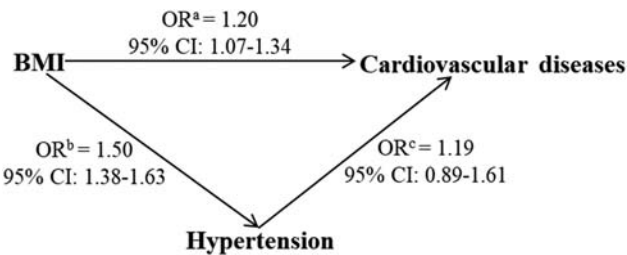


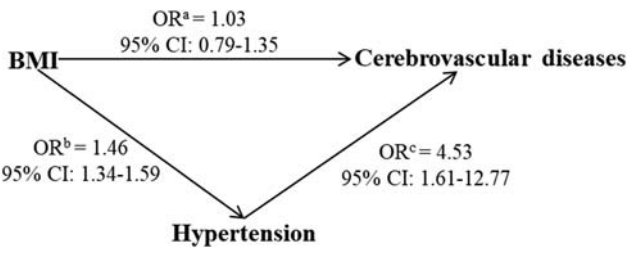
# Supplementary material

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**Figure S1:** Associations between 1-SD increase in BMI, hypertension ( $\geq 130/80$  mm Hg), and cardiovascular diseases. Abbreviations: BMI, body mass index. The values are presented as the odds ratios (ORs) and 95% confidence intervals (95% CIs); <sup>a</sup>adjusted for age, sex, hypertensive status, alcohol use, smoking, and diabetic status; <sup>b</sup>adjusted for age, sex, alcohol use, smoking, and diabetic status; <sup>c</sup>adjusted for BMI, age, sex, alcohol use, smoking, and diabetic status. The statistical analysis was performed with multivariate logistic regression analysis. The significance threshold was  $p < 0.05$ .



**Figure S2:** Associations between 1-SD increase in BMI, hypertension ( $\geq 130/80$  mm Hg), and cerebrovascular diseases. Abbreviations: BMI, body mass index. The values are presented as the odds ratios (ORs) and 95% confidence intervals (95% CIs); <sup>a</sup>adjusted for age, sex, hypertensive status, alcohol use, smoking, and diabetic status; <sup>b</sup>adjusted for age, sex, alcohol use, smoking, and diabetic status; <sup>c</sup>adjusted for BMI, age, sex, alcohol use, smoking, and diabetic status. The statistical analysis was performed with multivariate logistic regression analysis. The significance threshold was  $p < 0.05$ .

**Table S1:** Classification, number, and percentage of cardiovascular and cerebrovascular diseases (CCDs)

CCDs classification	Disease name	N (%)
Cardiovascular disease	Coronary heart disease	205 (53.2)
	Angina	88 (22.9)
	Other cardiovascular diseases	82 (21.3)
Cerebrovascular disease	Cerebral hemorrhage	10 (2.6)
	Cerebral thrombosis	62 (16.1)
	Other cerebrovascular diseases	9 (2.3)
Total number of diseases		456
Total individuals		385

Abbreviations: CCDs, cardiovascular and cerebrovascular diseases; BMI, body mass index.

**Table S2:** Odds ratios (ORs) and 95% confidence intervals (95% CIs) for body mass index (per 1-SD increase) and cardiovascular and cerebrovascular diseases (CCDs)

Dependent variable	Unadjusted		Adjusted <sup>a</sup>	
	OR	95% CI	OR	95% CI
Cardiovascular disease	1.29	1.17–1.41	1.20	1.07–1.34
Cerebrovascular disease	1.16	0.92–1.46	1.03	0.79–1.35
CCDs	1.29	1.18–1.41	1.19	1.07–1.31

Abbreviations: CCDs, cardiovascular and cerebrovascular diseases; BMI, body mass index. The values are presented as the odds ratios (ORs) and 95% confidence intervals (95% CIs); ORs were obtained after adjusting for age, sex, hypertensive status, alcohol use, smoking, and diabetic status.

**Table S3:** Adjusted<sup>a</sup> odds ratios (ORs) and 95% confidence intervals (95% CIs) for associations between hypertension and CCDs by body mass index (BMI)

Variable	Subgroup	n	Hypertension ( $\geq 130/80$ mm Hg)		Hypertension ( $\geq 140/90$ mm Hg)	
			OR	95% CI	OR	95% CI
BMI	<28 kg/m <sup>2</sup>	3,576	1.39	1.04–1.85	2.23	1.73–2.86
	$\geq 28$ kg/m <sup>2</sup>	366	5.90	1.34–25.98	2.69	1.39–5.20

Abbreviations: CCDs, cardiovascular and cerebrovascular diseases; BMI, body mass index. The values are presented as the odds ratios (ORs) and 95% confidence intervals (95% CIs); ORs were obtained after adjusting for age, sex, alcohol use, smoking, and diabetic status.