ESM Table 1. *Characteristics of participants included and excluded from this study: the EURODIAB Prospective Complications Study of people with type 1 diabetes.*

	Included n=2313	Excluded n=937	P
Age (years)	32 ± 9	34 ± 11	<0.0001
Men	51 (1190)	51 (478)	0.8
Age at diabetes diagnosis (years)	18± 8	18± 8	0.06
Diabetes duration (years)	14 ± 9	16± 10	<0.0001
Cardiovascular health variables			
never smokers	51 (1182)	47 (428)	0.05
BMI (Kg/m²)	23.4± 2.8	23.6 ± 3.2	0.29
Physical activity (min/week)			
Moderate	330 ± 612	379± 636	0.04
Vigorous	138 ± 402	192± 480	0.004
Dietary criteria			
Fibre (g/day)	19.0 ± 7.5	17.0 ± 6.6	<0.0001
Protein (% of Energy)	17.6 ± 3.5	17.5 ± 3.4	0.39
Carbohydrates (% of Energy)	42.7 ± 7.1	41.8 ± 7.7	0.0034
Saturated fatty acids (% of Energy)	13.7 ± 3.4	14.5 ± 3.5	<0.0001
Total fat (% of Energy)	37.5 ± 7.1	38.9 ± 7.5	<0.0001
Total cholesterol/HDL-cholesterol ratio	3.8 ± 1.5	4.3 ± 2.1	<0.0001
Blood pressure			
Systolic BP (mmHg)	120 ± 16	124 ± 20	<0.0001
Diastolic BP (mmHg)	75 ± 11	77 ± 12	<0.0001
HbA1c			
mmol/mol	67 ± 21	70 ± 21	0.0003
(%)	8.3± 1.9	8.6 ± 1.9	
Other co-variables			
Retinopathy	44.6 (853)	51.0 (291)	0.0012
Nephropathy*	28.6 (633)	35.8 (302)	<0.0001
Neuropathy	31.5 (715)	47.8 (434)	<0.0001

Data are expressed as mean ± SD or % (n)

*Nephropathy regrouped micro and macro albuminuria.

ESM Table 2. *Hazard Ratios [95% CI] of incident cardiovascular events for the most favourable cardiovascular health metrics vs less favourable, adjusted for microvascular complications: the EURODIAB Prospective Complications Study.*

Favourable cardiovascular health metrics	Model 1	Model 2	Model 3
Not current smokers	0.91 [0.65-1.27]	0.95 [0.68-1.33]	0.92 [0.66-1.29]
BMI	1.01 [0.71-1.43]	0.90 [0.63-1.28]	0.96 [0.67-1.36]
Physical activity	0.80 [0.58-1.10]	0.75 [0.55-1.04]	0.79 [0.57-1.09]
Diet	0.80 [0.55-1.16]	0.81 [0.55-1.18]	0.78 [0.53-1.14]
Total cholesterol/HDL-c ratio	0.93 [0.65-1.34]	0.97 [0.67-1.39]	0.92 [0.64-1.32]
Blood pressure	0.63 [0.38-1.04]	0.65 [0.40-1.07]	0.58 [0.35-0.95]
HbA1c	0.68 [0.47-0.99]	0.71 [0.49-1.03]	0.68 [0.47-0.98]

Model 1 adjusted for age atf diabetes diagnosis, sex, the other cardiovascular health metrics, and retinopathy
Model 2 adjusted for age at diabetes diagnosis, sex, the other cardiovascular health metrics, and nephropathy
Model 3 adjusted for age at diabetes diagnosis, sex, the other cardiovascular health metrics, and neuropathy

ESM Table 3. *Hazard Ratios [95% CI] of incident cardiovascular events by number of favourable cardiovascular health metrics, adjusted for microvascular complications: the EURODIAB Prospective Complications Study.*

Number of favourable cardiovascular health metrics	Model 1	Model 2	Model 3	Model 4	Model 5
Zero	ref	ref	ref	ref	ref
One	0.84 [0.42-1.70]	0.80 [0.41-1.61]	0.89 [0.44-1.80]	0.76 [0.37-1.54]	0.81 [0.40-1.64]
Two	0.70 [0.36-1.35]	0.67[0.34-1.30]	0.76 [0.39-1.49]	0.69 [0.35-1.34]	0.72 [0.37-1.39]
Three	0.51 [0.25-1.02]	0.49[0.24-1.00]	0.60 [0.29-1.21]	0.55 [0.27-1.12]	0.56 [0.27-1.13]
Four or more	0.38 [0.19-0.78]	0.37 [0.18-0.76]	0.50 [0.24-1.03]	0.44[0.21-0.91]	0.43 [0.21-0.89]

Model 1 Unadjusted
Model 2 adjusted for age at diabetes diagnosis and sex
Model 3 adjusted for age at diabetes diagnosis, sex and retinopathy
Model 4 adjusted for age at diabetes diagnosis, sex and nephropathy
Model 5 adjusted for age at diabetes diagnosis, sex and neuropathy

ESM Table 4. *Prevalence of the favourable cardiovascular metrics in EURODIAB; prevalence of the ideal cardiovascular health metrics in the prospective Pittsburgh Epidemiology of Diabetes Complications (EDC) study as defined in the Devaraj et al publication and the prevalence of ideal cardiovascular health metrics in EURODIAB as defined in the Devaraj et al publication.*

Cardiovascular health metrics	*EURODIAB*		*EDC study*		*EURODIAB using Devaraj et al. publication definitions*	
Smoking	*Not current smokers*	*68.9%*	*Never smokers*	58.2%	*Never smokers*	51.2%
BMI	*<22.0 Kg/m^2*	*33.3%*	*<25.0 Kg/m^2*	64.6%	*<25.0 Kg/m^2*	73.1%
Physical activity	*Moderate > 250 min/week or vigorous > 60 min/week*	*49.7%*	moderate+≥150 min per week sport and leisure activity	39.4%	*vigorous*≥150 min	24.5%
Healthy diet	*3-4-5 favourable diet tertiles*	*26.1%*	*3 components*	1.2%	*2 components**	2.0%
Normal lipids	*(Total cholesterol / HDL-cholesterol) ratio < 3.09*	*33.3%*	*Total cholesterol<5.18mmol/l*	64.4%	*Total cholesterol<5.18mmol/l*	48.9%
Low SBP/DBP	*SBP < 112 mmHg and DBP < 70 mmHg*	*18.6%*	SBP<120 *mmHg and DBP < 80 mmHg*	64.4%	SBP<120 *mmHg and DBP < 80 mmHg*	45.8%
Normal HbA1c	*< 57 mmol/mol (< 7.4 %)*	*34.1%*	<53 mmol/mol (<7.0%)	7.4%	<53 mmol/mol (<7.0%)	24.5%

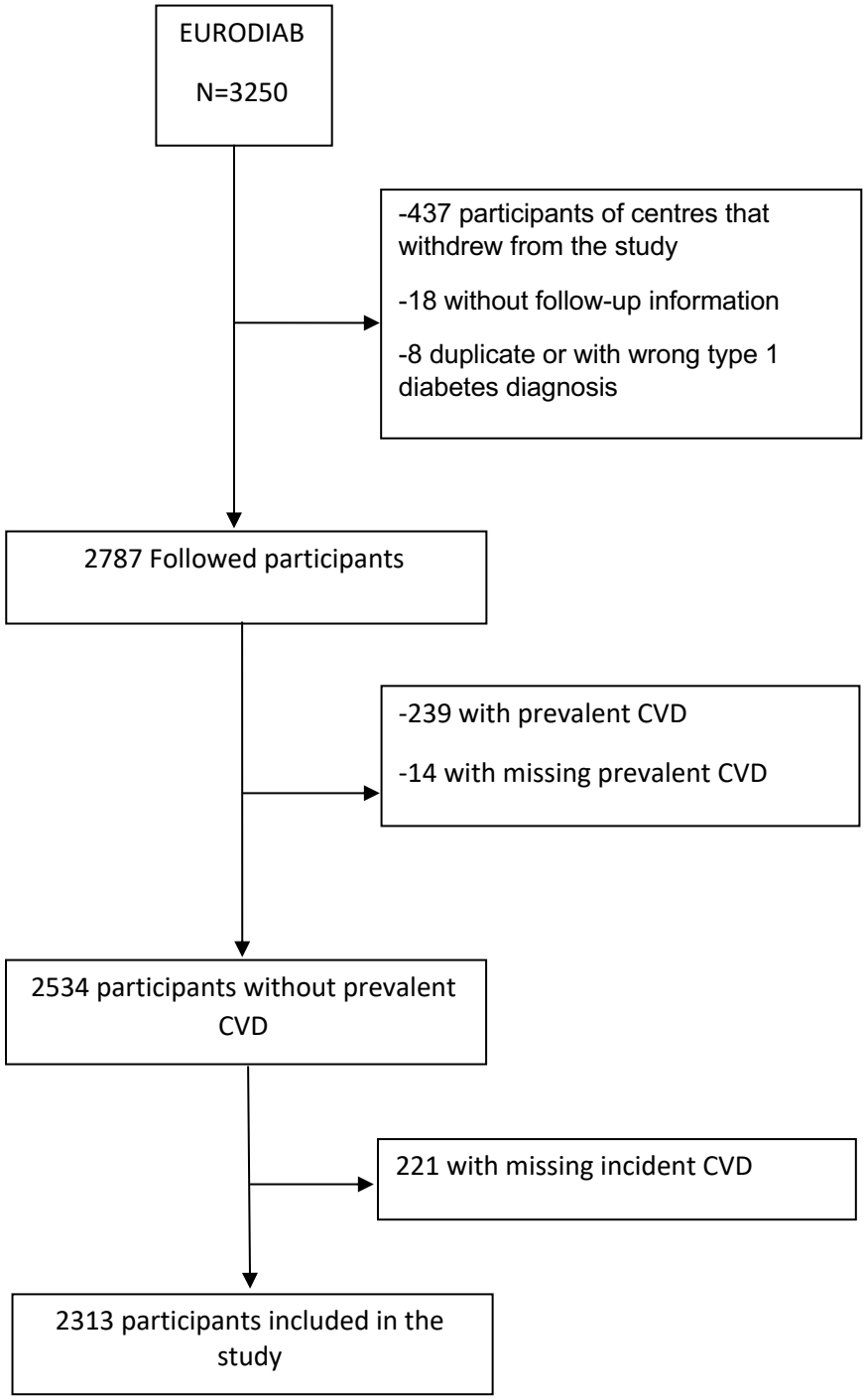
**Fibre: women: fibre > 25g/day, men: fibre >38g/day*
Saturated fat < 10% Energy
We did not use sodium intake criteria

ESM Table 5. Hazard Ratios [95% CI] of incident cardiovascular events for the ideal cardiovascular health metrics as defined by Devaraj et al. on imputed data: the EURODIAB Prospective Complications Study.

Cardiovascular health metrics	Model 1	Model 2	Model 3	Model 4
Never smokers	0.87 [0.64, 1.19]	0.91 [0.66, 1.24]	0.96 [0.70, 1.31]	0.93 [0.68, 1.29]
BMI	0.71 [0.51, 0.98]	0.73 [0.52, 1.02]	0.86 [0.61, 1.20]	0.86 [0.61, 1.21]
Physical activity	0.64 [0.43, 0.96]	0.69 [0.46, 1.05]	0.78 [0.49, 1.22]	0.68 [0.45, 1.04]
Diet	0.72 [0.18, 2.92]	0.67 [0.16, 2.73]	0.62 [1.15, 2.54]	0.60 [0.14, 2.46]
Total cholesterol	0.76 [0.56, 1.04]	0.81 [0.59, 1.11]	1.03 [0.74, 1.44]	1.06 [0.76, 1.47]
Blood pressure	0.48 [0.34, 0.67]	0.47 [0.33, 0.65]	0.49 [0.34, 0.69]	0.50 [0.35, 0.71]
HbA1c	0.53 [0.34, 0.83]	0.51 [0.33, 0.79]	0.54 [0.34, 0.84]	0.53 [0.34, 0.83]

Model 1Unadjusted model
Model 2: adjusted for age at diabetes diagnosis and sex
Model 3: Model 2 + the other cardiovascular health metrics. For example, to estimate the Hazard ratio of CVD for never smokers, Model 3 was adjusted for age at diabetes diagnosis, sex, BMI, PA, diet, Total cholesterol, BP and HbA1cModel 4: original EURODIAB data, a complete case analysis n=2313, adjusted as for Model 3

ESM Fig. 1–The flowchart of the selection of participants for the study



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