

TABLE 2. Cox regression analysis to evaluate the association between conventional lipid markers and 10-year first fatal/non fatal cardiovascular disease incidence in apparently healthy men and women ($n=2020$)

Men ($n=1,006/n=198$ CVD cases)			
	Unadjusted (crude) model	Age-adjusted model	Fully adjusted model
Model for TC			
TC, per 10mg/dL increase	1.10 (1.00, 1.21)	1.00 (0.90, 1.10)	1.00 (0.90, 1.10)
TC (>200 vs. ≤200mg/dL)	1.75 (1.28, 2.40)	1.24 (0.87, 1.75)	1.21 (0.85, 1.73)
Model for LDL			
LDL, per 10mg/dL increase	1.00 (0.90, 1.10)	1.00 (0.90, 1.10)	1.00 (0.90, 1.10)
LDL status (>100 vs. ≤100mg/dL)	1.57 (1.00, 2.50)	0.90 (0.54, 1.52)	1.10 (0.57, 2.13)
Model for HDL			
HDL, per 10mg/dL increase	0.81 (0.66, 0.90)	0.81 (0.66, 0.90)	0.81 (0.66, 1.21)
HDL status (<55 vs. ≥55mg/dL)	1.42 (0.91, 2.21)	1.44 (0.87, 2.46)	1.36 (0.81, 2.31)
Model for TGL			
TGL, per 10mg/dL increase	1.10 (1.00, 1.21)	1.00 (0.90, 1.10)	1.00 (0.90, 1.10)
TGL status (>150 vs. ≤150mg/dL)	2.29 (1.39, 3.77)	1.10 (0.63, 1.92)	1.60 (0.24, 1.49)
Women ($n=1,014/n=119$ CVD cases)			
	Unadjusted (crude) model	Age-adjusted model	Multi-adjusted model
Model for TC			
TC, per 10mg/dL increase	1.10 (1.00, 1.21)	1.00 (0.90, 1.10)	1.00 (0.90, 1.10)
TC (>200 vs. ≤200mg/dL)	2.19 (1.49, 3.23)	0.96 (0.42, 1.69)	0.91 (0.58, 1.43)
Model for LDL			
LDL, per 10mg/dL increase	1.10 (1.00, 1.21)	1.00 (0.90, 1.10)	1.00 (0.90, 1.10)
LDL status (>100 vs. ≤100mg/dL)	2.66 (1.50, 4.72)	1.19 (0.63, 2.25)	2.10 (0.72, 2.57)
Model for HDL			
HDL, per 10mg/dL increase	0.73 (0.66, 0.90)	0.73 (0.66, 0.90)	0.73 (0.53, 1.00)
HDL status (<45 vs. ≥45mg/dL)	1.53 (1.07, 2.17)	1.65 (1.12, 2.43)	1.44 (1.17, 2.14)
Model for TGL			
TGL, per 10mg/dL increase	1.10 (1.00, 1.21)	1.10 (1.00, 1.21)	1.10 (1.00, 1.21)
TGL status (>150 vs. ≤150mg/dL)	2.14 (1.52, 3.03)	1.60 (1.09, 2.34)	1.31 (1.01, 2.12)

HRs and their corresponding 95% CIs were obtained through Cox regression analysis. Multi-adjusted model was adjusted for age, body mass index, current smoking, MedDietScore, hypertension, diabetes mellitus, family history of cardiovascular disease. **Bold** indicates statistical significant outcomes ($p\text{-value}<0.05$)

Abbreviations: CVD: cardiovascular disease, HR: hazard ratio, HDL-C: high density lipoprotein cholesterol, LDL-C: low density lipoprotein cholesterol, TC: total cholesterol, TGL: triglycerides, 95%CI: 95% Confidence Interval