**Supplemental Digital Content 3.** Remaining lifetime risk of cardiovascular disease from selected index ages to 85 years according to physical activity levels, stratified by race, smoking status, healthy diet score or presence/absence of lung disease among men and women, ARIC, 1987–2012.

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| --- | --- | --- | --- | --- |
|  | Men and women  Lifetime risk (%) to 85y (95% confidence interval) | | |  |
| Index age, years | Poor | Intermediate | Recommended |  |
| African American | 49.4 (46.1–52.3) | 46.5 (39.9–51.9) | 41.1 (35.1–46.0) |  |
| White | 44.9 (42.0–47.4) | 42.6 (39.4–45.7) | 37.5 (35.2–39.5) |  |
|  |  |  |  |  |
| Current smokers | 51.9 (49.0–54.3) | 48.8 (44.9–52.7) | 42.5 (39.5–45.0) |  |
| Non-current smokers | 39.0 (35.7–41.9) | 36.5 (32.3–40.1) | 32.4 (29.3–35.2) |  |
|  |  |  |  |  |
| Diet score ≤1 | 49.7 (46.0–52.8) | 46.1 (40.9–50.5) | 42.2 (37.6–46.1) |  |
| Diet score ≥2 | 44.6 (41.8–47.0) | 42.4 (38.9–45.8) | 36.8 (34.4–38.9) |  |
|  |  |  |  |  |
| With lung diseases | 50.1 (46.3–53.2) | 50.8 (45.3–59.3) | 42.0 (38.0–45.3) |  |
| Without lung diseases | 45.1 (42.4–47.4) | 40.1 (36.8–43.0) | 39.7 (34.2–39.0) |  |