

**Supplementary Table 2.** IR and multivariate-adjusted HR (95% CI) of myocardial infarction and ischemic stroke in male and female according to baseline WC (in 11 levels)

| WC levels <sup>a</sup>       | Total no. | No. of events | IR (per 1,000 person years) | Multivariate-adjusted HR (95% CI) |                                  |
|------------------------------|-----------|---------------|-----------------------------|-----------------------------------|----------------------------------|
|                              |           |               |                             | Total                             | Total (adding BMI as a variable) |
| <b>Male</b>                  |           |               |                             |                                   |                                  |
| <b>Myocardial infarction</b> |           |               |                             |                                   |                                  |
| 1                            | 60,003    | 435           | 1.358                       | 0.996 (0.905–1.097)               | 0.991 (0.895–1.098)              |
| 2                            | 288,138   | 1,517         | 0.972                       | 0.911 (0.864–0.960)               | 0.932 (0.880–0.987)              |
| 3                            | 1,021,703 | 4,878         | 0.873                       | 0.852 (0.826–0.880)               | 0.868 (0.838–0.900)              |
| 4                            | 1,942,501 | 10,212        | 0.955                       | 0.884 (0.863–0.906)               | 0.895 (0.871–0.919)              |
| 5                            | 2,903,610 | 18,789        | 1.171                       | 0.948 (0.929–0.968)               | 0.954 (0.934–0.975)              |
| 6                            | 2,457,563 | 19,058        | 1.407                       | 1 (Ref)                           | 1 (Ref)                          |
| 7                            | 1,465,226 | 12,998        | 1.619                       | 1.029 (1.006–1.053)               | 1.024 (1.000–1.048)              |
| 8                            | 612,705   | 5,960         | 1.790                       | 1.083 (1.052–1.116)               | 1.071 (1.037–1.105)              |
| 9                            | 219,884   | 2,155         | 1.823                       | 1.089 (1.041–1.140)               | 1.067 (1.017–1.120)              |
| 10                           | 66,022    | 626           | 1.787                       | 1.143 (1.055–1.239)               | 1.117 (1.027–1.215)              |
| 11                           | 31,757    | 250           | 1.506                       | 1.127 (0.994–1.277)               | 1.053 (0.921–1.203)              |
| <b>Ischemic stroke</b>       |           |               |                             |                                   |                                  |
| 1                            | 60,003    | 605           | 1.891                       | 0.963 (0.887–1.045)               | 0.880 (0.807–0.959)              |
| 2                            | 288,138   | 1,972         | 1.264                       | 0.883 (0.843–0.925)               | 0.821 (0.781–0.863)              |
| 3                            | 1,021,703 | 6,989         | 1.251                       | 0.953 (0.927–0.979)               | 0.900 (0.872–0.928)              |
| 4                            | 1,942,501 | 14,052        | 1.315                       | 0.963 (0.943–0.984)               | 0.926 (0.905–0.948)              |
| 5                            | 2,903,610 | 25,017        | 1.561                       | 0.990 (0.973–1.008)               | 0.972 (0.954–0.990)              |
| 6                            | 2,457,563 | 24,792        | 1.833                       | 1 (Ref)                           | 1 (Ref)                          |
| 7                            | 1,465,226 | 17,096        | 2.132                       | 1.017 (0.997–1.037)               | 1.037 (1.016–1.058)              |
| 8                            | 612,705   | 7,975         | 2.399                       | 1.073 (1.046–1.100)               | 1.115 (1.085–1.146)              |
| 9                            | 219,884   | 2,872         | 2.433                       | 1.067 (1.026–1.109)               | 1.132 (1.085–1.180)              |
| 10                           | 66,022    | 810           | 2.315                       | 1.099 (1.024–1.180)               | 1.196 (1.111–1.287)              |
| 11                           | 31,757    | 298           | 1.797                       | 1.051 (0.936–1.180)               | 1.176 (1.043–1.325)              |
| <b>Female</b>                |           |               |                             |                                   |                                  |
| <b>Myocardial infarction</b> |           |               |                             |                                   |                                  |
| 1                            | 135,029   | 223           | 0.314                       | 0.812 (0.710–0.928)               | 0.787 (0.679–0.913)              |
| 2                            | 780,459   | 1,074         | 0.260                       | 0.776 (0.728–0.827)               | 0.767 (0.717–0.821)              |
| 3                            | 1,789,018 | 3,322         | 0.348                       | 0.801 (0.770–0.834)               | 0.793 (0.759–0.829)              |
| 4                            | 2,369,594 | 7,277         | 0.571                       | 0.877 (0.851–0.904)               | 0.872 (0.845–0.901)              |
| 5                            | 2,129,359 | 9,859         | 0.854                       | 0.921 (0.896–0.946)               | 0.918 (0.893–0.944)              |
| 6                            | 1,705,384 | 11,640        | 1.253                       | 1 (Ref)                           | 1 (Ref)                          |
| 7                            | 971,935   | 8,415         | 1.589                       | 1.050 (1.020–1.080)               | 1.052 (1.022–1.083)              |
| 8                            | 489,146   | 5,068         | 1.908                       | 1.102 (1.065–1.139)               | 1.108 (1.069–1.148)              |
| 9                            | 198,742   | 2,201         | 2.056                       | 1.123 (1.073–1.176)               | 1.134 (1.079–1.191)              |
| 10                           | 74,494    | 923           | 2.331                       | 1.257 (1.175–1.346)               | 1.273 (1.184–1.368)              |
| 11                           | 37,009    | 409           | 2.120                       | 1.255 (1.136–1.386)               | 1.274 (1.146–1.416)              |
| <b>Ischemic stroke</b>       |           |               |                             |                                   |                                  |
| 1                            | 135,029   | 321           | 0.452                       | 0.759 (0.679–0.848)               | 0.778 (0.689–0.879)              |
| 2                            | 780,459   | 1,544         | 0.374                       | 0.794 (0.753–0.837)               | 0.772 (0.730–0.817)              |
| 3                            | 1,789,018 | 4,778         | 0.501                       | 0.808 (0.782–0.835)               | 0.789 (0.762–0.818)              |
| 4                            | 2,369,594 | 10,895        | 0.855                       | 0.881 (0.860–0.903)               | 0.867 (0.845–0.890)              |
| 5                            | 2,129,359 | 15,630        | 1.356                       | 0.943 (0.923–0.964)               | 0.936 (0.916–0.957)              |
| 6                            | 1,705,384 | 18,568        | 2.002                       | 1 (Ref)                           | 1 (Ref)                          |
| 7                            | 971,935   | 13,556        | 2.567                       | 1.038 (1.015–1.062)               | 1.047 (1.023–1.071)              |
| 8                            | 489,146   | 8,138         | 3.073                       | 1.067 (1.040–1.096)               | 1.086 (1.056–1.117)              |
| 9                            | 198,742   | 3,596         | 3.371                       | 1.100 (1.061–1.140)               | 1.128 (1.085–1.173)              |
| 10                           | 74,494    | 1,500         | 3.804                       | 1.235 (1.171–1.303)               | 1.281 (1.210–1.356)              |
| 11                           | 37,009    | 633           | 3.291                       | 1.182 (1.091–1.280)               | 1.241 (1.140–1.350)              |

*P* < 0.0001 for all data. Data were adjusted for age, sex, smoking, alcohol drinking, regular physical activity, low-income status, hypertension, diabetes, dyslipidemia, chronic obstructive pulmonary disease, and cancer.

IR, incidence rate; HR, hazard ratio; CI, confidence interval; WC, waist circumference; BMI, body mass index.

<sup>a</sup>WC levels, in cm: level 1 (male < 65, female < 60), level 2 (male 65 to 69.9, female 60 to 64.9), level 3 (male 70 to 74.9, female 65 to 69.9), level 4 (male 75 to 79.9, female 70 to 74.9), level 5 (male 80 to 84.9, female 75 to 79.9), level 6 (male 85 to 89.9, female 80 to 84.9), level 7 (male 90 to 94.9, female 85 to 89.9), level 8 (male 95 to 99.9, female 90 to 94.9), level 9 (male 100 to 104.9, female 95 to 99.9), level 10 (male 105 to 109.9, female 100 to 104.9), and level 11 (male ≥ 110, female ≥ 105).