

 **Aim**

To examine associations of healthy lifestyle factors with incident CVDs in T1DM cases

 **Design**

A nation-wide, perspective, cohort study

 **Population**

1,390 T1DM individuals from the UK Biobank, free of CVDs at baseline

Healthy Lifestyles



Smoking



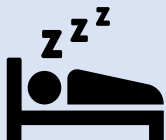
Alcohol
consumption



BMI



Diet



Sleep



Physical activity

CVDs



CHD



HF



Stroke

Results

Individual healthy lifestyles

Healthy v.s. Unhealthy

BMI 18.5 to <25kg/m²
HR (95% CI)
0.59 (0.45-0.78)

BMI 25 to <30 kg/m²
HR (95% CI)
0.65 (0.52-0.81)

Healthy diet
HR (95% CI)
0.83 (0.69-0.99)

Adequate sleep duration
HR (95% CI)
0.77 (0.63-0.92)

Healthy lifestyle scores

4-6 points v.s. 0-2 points

CVDs
HR (95% CI)
0.58 (0.46-0.73)

CHD
HR (95% CI)
0.63 (0.49-0.81)

HF
HR (95% CI)
0.49 (0.34-0.70)

Stroke
HR (95% CI)
0.71 (0.43-1.17)