**S4 Table.** Quality grading of evidence

| **Certainty assessment** | **Number of patients** | **Mean difference(95% CI)** | **Certainty** | **Importance** |
| --- | --- | --- | --- | --- |
| **Number samples** | **Study design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Interventon** | **Control** |
| High-Statin dose compared to Control for Arterial stiffness |
| 1 | RCT | Serious a | serious b | Not serious | Serious b | - Publication bias strongly suspected- very strong association- dose response gradient b | 16 | 10 | **-1.17 m/s** (-3.5 to 1.16) | ⨁⨁⨁◯MODERATE | NOT IMPORTANT |
| Moderate-Statin dose compared to Control for Arterial stiffness |
| 7 | RCT | serious a | serious c | not serious | not serious | - strong association- dose response gradient | 225 | 215 | **-0.80 m/s** (-1.59 to -0.01) | ⨁⨁⨁⨁HIGH | CRITICAL |
| Low-Statin dose compared to Control for Arterial stiffness |
| 1 | RCT | serious a | serious b | not serious | serious b | - publication bias strongly suspected- dose response gradient b | 45 | 42 | **-0.50 m/s**(-3.2 to 2.2) | ⨁◯◯◯VERY LOW | NOT IMPORTANT |
| High-intensity Exercise compared to Control for Arterial stiffness |
| 8 | RCT | serious a | not serious | not serious | not serious | - strong association- dose response gradient | 188 | 151 | **-0.56 m/s** (-1.00 to -0.11) | ⨁⨁⨁⨁HIGH | CRITICAL |
| Moderate-intensity Exercise compared to Control for Arterial stiffness |
| 5 | RCT | serious a | not serious | not serious | not serious | - dose response gradient | 121 | 104 | **-0.27 m/s**(-1.00 to 0.46) | ⨁⨁⨁⨁HIGH | IMPORTANT |
| High-Statin dose compared to Moderate-statin dose for Arterial stiffness |
| 2 | RCT | serious a | not serious | not serious | not serious | - publication bias strongly suspected- dose response gradient b | 46 | 45 | **-0.11 m/s**(-0.8 to 0.59) | ⨁⨁⨁◯MODERATE | NOT IMPORTANT |

**CI:** Confidence interval. a: Scored High in RoB2 tool; b: Few studies; c: Substantial heterogeneity