7-14.5) |  | 8.1(3.7-12.1) |
| 120–139 or 80–89 | | 13.1(9.3-16.2) |  | 13.2(6.3-19.4) |
| 140–159 or 90–99 | | 17.1(13.1-20.4) |  | 15.2(11.0-19.0) |
| ≥160 or ≥100 | | 36.2(3.06-40.6) |  | 24.2(18.7-20.0) |

\*Assigned participants by their BP level measured in baseline survey.

\*\*Assigned participants receiving antihypertensive therapy in the highest-risk group regardless their BP level.

Supplementary Table 4. The ten-year and lifetime risk of stroke adjusted for the competing risk of death for women by profiles of multiple risk factors at age 35-40.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Risk factor strata | Ten-year risk of stroke  at age 35-40,  95% CI | | Lifetime risk of stroke  at age 35-40,  95% CI | |
|  | Men | Women | Men | Women |
| All risk factors optimal | 0.0(0.0-0.0) | 0.3(0.0-0.7) | 3.1(0.0-7.4) | 1.3(0.1-2.3) |
| ≥1 Risk factor not optimal | 0.5(0.0-1.6) | 0.6(0.1-1.1) | 7.6(3.3-11.3) | 6.3(3.4-9.0) |
| ≥1 Risk factor elevated | 0.6(0.2-1.0) | 0.4(0.0-0.8) | 13.7(10.4-16.4) | 13.7(8.5-18.2) |
| 1 High risk factor | 0.7(0.1-1.3) | 0.9(0.0-1.7) | 18.7(15.1-21.7) | 17.6(10.3-23.7) |
| ≥2 High risk factor | 2.3(0.0-4.5) | 1.4(0.0-3.4) | 41.6(32.5-48.2) | 24.6(18.9-28.7) |