**Table S1: Relative risks for the effects of physiological risk factors on non-communicable diseases.**

| **Risk factor, disease** | **Sex** | **Age (years)** | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **30–44** | **45–59** | **60–69** | **70–79** | **≥80** |
| *High blood glucose (per mmol/L increase)* |  |  |  |  |  |  |
| Ischemic heart disease [[1](#_ENREF_1)] | Both | 1.42 | 1.42 | 1.20 | 1.20 | 1.20 |
| Total stroke [[1](#_ENREF_1)] | Both | 1.36 | 1.36 | 1.28 | 1.08 b | 1.08 b |
| *High LDL cholesterol (per mmol/L increase)* |  |  |  |  |  |  |
| Ischemic heart disease [[2](#_ENREF_2)] a | Both | 1.58 b | 1.37 | 1.19 | 1.19 | 1.12 |
| Ischemic stroke [[3](#_ENREF_3),[4](#_ENREF_4)] | Both | 1.29 | 1.29 | 1.18 | 1.00 c | 1.00 c |
| *High blood pressure (per mmHg increase)* |  |  |  |  |  |  |
| Ischemic heart disease [[5](#_ENREF_5)] | Men | 1.02 | 1.02 | 1.01 | 1.00 b | 1.00 b |
|  | Women | 1.04 | 1.02 | 1.02 | 1.01 | 1.01 |
| Total stroke [[5](#_ENREF_5)] | Men | 1.03 | 1.03 | 1.02 | 1.02 | 1.02 |
|  | Women | 1.03 | 1.02 | 1.02 | 1.01 | 1.01 |
| Hypertensive disease [[6](#_ENREF_6)] a | Both | 1.13 | 1.10 | 1.10 | 1.07 | 1.05 |
| Other selected CVD [[6](#_ENREF_6)] a | Both | 1.06 | 1.05 | 1.05 | 1.03 | 1.03 |
| *High body mass index (per kg/m2 increase)* |  |  |  |  |  |  |
| Ischemic heart disease [[3](#_ENREF_3),[7](#_ENREF_7)] | Both | 1.14 | 1.09 | 1.08 | 1.05 | 1.02 |
| Ischemic stroke [[3](#_ENREF_3),[7](#_ENREF_7)] | Both | 1.14 | 1.10 | 1.08 | 1.05 | 1.03 b |
| Hypertensive disease [[3](#_ENREF_3),[7](#_ENREF_7)] | Both | 1.22 b | 1.18 b | 1.14 | 1.11 | 1.08 b |
| Postmenopausal breast cancer [[8](#_ENREF_8)] | Women |  | 1.04 | 1.04 | 1.04 | 1.04 |
| Colon cancer [[9](#_ENREF_9)] | Men | 1.04 | 1.04 | 1.04 | 1.04 | 1.04 |
|  | Women | 1.03 | 1.03 | 1.03 | 1.03 | 1.03 |
| Corpus uteri cancer [[3](#_ENREF_3),[10](#_ENREF_10)] | Women | 1.10 | 1.10 | 1.10 | 1.10 | 1.10 |
| Kidney cancer [[3](#_ENREF_3),[10](#_ENREF_10)] | Men | 1.04 | 1.04 | 1.04 | 1.04 | 1.04 |
|  | Women | 1.06 | 1.06 | 1.06 | 1.06 | 1.06 |
| Pancreatic cancer [[3](#_ENREF_3),[10](#_ENREF_10)] | Men | 1.01 b | 1.01 b | 1.01 b | 1.01 b | 1.01 b |
|  | Women | 1.02 | 1.02 | 1.02 | 1.02 | 1.02 |
| Diabetes mellitus [[3](#_ENREF_3),[11](#_ENREF_11)] | Both | 1.20 | 1.20 | 1.15 | 1.11 | 1.11 |

CVD, cardiovascular disease.

a Relative risks were originally reported for all age groups or only part of an age group. In order to calculate relative risks for each age group, we used age-specific relative risks from meta-analyses conducted for a previous study [[3](#_ENREF_3)].

b We replaced these statistically insignificant relative risks with 1 in our analysis.

c We used a null association in people aged 70 years and older, because of a lack of fully convincing evidence on effects of cholesterol in older ages.

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