

**Table S1** Comparisons of characteristics between participants and non-participants.

<b>Items</b>	<b>Participants (%)*</b>	<b>Non-participants (%)*</b>	<b>P*</b>
CVD, positive	25.0	19.6	<0.01
Smoking, ideal	53.3	50.2	<0.01
BMI, ideal	35.5	38.0	0.01
Physical activity, ideal	24.3	24.3	0.98
Dietary pattern, ideal	5.2	3.9	<0.01
Blood pressure, ideal	40.8	43.0	0.01
Age, <60 years	68.0	78.7	<0.01
Sex, male	48.2	49.8	0.07
Education, high	52.2	54.4	0.02
Income, high	50.6	51.7	0.31
Region			<0.01
Major cities	69.0	72.2	
Inner regional	22.2	17.8	
Other	8.8	10.0	

CVD, cardiovascular disease; BMI, body mass index.

\* Weighted prevalence and chi-square tests using person weight.

**Table S2** Number of ideal behavior and CVD presence

<b>Ideal behaviors number</b>	<b>CVD cases/participants</b>	<b>Crude OR (95% CI)</b>	<b><i>P</i></b>	<b>Adjusted* OR (95% CI)</b>	<b><i>P</i></b>
0-1	1542/4853	referent	--	referent	--
2	368/1750	0.48 (0.39-0.60)	<0.01	0.66 (0.51-0.86)	0.02
3-4	66/520	0.24 (0.18-0.33)	<0.01	0.49 (0.34-0.71)	<0.01
One more ideal behavior	--	0.60 (0.55-0.66)	<0.01	0.77 (0.68-0.86)	<0.01

CVD, cardiovascular disease; OR, odds ratio; CI, confidence interval.

\* Adjusted for age, sex, education attainment, income, and residence region.

**Table S3** Number of ideal factors and CVD presence

<b>Ideal factors number</b>	<b>CVD cases/participants</b>	<b>Crude OR (95% CI)</b>	<b><i>P</i></b>	<b>Adjusted* OR (95% CI)</b>	<b><i>P</i></b>
0-1	969/2321	referent	--	referent	--
2	679/2405	0.54 (0.46-0.65)	<0.01	0.69 (0.56-0.85)	<0.01
3-4	371/2495	0.20 (0.17-0.24)	<0.01	0.55 (0.45-0.69)	<0.01
One more ideal factor	--	0.53 (0.49-0.56)	<0.01	0.76 (0.70-0.83)	<0.01

CVD, cardiovascular disease; OR, odds ratio; CI, confidence interval.

\* Adjusted for age, sex, education attainment, income, and residence region.