Supplementary Table 1. Definition of cardiovascular diseases and risk factors

Clinical cardiovascular diseases
• Brain: stroke, transient ischemic attack, vascular dementia
• Heart: angina, myocardial infarction, heart failure requiring hospitalization
• Kidney: chronic kidney disease (20 ≤ eGFR < 60 mL/min/1.73 m^2), severe kidney disease (eGFR < 20 mL/min/1.73 m^2), end stage renal disorder (dialysis)
• Blood vessels: aortic aneurysm, aortic dissection, peripheral vascular diseases
• Retina: retinal arterial occlusion, retinal venous occlusion
Subclinical organ damage
• Heart: left ventricular hypertrophy
• Kidney: albuminuria, microalbuminuria
• Blood vessels: atherosclerotic plaque, carotid-femoral pulse wave velocity >10 m/sec, brachial-ankle pulse wave velocity > 18 m/sec, ankle-brachial index < 0.9
• Retina: stage 3 or 4 hypertensive retinopathy
Risk factors for cardiovascular disease
• Age (men ≥ 45 years old, female ≥ 55 years old)[a]
• Smoking
• Obesity (body mass index ≥ 25 kg/m^2) or abdominal obesity (waist circumference men > 90 cm, women > 85 cm)
• Dyslipidemia (total cholesterol ≥ 220 mg/dL, low-density lipoprotein cholesterol ≥ 150 mg/dL, high-density lipoprotein cholesterol < 40 mg/dL, triglycerides ≥ 200 mg/dL)
• Pre-diabetes (impaired fasting glucose [100 ≤ fasting blood glucose < 126 mg/dL] or impaired glucose tolerance)
• Family history of premature cardiovascular disease (men < 55 years, women < 65 years)
• Diabetes mellitus (fasting blood glucose ≥ 126 mg/dL, postprandial 2-hour glucose [oral glucose tolerance test] ≥ 200 mg/dL, or hemoglobin A1c ≥ 6.5%)

Adapted from Lee et al. [12].
eGFR, estimated glomerular filtration rate.
[a]Age ≥ 65 regarded as 2 risk factors.

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