

Figure S1: Flow chart

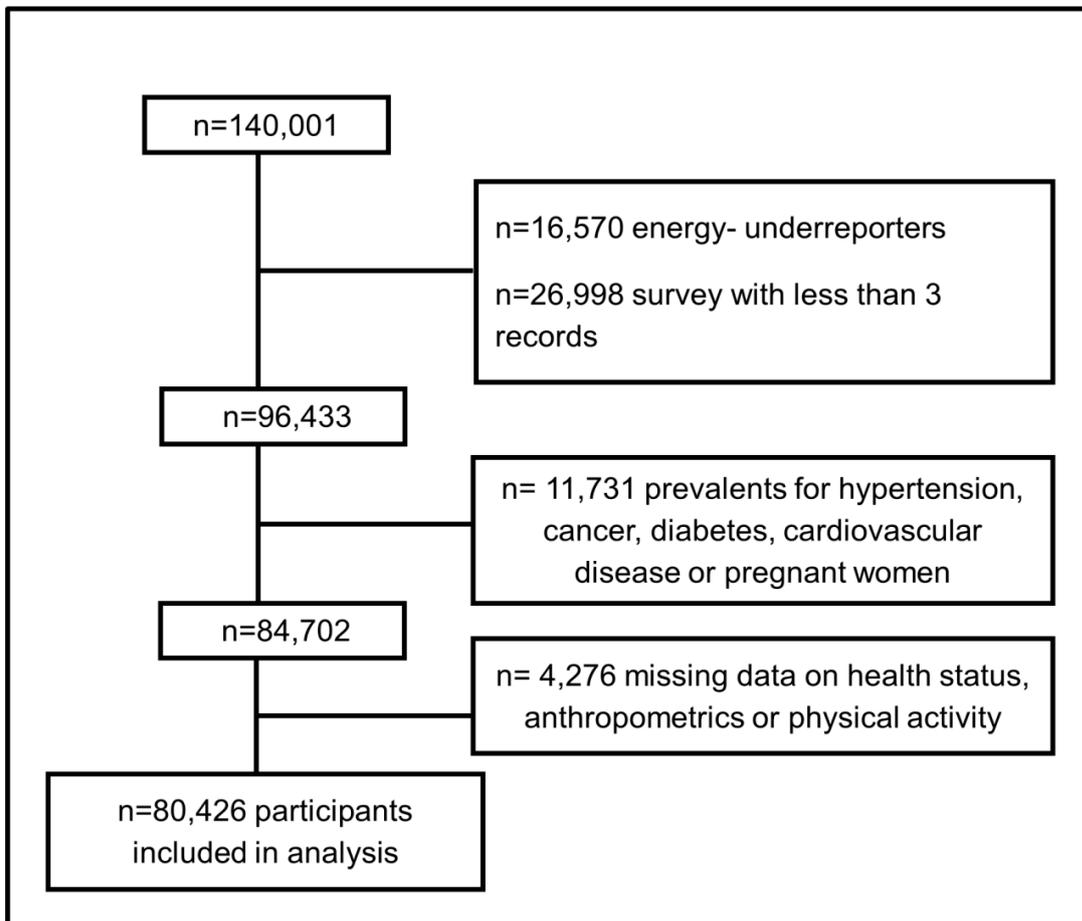


Table S1: Hazard ratios of incident hypertension in relation to Healthy Lifestyle Index (HLI).

HLI	Cases number	HR (95%CI) ^a	p-value
0 or 1	428	1 (ref)	
2	889	0.76 (0.67-0.85)	<0.0001 ^b
3	810	0.47 (0.42-0.53)	
4	286	0.35 (0.30-0.41)	
Per one point increase	-	0.69 (0.66-0.72)	<0.0001 ^b
HLI<4	2127	1 (ref)	<0.0001 ^c
HLI=4	286	0.56 (0.49-0.65)	

^a adjusted for age (as primary time dependent variable) , sex, educational level, smoking and family history of hypertension

^b linear trends were tested using HLI as ordinal variable

^c p-value was calculated using the Wald test.