

Supplementary Table 3. Stratified analysis: association of age-comparative self-rated health status with risk of first-ever stroke

Subgroup	Cases/person-years	HR (95% CI)		Pfor interaction
		Model 1*	Model 2†	
Age				
0.15				
<65 years old				
Better	2,933/569,076	1.00	1.00	
Same	10,792/1,920,839	1.22 (1.17–1.27)	1.16 (1.12–1.21)	
Worse	3,426/442,010	1.74 (1.65–1.83)	1.54 (1.46–1.62)	
≥65 years old				
Better	1,948/80,198	1.00	1.00	
Same	5,843/252,335	1.12 (1.06–1.18)	1.09 (1.03–1.15)	
Worse	1,695/60,516	1.57 (1.46–1.68)	1.48 (1.38–1.58)	
Sex				
0.33				
Men				
Better	2,639/295,957	1.00	1.00	
Same	8,006/882,687	1.19 (1.14–1.25)	1.14 (1.09–1.02)	
Worse	2,007/167,801	1.68 (1.58–1.79)	1.53 (1.44–1.63)	
Women				
Better	2,242/353,317	1.00	1.00	
Same	8,629/1,290,486	1.17 (1.11–1.22)	1.12 (1.07–1.18)	
Worse	3,114/334,724	1.65 (1.56–1.75)	1.50 (1.41–1.59)	
Administrative region				
0.49				
Rural				
Better	1,966/300,191	1.00	1.00	
Same	9,339/1,344,745	1.16 (1.10–1.22)	1.13 (1.08–1.19)	
Worse	2,927/297,984	1.64 (1.54–1.74)	1.52 (1.43–1.61)	
Urban				
Better	2,915/349,083	1.00	1.00	
Same	7,296/828,428	1.19 (1.14–1.24)	1.14 (1.09–1.19)	
Worse	2,194/204,542	1.67 (1.57–1.77)	1.50 (1.41–1.59)	
Education				
<0.0001				
No formal school				
Better	845/93,743	1.00	1.00	
Same	3,770/407,763	1.15 (1.06–1.24)	1.12 (1.04–1.21)	
Worse	1563/120,826	1.59 (1.45–1.73)	1.47 (1.35–1.61)	
1–6 Years				
Better	1,377/171,633	1.00	1.00	
Same	6,190/729,336	1.18 (1.11–1.25)	1.14 (1.07–1.21)	
Worse	1,685/162,048	1.66 (1.54–1.79)	1.52 (1.41–1.64)	
7–13 Years				
Better	2,123/325,179	1.00	1.00	
Same	5,793/928,181	1.18 (1.13–1.25)	1.13 (1.08–1.19)	
Worse	1,658/199,293	1.67 (1.56–1.79)	1.50 (1.40–1.60)	
≥14 Years				
Better	536/58,719	1.00	1.00	
Same	882/107,892	1.20 (1.07–1.34)	1.16 (1.04–1.29)	
Worse	215/20,359	2.07 (1.76–2.45)	1.85 (1.56–2.19)	

Supplementary Table 3. Continued

Subgroup	Cases/person-years	HR (95% CI)		Pfor interaction
		Model 1*	Model 2†	
Annual household income				<0.0001
<10,000 Yuan				
Better	1,466/179,416	1.00	1.00	
Same	5,045/579,784	1.14 (1.07–1.21)	1.12 (1.05–1.18)	
Worse	2,182/203,974	1.58 (1.47–1.69)	1.47 (1.37–1.58)	
10,000–19,999 Yuan				
Better	1,561/186,844	1.00	1.00	
Same	5,470/639,557	1.18 (1.11–1.25)	1.13 (1.06–1.2)	
Worse	1,547/140,039	1.64 (1.52–1.76)	1.48 (1.37–1.59)	
20,000–34,999 Yuan				
Better	1,051/155,223	1.00	1.00	
Same	3,773/566,785	1.20 (1.12–1.29)	1.14 (1.06–1.22)	
Worse	916/9,6324	1.82 (1.66–2.00)	1.62 (1.48–1.78)	
≥35,000 Yuan				
Better	803/127,792	1.00	1.00	
Same	2,347/387,047	1.21 (1.11–1.32)	1.16 (1.07–1.27)	
Worse	476/62,189	1.70 (1.51–1.91)	1.52 (1.34–1.71)	
Cigarette smoking				0.001
Never				
Better	2,439/374,729	1.00	1.00	
Same	9,380/1,364,521	1.19 (1.14–1.25)	1.15 (1.10–1.20)	
Worse	3,106/332,251	1.70 (1.61–1.80)	1.54 (1.46–1.63)	
Former				
Better	498/37,911	1.00	1.00	
Same	1,416/110,842	1.17 (1.06–1.31)	1.14 (1.02–1.27)	
Worse	476/28,582	1.71 (1.50–1.96)	1.59 (1.38–1.82)	
Occasionally				
Better	342/41,685	1.00	1.00	
Same	950/120,277	1.13 (0.99–1.29)	1.09 (0.96–1.24)	
Worse	267/27,851	1.59 (1.34–1.88)	1.50 (1.26–1.78)	
Current				
Better	1,602/194,949	1.00	1.00	
Same	4,889/577,533	1.17 (1.10–1.24)	1.12 (1.05–1.19)	
Worse	1,272/113,842	1.59 (1.47–1.72)	1.44 (1.33–1.56)	
Alcohol drinking				<0.001
Never				
Better	1,530/227,108	1.00	1.00	
Same	7,618/1,028,927	1.24 (1.17–1.32)	1.20 (1.13–1.27)	
Worse	2,716/254,234	1.78 (1.66–1.90)	1.62 (1.51–1.73)	
Former				
Better	84/6,686	1.00	1.00	
Same	451/29,899	1.19 (0.93–1.52)	1.15 (0.90–1.46)	
Worse	228/13,500	1.76 (1.35–2.29)	1.66 (1.27–2.17)	
Occasionally				

Supplementary Table 3. Continued

Subgroup	Cases/person-years	HR (95% CI)		P for interaction
		Model 1*	Model 2†	
Better	1,971/266,866	1.00	1.00	
Same	5,546/753,542	1.15 (1.10–1.22)	1.11 (1.06–1.18)	
Worse	1,489/167,770	1.59 (1.48–1.71)	1.44 (1.34–1.55)	
Weekly				
Better	1,296/148,614	1.00	1.00	
Same	3,020/360,804	1.12 (1.05–1.20)	1.07 (1.00–1.15)	
Worse	699/67,021	1.56 (1.42–1.72)	1.42 (1.29–1.56)	
Physical activity				0.88
Low				
Better	2,463/182,125	1.00	1.00	
Same	8,747/654,218	1.20 (1.14–1.25)	1.15 (1.10–1.20)	
Worse	2,855/170,798	1.69 (1.59–1.78)	1.54 (1.45–1.63)	
Moderate				
Better	1,538/240,492	1.00	1.00	
Same	4,763/722,904	1.15 (1.08–1.22)	1.11 (1.05–1.18)	
Worse	1,412/168,729	1.63 (1.51–1.76)	1.47 (1.36–1.59)	
High				
Better	880/226,657	1.00	1.00	
Same	3,125/796,052	1.17 (1.08–1.26)	1.14 (1.05–1.23)	
Worse	854/162,998	1.62 (1.47–1.79)	1.49 (1.35–1.65)	
BMI				0.22
<18.5 kg/m ²				
Better	127/15,751	1.00	1.00	
Same	696/90,223	1.06 (0.87–1.30)	1.07 (0.88–1.31)	
Worse	345/33,726	1.45 (1.17–1.80)	1.44 (1.16–1.80)	
18.5–23.9 kg/m ²				
Better	1,998/319,646	1.00	1.00	
Same	7,818/1,168,853	1.21 (1.15–1.27)	1.17 (1.11–1.23)	
Worse	2,325/266,943	1.71 (1.60–1.82)	1.56 (1.46–1.66)	
24.0–27.9 kg/m ²				
Better	1,986/240,072	1.00	1.00	
Same	5,937/705,406	1.18 (1.12–1.25)	1.13 (1.08–1.20)	
Worse	1,667/146,475	1.71 (1.60–1.83)	1.53 (1.42–1.64)	
≥28.0 kg/m ²				
Better	770/73,806	1.00	1.00	
Same	2,184/208,681	1.11 (1.02–1.21)	1.07 (0.98–1.17)	
Worse	784/55,382	1.57 (1.41–1.74)	1.42 (1.28–1.58)	
History of diabetes				0.43
No				
Better	4,431/626,593	1.00	1.00	
Same	14,764/2,075,542	1.17 (1.13–1.21)	1.14 (1.10–1.18)	
Worse	4,137/458,445	1.61 (1.54–1.68)	1.53 (1.47–1.60)	
Yes				
Better	450/22,681	1.00	1.00	

Supplementary Table 3. Continued

Subgroup	Cases/person-years	HR (95% CI)		P for interaction
		Model 1*	Model 2†	
Same	1,871/97,632	1.12 (1.01–1.25)	1.11 (1.00–1.23)	0.07
Worse	984/44,081	1.43 (1.28–1.61)	1.40 (1.25–1.58)	
History of hypertension				0.07
No				
Better	2,130/462,339	1.00	1.00	
Same	6,460/1,481,015	1.16 (1.10–1.22)	1.14 (1.09–1.20)	
Worse	1778/330,834	1.58 (1.48–1.68)	1.50 (1.41–1.61)	
Yes				
Better	2,751/186,935	1.00	1.00	
Same	10,175/692,158	1.15 (1.10–1.20)	1.13 (1.09–1.18)	
Worse	3,343/171,692	1.59 (1.50–1.67)	1.52 (1.44–1.61)	

HR, hazard ratio; CI, confidence interval; BMI, body mass index.

*Model 1: Stratified by age (5 years intervals), sex, region (10 areas) and adjusted for age (continuous), marital status, education, household annual income, occupation, healthcare coverage, housing condition, menopausal status, sleep problems, cigarette smoking, alcohol drinking, physical activity (continuous), body mass index (continuous), and family history of stroke; †Model 2: Model 1 plus presence of baseline major depressive episodes, diabetes, hypertension, and other comorbidities (yes, no). The categories and definitions of all categorical variables were illustrated in the 'Covariates' section of the Methods.