

Supplementary table 1. Cardiovascular risk factors in relation to mortality from cardiovascular disease (CVD), ischemic heart disease (IHD) and cerebrovascular disease among adult participants in Norwegian health surveys. Adjusted for birth year and sex. Including only siblings discordant in risk factor category.

	<i>Hazard Ratio of mortality (95 % CI)</i>	
	Cohort analysis	Within sibship analysis
CVD		
Systolic blood pressure		
<i>Low risk (<130 mmHg)</i>	1	1
<i>Medium risk (130-159 mmHg)</i>	1.59 (1.41, 1.80)	1.56 (1.39, 1.77)
<i>High risk (≥160 mmHg)</i>	3.98 (3.39, 4.66)	3.46 (2.78, 4.29)
<i>Per one step</i>	1.96 (1.80, 2.13)	1.73 (1.57, 1.90)
Total cholesterol		
<i>Low risk (<5.2 Mmol/L)</i>	1	1
<i>Medium risk (5.2-6.1 mmol/L)</i>	1.32 (1.14, 1.52)	1.36 (1.17, 1.58)
<i>High risk (≥6.2 mmol/L)</i>	2.27 (1.99, 2.60)	2.23 (1.91, 2.61)
<i>Per one step</i>	1.55 (1.45, 1.65)	1.51 (1.40, 1.63)
BMI		
<i>Normal range (BMI <25 kg/m²)</i>	1	1
<i>Overweight (BMI 25-29.9 kg/m²)</i>	1.11 (0.99, 1.25)	0.96 (0.85, 1.09)
<i>Obesity (BMI ≥30 kg/m²)</i>	2.24 (1.95, 2.57)	2.06 (1.72, 2.46)

<i>Per one step</i>	1.45 (1.35, 1.56)	1.28 (1.18, 1.40)
Height		
<i>Highest tertile (≥176 cm)</i>	1	1
<i>Mid tertile (167-175.9 cm)</i>	1.17 (1.05, 1.31)	1.12 (0.97, 1.30)
<i>Lowest tertile (<167 cm)</i>	1.47 (1.22, 1.77)	1.34 (1.07, 1.68)
<i>Per one step</i>	1.20 (1.10, 1.31)	1.15 (1.03, 1.29)
Smoking (ref: no smoking)	2.55 (2.27, 2.87)	2.64 (2.33, 2.98)
IHD		
Systolic blood pressure		
<i>Low risk (<130 mmHg)</i>	1	1
<i>Medium risk (130-159 mmHg)</i>	1.43 (1.22, 1.66)	1.41 (1.20, 1.65)
<i>High risk (≥160 mmHg)</i>	3.64 (2.99, 4.42)	2.62 (2.00, 3.44)
<i>Per one step</i>	1.86 (1.67, 2.07)	1.53 (1.35, 1.73)
Total cholesterol		
<i>Low risk (<5.2 Mmol/L)</i>	1	1
<i>Medium risk (5.2-6.1 mmol/L)</i>	1.40 (1.16, 1.68)	1.37 (1.12, 1.68)
<i>High risk (≥6.2 mmol/L)</i>	2.78 (2.34, 3.31)	2.62 (2.12, 3.24)
<i>Per one step</i>	1.74 (1.60, 1.89)	1.67 (1.50, 1.85)
BMI		
<i>Normal range (BMI <25 kg/m²)</i>	1	1

<i>Overweight (BMI 25-29.9 kg/m²)</i>	1.17 (1.01, 1.35)	1.06 (0.91, 1.24)
<i>Obesity (BMI ≥30 kg/m²)</i>	2.49 (2.11, 2.94)	2.33 (1.85, 2.94)
<i>Per one step</i>	1.54 (1.41, 1.69)	1.39 (1.25, 1.54)
Height		
<i>Highest tertile (≥176 cm)</i>	1	1
<i>Mid tertile (167-175.9 cm)</i>	1.15 (1.01, 1.31)	1.09 (0.91, 1.31)
<i>Lowest tertile (<167 cm)</i>	1.36 (1.07, 1.73)	1.19 (0.89, 1.59)
<i>Per one step</i>	1.16 (1.04, 1.29)	1.09 (0.95, 1.26)
Smoking (ref: no smoking)	2.91 (2.50, 3.38)	2.95 (2.52, 3.47)
Cerebrovascular disease		
Systolic blood pressure		
<i>Low risk (<130 mmHg)</i>	1	1
<i>Medium risk (130-159 mmHg)</i>	1.92 (1.48 2.48)	1.62 (1.30, 2.03)
<i>High risk (≥160 mmHg)</i>	5.25 (3.77 7.30)	5.01 (3.21, 7.82)
<i>Per one step</i>	2.25 (1.90 2.67)	1.93 (1.61, 2.30)
Total cholesterol		
<i>Low risk (<5.2 Mmol/L)</i>	1	1
<i>Medium risk (5.2-6.1 mmol/L)</i>	1.12 (0.87, 1.46)	1.21 (0.94, 1.56)
<i>High risk (≥6.2 mmol/L)</i>	1.42 (1.09, 1.84)	1.59 (1.21, 2.09)
<i>Per one step</i>	1.20 (1.05, 1.36)	1.26 (1.10, 1.45)

BMI		
<i>Normal range (BMI <25 kg/m²)</i>	1	1
<i>Overweight (BMI 25-29.9 kg/m²)</i>	0.97 (0.76, 1.23)	0.84 (0.66, 1.08)
<i>Obesity (BMI ≥30 kg/m²)</i>	1.25 (0.90, 1.74)	1.29 (0.88, 1.90)
<i>Per one step</i>	1.08 (0.92, 1.27)	1.02 (0.85, 1.21)
Height		
<i>Highest tertile (≥176 cm)</i>	1	1
<i>Mid tertile (167-175.9 cm)</i>	1.46 (1.13, 1.90)	1.26 (0.92, 1.71)
<i>Lowest tertile (<167 cm)</i>	2.01 (1.41, 2.89)	1.82 (1.15, 2.90)
<i>Per one step</i>	1.42 (1.19, 1.70)	1.35 (1.07, 1.70)
Smoking (ref: no smoking)	2.47 (1.93, 3.17)	2.44 (1.94, 3.07)
