

Supplement 3

	Age groups	N	Age		BMI		Systolic blood pressure (mmHg)		Diastolic blood pressure (mmHg)	
			Mean	SD	Mean	SD	Mean	SD	Mean	SD
Men	25-29	175	27.2	1.39	26.6	5.2	123.1	10.9	62.5	9.4
	30-34	182	32.1	1.40	27.1	4.3	122.3	12.2	66.5	9.8
	35-39	291	37.2	1.39	26.8	3.5	121.8	12.0	66.9	9.4
	40-44	457	42.2	1.44	28.0	4.4	124.5	13.9	71.7	10.4
	45-49	453	47.0	1.43	27.8	4.2	123.3	13.7	72.9	10.2
	50-54	453	52.0	1.46	28.5	4.1	125.9	13.9	75.1	10.3
	55-59	477	57.0	1.42	28.4	4.4	129.2	16.9	75.8	10.6
	60-64	469	61.9	1.39	28.8	4.4	131.8	17.2	75.9	10.4
	65-69	320	66.6	1.39	28.7	4.7	134.9	17.9	74.0	9.9
Total		3277	49.8	11.2	28.1	4.4	126.8	15.5	72.6	10.8
Total *			44.8		27.7	4.3	125.5	13.9	70.7	10.0
Women	25-29	173	26.8	1.45	24.7	4.7	109.7	10.9	62.3	8.4
	30-34	190	32.0	1.45	26.6	6.0	109.4	11.4	64.7	9.7
	35-39	302	37.2	1.39	26.2	5.3	109.0	11.2	66.3	8.9
	40-44	475	42.1	1.43	26.7	5.8	112.1	11.6	68.2	8.9
	45-49	460	47.0	1.41	27.0	5.2	115.0	13.8	70.2	9.2
	50-54	525	52.0	1.44	27.2	5.3	117.7	15.6	72.2	9.0
	55-59	476	57.0	1.45	27.1	5.0	121.8	17.7	72.9	9.4
	60-64	468	62.0	1.40	28.2	5.1	126.8	17.5	73.0	8.7
	65-69	315	66.5	1.40	27.8	5.3	129.0	17.2	72.3	8.7
Total		3384	49.6	11.2	27.0	5.3	117.8	16.3	70.1	9.5
Total *			44.9		26.7	5.3	115.5	13.7	68.7	9.0

* Adjusted according to population age structure in 2010

table 1a Characteristics of the REFINE-Reykjavik study by age and sex. Continuous parameters.

		Age			Total cholesterol (mmol/L)		High density lipoprotein (mmol/L)		Low density lipoprotein (mmol/L)		Triglycerides (mmol/L)	
	Age groups	N	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Men	25-29	175	27.2	1.39	4.56	0.78	1.25	0.27	2.77	0.65	1.17	0.63
	30-34	182	32.1	1.40	5.00	0.97	1.23	0.28	3.15	0.82	1.35	1.07
	35-39	291	37.2	1.39	5.08	1.01	1.32	0.30	3.21	0.91	1.23	0.97
	40-44	457	42.2	1.44	5.32	0.92	1.30	0.31	3.41	0.81	1.38	0.87
	45-49	453	47.0	1.43	5.38	0.93	1.33	0.34	3.44	0.89	1.35	0.79
	50-54	453	52.0	1.46	5.39	1.01	1.31	0.34	3.44	0.91	1.45	0.85
	55-59	477	57.0	1.42	5.37	0.98	1.33	0.36	3.40	0.91	1.44	0.87
	60-64	469	61.9	1.39	5.22	1.05	1.35	0.34	3.26	0.97	1.37	0.73
	65-69	320	66.6	1.39	5.05	1.07	1.37	0.38	3.10	0.95	1.27	0.64
Total		3277	49.8	11.2	5.23	1.00	1.32	0.34	3.30	0.91	1.36	0.83
Total *			44.8		5.14	0.96	1.30	0.32	3.24	0.86	1.33	0.84
Women	25-29	173	26.8	1.45	4.47	0.86	1.59	0.38	2.49	0.77	0.86	0.38
	30-34	190	32.0	1.45	4.61	0.86	1.50	0.35	2.68	0.76	0.94	0.56
	35-39	302	37.2	1.39	4.63	0.79	1.57	0.38	2.65	0.75	0.90	0.56
	40-44	475	42.1	1.43	4.89	0.86	1.58	0.37	2.86	0.78	0.97	0.61
	45-49	460	47.0	1.41	5.18	0.94	1.64	0.40	3.10	0.87	0.98	0.52
	50-54	525	52.0	1.44	5.54	0.97	1.70	0.45	3.36	0.93	1.09	0.76
	55-59	476	57.0	1.45	5.64	0.97	1.66	0.43	3.46	0.90	1.14	0.62
	60-64	468	62.0	1.40	5.74	1.06	1.67	0.46	3.50	0.99	1.24	0.67
	65-69	315	66.5	1.40	5.73	0.99	1.74	0.44	3.44	0.91	1.22	0.60
Total		3384	49.6	11.2	5.27	1.04	1.64	0.42	3.15	0.94	1.06	0.63
Total *			44.9		5.09	0.92	1.62	0.40	3.01	0.84	1.02	0.58

* Adjusted according to population age structure in 2010

[table 1b](#) Characteristics of the REFINE-Reykjavik study by age and sex. Continuous parameters.

		Family History of Myocardial Infraction			History of Cardiovascular Disease		History of Coronary Heart Disease	
	Age groups	N	N	%	N	%	N	%
Men	25-29	175	14	8.2	0	0	0	0
	30-34	182	24	13.6	0	0	0	0
	35-39	291	57	20.4	0	0	0	0
	40-44	457	122	27.3	8	1.8	4	0.9
	45-49	453	155	35.0	6	1.4	4	0.9
	50-54	453	193	43.7	21	4.9	19	4.4
	55-59	477	193	42.4	39	8.4	35	7.5
	60-64	469	189	41.9	51	11.1	40	8.7
	65-69	320	125	40.1	72	22.9	64	20.4
Total		3277	1072	33.8	197	6.2	166	5.2
Total *				33.8		6.2		5.2
Women	25-29	173	19	11.4	0	0	0	0
	30-34	190	30	16.0	0	0	0	0
	35-39	302	71	24.1	3	1.0	1	0.3
	40-44	475	134	28.9	7	1.6	7	1.6
	45-49	460	188	42.7	4	1.0	3	0.7
	50-54	525	247	48.7	8	1.6	5	1.0
	55-59	476	243	53.1	14	3.1	10	2.2
	60-64	468	219	49.1	24	5.5	18	4.1
	65-69	315	146	48.2	18	6.0	13	4.3
Total		3384	1297	39.7	78	2.4	57	1.8
Total *				39.7		1.8		1.3

*Adjusted according to population age structure in 2010

table 2a Characteristics of the REFINE-Reykjavik study by age and sex, categorical parameters.

		Diabetes Type II			Statins		Hypertension		Medication for Hypertension	
	Age groups	N	N	%	N	%	N	%	N	%
Men	25-29	175	0	0	0	0	17	9.7	1	0.6
	30-34	182	0	0	0	0	18	9.9	6	3.3
	35-39	291	2	0.7	0	0	27	9.3	10	3.4
	40-44	457	11	2.4	15	3.3	87	19.0	25	5.5
	45-49	453	19	4.2	16	3.5	112	24.7	68	15.0
	50-54	453	22	4.9	62	13.7	181	40.0	121	26.9
	55-59	477	48	10.1	84	17.7	231	48.4	170	35.9
	60-64	469	50	10.7	125	26.7	272	58.0	210	44.9
	65-69	320	46	14.4	108	33.8	228	71.3	182	57.1
Total		3277	198	6.0	410	12.5	1173	35.8	793	24.3
Total *			198	4.3	410	8.8		28.3	793	17.9
Women	25-29	173	1	0.6	0	0	3	1.7	1	0.6
	30-34	190	4	2.1	0	0	14	7.4	10	5.3
	35-39	302	3	1.0	1	0.3	20	6.6	10	3.3
	40-44	475	8	1.7	1	0.2	51	10.7	38	8.0
	45-49	460	5	1.1	5	1.1	87	18.9	63	13.8
	50-54	525	14	2.7	24	4.6	152	29.0	122	23.2
	55-59	476	14	2.9	45	9.5	188	39.5	155	32.6
	60-64	468	24	5.1	59	12.6	262	56.0	219	46.8
	65-69	315	25	7.9	58	18.4	201	63.8	162	51.4
Total		3384	98	2.9	193	5.7	978	28.9	780	23.1
Total *			98	2.4	193	4.0		22.2	780	17.4

*Adjusted according to population age structure in 2010

table 2b Characteristics of the REFINE-Reykjavik study by age and sex, categorical parameters.

								BMI ≥25		BMI ≥30	
		Smoking									
		Never		Former		Current					
	Age groups	N	%	N	%	N	%	N	%	N	%
Men	25-29	87	51.2	34	20.0	49	28.8	100	57.1	28	16.0
	30-34	84	47.2	49	27.5	45	25.3	121	66.5	34	18.7
	35-39	171	60.0	57	20.0	57	20.0	197	67.7	42	14.4
	40-44	196	43.3	151	33.3	106	23.4	357	78.1	110	24.1
	45-49	170	37.8	170	37.8	110	24.4	334	73.7	115	25.4
	50-54	160	35.6	196	43.7	93	20.7	370	81.7	147	32.4
	55-59	153	32.7	221	47.2	94	20.1	382	80.1	155	32.5
	60-64	137	29.6	236	51.0	90	19.4	378	80.6	159	33.9
	65-69	89	28.3	169	53.8	56	17.8	259	80.9	105	32.8
Total		1247	38.6	1283	39.7	700	21.7	2498	76.2	894	27.2
Total*		1247	42.1	1283	35.2	700	22.7		73		24.5
Women	25-29	102	60.7	20	11.9	46	27.4	66	38.2	21	12.1
	30-34	98	51.6	52	27.4	39	20.6	97	51.1	40	21.1
	35-39	156	52.2	81	27.1	62	20.7	147	48.7	61	20.2
	40-44	210	44.7	165	35.1	95	20.2	256	53.9	108	22.7
	45-49	167	37.0	178	39.5	106	23.5	273	59.3	99	21.5
	50-54	191	36.7	218	41.9	111	21.3	313	59.6	136	25.9
	55-59	182	38.7	188	40.0	100	21.3	305	64.1	110	23.1
	60-64	157	34.1	209	45.4	94	20.4	339	72.4	143	30.6
	65-69	134	43.1	125	40.2	52	16.7	214	67.9	92	29.2
Total		1397	41.9	1236	37.0	706	21.1	2010	59.4	810	23.9
Total*		1397	45.1	1236	33.2	706	21.7		55.8		22.2

*Adjusted according to population age structure in 2010

table 3a Characteristics of the REFINE-Reykjavik study by age and sex. Categorical parameters (continuous)

		Cholesterol ≥5mmol/L		Cholesterol ≥6.2 mmol/L		Physical activity ≥ 1 hours/week		Physical activity ≥ 4 hours/week	
Age groups		N	%	N	%	N	%	N	%
Men	25-29	43	24.6	4	2.3	124	72.9	63	37.1
	30-34	82	45.1	15	8.2	116	64.8	63	35.2
	35-39	147	50.5	39	13.4	196	68.3	110	38.3
	40-44	282	61.7	73	16.0	287	63.6	163	36.1
	45-49	303	66.9	68	15.0	269	60.4	148	33.3
	50-54	291	64.2	89	19.6	262	59.4	153	34.7
	55-59	307	64.4	95	19.9	287	62.1	150	32.5
	60-64	269	57.4	77	16.4	257	56.5	134	29.5
	65-69	168	52.5	45	14.1	187	59.6	116	36.9
Total		1892	57.7	505	15.4	1985	62.0	1100	34.3
Total*			53.5		13.5		63.7		35.0
Women	25-29	42	24.3	6	3.5	116	67.8	53	31.0
	30-34	59	31.1	5	2.6	121	65.1	51	27.4
	35-39	95	31.5	10	3.3	208	68.9	98	32.5
	40-44	202	42.5	37	7.8	341	73.0	180	38.5
	45-49	251	54.6	60	13.0	317	70.3	177	39.2
	50-54	372	70.9	124	23.6	358	69.9	194	37.9
	55-59	351	73.7	126	26.5	295	64.0	157	34.1
	60-64	347	74.1	141	30.1	292	64.2	163	35.8
	65-69	246	78.1	95	30.2	192	62.5	100	32.6
Total		1965	58.1	604	17.8	2240	67.6	1173	35.4
Total*			50.6		13.9		67.7		34.3

*Adjusted according to population age structure in 2010

table 3b Characteristics of the REFINE-Reykjavik study by age and sex. Categorical parameters (continuous)

			Intima media thickness (mean)		Intima media thickness (max)		Moderate or more plaque in carotids	
	Age groups	N	Mean	SD	Mean	SD	N	%
Men	25-29	175	0.57	0.07	0.67	0.08	0	0.0
	30-34	182	0.60	0.07	0.71	0.09	2	1.1
	35-39	291	0.63	0.09	0.74	0.10	2	0.7
	40-44	457	0.68	0.08	0.80	0.10	13	2.9
	45-49	453	0.72	0.09	0.85	0.11	21	4.7
	50-54	453	0.78	0.11	0.91	0.12	36	7.9
	55-59	477	0.84	0.12	0.98	0.14	87	18.3
	60-64	469	0.87	0.12	1.01	0.15	121	25.8
	65-69	320	0.91	0.13	1.06	0.15	107	33.4
Total		3277	0.76	0.15	0.89	0.17	389	11.9
Total *			0.71	0.10	0.83	0.11		8.3
Women	25-29	173	0.53	0.05	0.62	0.06	0	0.0
	30-34	190	0.57	0.06	0.67	0.08	1	0.5
	35-39	302	0.60	0.07	0.71	0.08	2	0.7
	40-44	475	0.64	0.07	0.75	0.08	7	1.5
	45-49	460	0.68	0.08	0.80	0.10	18	3.9
	50-54	525	0.74	0.09	0.86	0.11	29	5.5
	55-59	476	0.78	0.10	0.90	0.12	53	11.2
	60-64	468	0.83	0.11	0.96	0.13	82	17.5
	65-69	315	0.85	0.11	0.98	0.12	85	27.0
Total		3384	0.71	0.13	0.83	0.15	277	8.2
Total *			0.67	0.08	0.79	0.09		5.9

*Adjusted according to population age structure in 2010

table 4a. Characteristics of the REFINE-Reykjavik study by age and sex, image analysis.

		Plaque categories								
	Age groups	N	None		Minimal		Moderate		Severe or more	
			N	%	N	%	N	%	N	%
Men	25-29	175	163	94.2	10	5.8	0	0.0	0	0.0
	30-34	182	157	86.3	23	12.6	2	1.1	0	0.0
	35-39	291	257	88.3	32	11.0	2	0.7	0	0.0
	40-44	457	310	68.0	133	29.2	13	2.9	0	0.0
	45-49	453	260	57.6	170	37.7	20	4.4	1	0.2
	50-54	453	194	42.8	223	49.2	35	7.7	1	0.2
	55-59	477	141	29.6	248	52.1	80	16.8	7	1.5
	60-64	469	107	22.8	241	51.4	107	22.8	14	3.0
	65-69	320	50	15.6	163	50.9	91	28.4	16	5.0
Total		3277	1639	50.1	1243	38.0	350	10.7	39	1.2
Total *				60.9		30.8		7.6		0.8
Women	25-29	173	167	96.5	6	3.5	0	0.0	0	0.0
	30-34	190	176	92.6	13	6.8	1	0.5	0	0.0
	35-39	302	268	88.7	32	10.6	2	0.7	0	0.0
	40-44	475	365	76.8	103	21.7	7	1.5	0	0.0
	45-49	460	308	67.1	133	29.0	17	3.7	1	0.2
	50-54	525	292	55.7	203	38.7	28	5.3	1	0.2
	55-59	476	216	45.5	206	43.4	49	10.3	4	0.8
	60-64	468	157	33.5	229	48.9	70	15.0	12	2.6
	65-69	315	68	21.6	162	51.4	70	22.2	15	4.8
Total		3384	2017	59.7	1087	32.2	244	7.2	33	1.0
Total *				68.5		25.6		5.3		0.7

*Adjusted according to population age structure in 2010

table 4b. Characteristics of the REFINE-Reykjavik study by age and sex, image analysis.