

Supplementary Online Content

Whelton SP, McEvoy JW, Shaw L, et al. Association of normal systolic blood pressure level with cardiovascular disease in the absence of risk factors. *JAMA Cardiol*. Published online June 10, 2020. doi:10.1001/jamacardio.2020.1731

eTable 1. Difference in Systolic Blood Pressure Between Visit 1 Value and Average Value Using Visits 1 Through 3

eTable 2. Average Risk Factor Values From MESA Visits 1 Through 3 Stratified by Visit 1 Systolic Blood Pressure Groups

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This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Difference in systolic blood pressure between Visit 1 value and average value using Visits 1 through 3

	All participants (n=1,229)	SBP 90-99 (n=162)	100-109 (n=392)	110-119 (n=423)	120-129 (n=252)
Difference in systolic blood pressure, mmHg*	-0.8 (6.8)	-2.6 (5.8)	-1.5 (6.3)	1.0 (6.8)	1.7 (7.3)

* Visit 1 SBP – Average SBP

eTable 2. Average risk factor values from MESA Visits 1 through 3 stratified by Visit 1 systolic blood pressure groups.

	All participants (n=1,229)	SBP 90-99 (n=162)	100-109 (n=392)	110-119 (n=423)	120-129 (n=252)	p value for trend
Systolic blood pressure, mmHg	111.1 (9.4)	98.0 (6.6)	106.3 (6.7)	115.7 (7.4)	122.8 (7.9)	<0.01
Diastolic blood pressure, mmHg	67.5 (8.0)	60.1 (6.2)	65.6 (6.8)	69.6 (7.1)	71.4 (7.8)	<0.01
Total cholesterol, mg/dL	192.9 (25.1)	192.4 (24.9)	191.6 (25.8)	194.4 (245.0)	192.3 (24.3)	0.36
LDL-C, mg/dL	114.2 (22.0)	110.6 (22.5)	113.3 (25.7)	116.3 (21.4)	114.6 (21.6)	0.01
HDL-C, mg/dL	57.5 (14.0)	62.0 (14.7)	57.5 (13.7)	56.4 (14.3)	56.2 (12.7)	<0.01
Fasting Blood glucose, mg/dL	88.6 (9.6)	85.0 (7.3)	87.8 (8.6)	89.4 (10.0)	91.0 (10.6)	<0.01
Body mass index, kg/m ²	26.7 (5.1)	24.4 (4.2)	26.7 (4.8)	27.0 (5.1)	27.9 (5.3)	<0.01

Mean and standard deviation unless otherwise noted

*PCEs ASCVD: Pooled Cohort Equations Atherosclerotic Cardiovascular Disease

† Median and interquartile range

*Systolic blood pressure and risk factors are the average value of MESA Visits 1 through 3

eTable 3. Incident cardiovascular disease event rate per 1000 person-years follow-up using average systolic blood pressures values

Systolic Blood Pressure, mmHg	90-99	100-109	110-119	120-129	p for trend
Unadjusted	0.4	3.7	4.6	7.7	<0.001
Age adjusted	0.4	3.7	4.7	7.9	0.001

*Systolic blood pressure and risk factors are the average value of MESA Visits 1 through 3

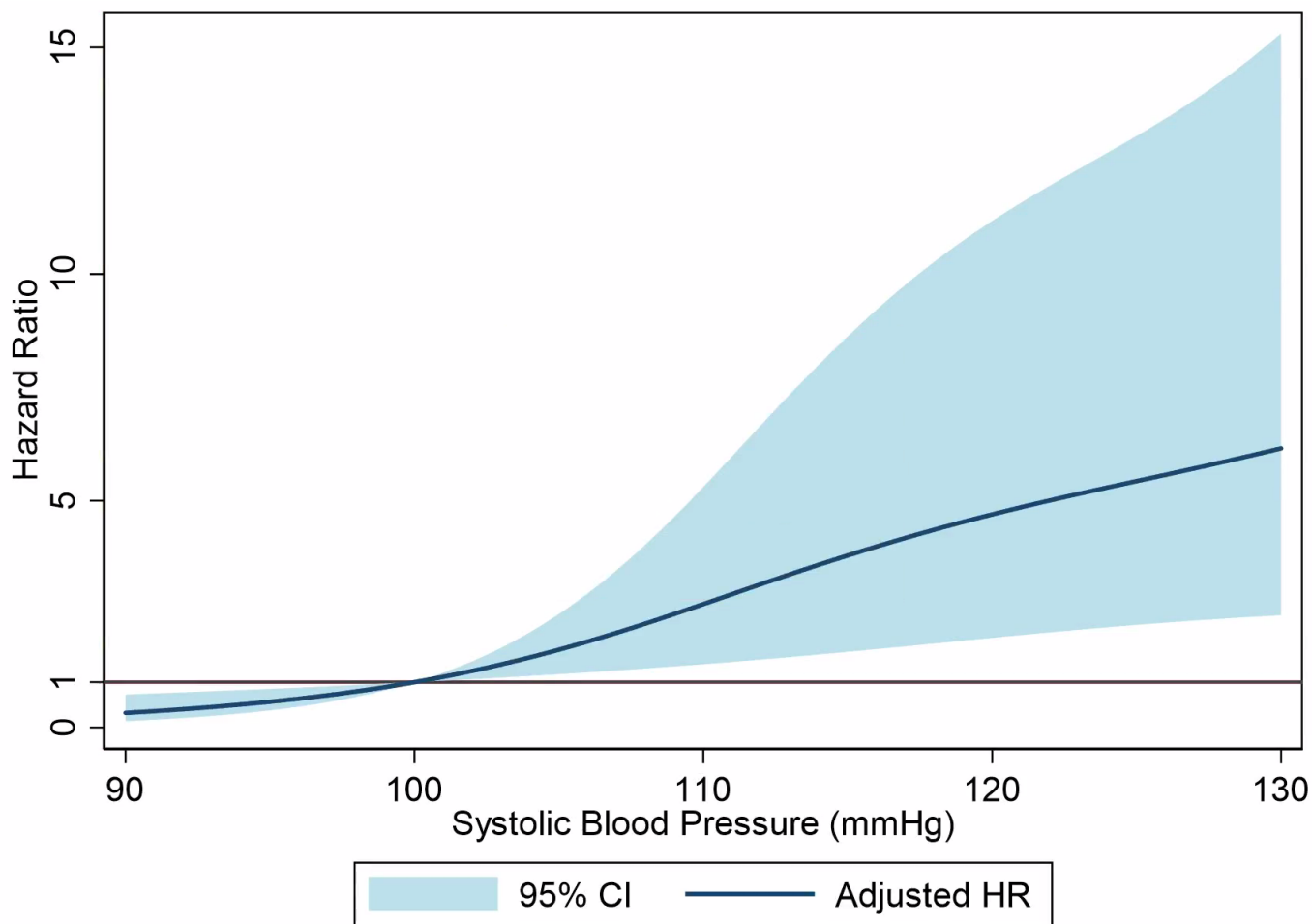
eTable 4. Hazard of CVD by systolic blood pressure group

Systolic Blood Pressure, mmHg	90-99	100-109	110-119	120-129	p for trend
	Reference	6.88 (0.91-51.96)	7.87 (1.02-60.90)	15.23 (1.93-120.22)	0.011

Adjusted for age, sex, race, average diastolic blood pressure, average total cholesterol, average HDL-C, average fasting blood glucose, average body mass index, income, education, ever smoking, pre-diabetes

*Systolic blood pressure and risk factors are the average value of MESA Visits 1 through 3

eFigure. Adjusted cubic spline for the hazard of incident cardiovascular disease by averaged systolic blood pressure and averaged risk factors.



Adjusted for age, sex, race, average diastolic blood pressure, average total cholesterol, average HDL-C, average fasting blood glucose, average body mass index, income, education, ever smoking, pre-diabetes

*Systolic blood pressure and risk factors are the average value of MESA Visits 1 through 3