

Supplementary Table 1. Comparisons of basic clinical characteristics between subjects with and without carotid plaque.

Variables	No observable Plaque (n=303)		Observable Plaque (n=514)		p-value
	Mean	SD	Mean	SD	
Age at enrollment (years)	68.2	2.4	68.8	2.6	0.0008
Body height (cm)	158.3	7.8	159.5	8.1	0.042
Body weight (kg)	62.2	10.7	63.6	10.7	0.082
BMI (kg/m ²)	24.8	3.5	24.9	3.4	0.51
Waist circumference (cm)	88.6	9.7	89.4	9.1	0.21
Hip circumference (cm)	96.7	7.1	96.9	6.8	0.69
Waist-to-hip ratio (%)	91.5	6.6	92.2	6.4	0.12
SBP (mm Hg)	129.8	17.6	132.3	17.6	0.051
DBP (mm Hg)	76.5	12.3	76.6	11.8	0.94
Total cholesterol (mg/dL)	203.3	38.4	196.7	37.1	0.016
HDL-C (mg/dL)	55.9	14.6	54.2	14.1	0.12
LDL-C (mg/dL)	118.6	30.8	115.5	30.4	0.16
Fasting triglycerides (mg/dL)	118.2	67.0	116.6	84.5	0.76
Fasting glucose (mg/dL)	99.4	22.0	102.1	29.1	0.12
	n	%	n	%	
Male sex	110	36.3	245	47.7	0.0016
Cigarette smoking	6	2.0	45	8.8	0.0002
Alcohol drinking	18	6.0	47	9.1	0.14
Schooling years≥12 years	209	69.0	366	71.2	0.50
Hyperlipidemia	99	32.7	204	39.7	0.045
Hypertension	99	32.7	272	52.9	<0.0001
Diabetes mellitus	35	11.6	95	18.5	0.0010
Number of common CVD comorbidities					<0.0001
0	96	31.7	112	21.8	
1	145	47.9	214	41.6	
2	51	16.8	137	26.7	
3	11	3.6	51	9.9	

Supplementary Table 2. Comparisons of basic clinical characteristics between subjects with mild and moderate-to- severe carotid atherosclerosis.

Variables	Mild (n=224)		Moderate or severe (n=290)		p-value
	Mean	SD	Mean	SD	
Age at enrollment (years)	68.4	2.4	69.1	2.7	0.0021
Body height (cm)	159.0	8.0	159.9	8.1	0.18
Body weight (kg)	63.3	11.0	63.8	10.4	0.60
BMI (kg/m ²)	25.0	3.5	24.9	3.2	0.77
Waist circumference (cm)	89.4	9.6	89.4	8.8	0.98
Hip circumference (cm)	97.4	6.9	96.5	6.8	0.15
Waist-to-hip ratio (%)	91.7	6.7	92.6	6.2	0.14
SBP (mm Hg)	131.6	17.0	132.8	18.2	0.43
DBP (mm Hg)	76.7	10.7	76.5	12.6	0.87
Total cholesterol (mg/dL)	199.9	35.8	194.2	38.0	0.082
HDL-C (mg/dL)	55.7	13.4	53.1	14.5	0.039
LDL-C (mg/dL)	117.9	29.2	113.7	31.2	0.12
Fasting triglycerides (mg/dL)	112.7	54.3	114.8	61.1	0.68
Fasting glucose (mg/dL)	98.7	25.6	104.8	31.3	0.0018
	n	%	n	%	
Male sex	90	40.2	155	53.5	0.0028
Cigarette smoking	11	4.9	34	11.8	0.0063
Alcohol drinking	17	7.6	30	11.3	0.28
Schooling years≥12 years	68	30.4	80	27.6	0.49
Hyperlipidemia	77	34.4	127	43.8	0.031
Hypertension	125	55.8	200	69.0	0.0022
Diabetes mellitus	33	14.7	79	27.2	0.0007
Number of common CVD comorbidities					<0.0001
0	63	28.1	49	16.9	
1	103	46.0	111	38.3	
2	42	18.8	95	32.8	
3	16	7.1	35	12.1	