

**Table e-1 Summary of eligible studies reporting the association between diabetes and risk of three stroke types**

Study, Year published, Author	Country, study size <sup>1</sup>	Year recruited	Years of follow-up	Age (mean, years)	Subarachnoid haemorrhage (n)	RR (95% CI)	Intracerebral haemorrhage (n)	RR (95% CI)	Ischaemic stroke (n)	RR (95% CI)	Stroke data source	Adjustment factors
CALIBER, 2015, Shah	England MF= 1,900,000	1998-2010	-	n/r	1271	0.48 (0.26-0.89)	2349	1.28(1.02-1.62)	5959	1.72 (1.52-1.95)	Data linkage	Age, BMI*, smoking, history of HTN, history of high CHL
Japan Public Health Center-based prospective study (JPHC I), 2011, Cui	Japan F= 22,528 M=13129	1990-1993	12	~54	F=34 M=88	F: 0.97 (0.30-3.15) M: -	F=138 M=126	F: 0.58 (0.18-1.86) M: 0.75 (0.35-1.63)	F=306 M=220	F: 3.63 (2.41-5.48) M: 2.22 (1.58-3.11)	Medical records	Age, BMI**, smoking, alcohol, history of HTN, history of high CHL

<sup>1</sup>MF = male and female; M = male; F = female; DM= diabetes mellitus; BMI = body mass index (\* continuous \*\* 4 categories); HTN = hypertension; CHL= cholesterol

**Table e-2 Summary of eligible studies reporting the association between current smoking and risk of three stroke types**

Study, Year published, Author	Country, study size <sup>1</sup>	Year recruited	Years of follow-up	Age (range or mean, years)	Subarachnoid haemorrhage (n)	RR (95% CI)	Intracerebral haemorrhage (n)	RR (95% CI)	Ischaemic stroke (n)	RR (95% CI)	Stroke data source	Adjustment factors
Korean National Health System Prospective Cohort Study, 2008, Lawlor	Korea MF=648,346	1992	8.8	30-64	786	1.91 (1.63-2.24)	2380	1.13 (0.96-1.33)	4768	1.58 (1.49-1.68)	Data linkage	Age, BMI, alcohol, physical exercise, DM, history of HTN, history of high CHL
Japan Public Health Center-based prospective study (JPHC I), 2004, Mannami	Japan F = 21,500 M= 19,782	1990-1992	11	40-59	F=106 M=73	F: 2.70 (1.45-5.02) M: 3.60 (1.62-8.01)	F = 129 M= 219	F:1.53 (0.86-4.25) M: 0.90 (0.65-1.25)	F= 176 M=327	F: 1.57 (0.86-2.87) M: 1.56 (1.17-2.10)	Medical records and self-report	Age, BMI, alcohol, physical exercise, education, DM, history of HTN
Hisayama, 2011, Hata	Japan M=2421	1988	14	40-79	19	3.85 (1.05-14.13)	43	1.21 (0.47-3.15)	132	2.03 (1.18-3.49)	Medical records and self-report	Age, BMI, alcohol, physical exercise, DM, history of HTN, history of high CHL
Nurses' Health Study, 1993, Kawachi	USA MF= 117,006	1976	12	30-55	108	4.85 (2.90-8.11)	53	1.24 (0.64-2.42)	275	2.53 (1.91-3.35)	Medical records and self-report	Age, BMI, DM, history of HTN, history of high CHL, time period
CALIBER, 2015, Pujades-Rodrigues	England F=766,349, M=647,400	1997-2001	5.5 <sup>2</sup>	F= 47.9 M= 46	F= 808 M= 470	F: 2.91 (2.33-3.80) M: 2.55 (2.03-3.21)	F= 1290 M= 1098	F:1.76 (1.41-2.21) M: 1.46 (1.16-1.84)	F=3264 M=2789	F: 1.74 (1.52-1.99) M: 2.11 (1.82-2.45)	Data linkage	Age

<sup>1</sup>MF = male and female; M = male; F = female; DM= diabetes mellitus; BMI = body mass index; HTN = hypertension; CHL= cholesterol

<sup>2</sup> Median

**Table e-3: Baseline characteristics of women by self-rated health**

Baseline characteristics	Self-rated health		
	Excellent/good	Fair/poor	Asked, not answered
<b>Total women (N)<sup>1</sup></b>	608,036	189,609	25,682
Total women (N) after certain exclusions <sup>2</sup>	565,850	146,583	22,784
Age, years, mean (SD)	59.7 (4.8)	59.8 (5.0)	59.9 (4.9)
Current smoker, % (N)	10.7 (59,722)	18.4 (26,362)	13.1 (2,873)
No alcohol, % (N)	30.9 (174,507)	47.4 (69,229)	37.0 (8,397)
Body Mass Index, kg/m <sup>2</sup> , mean (SD)	25.7 (4.2)	27.7 (5.6)	26.2 (4.6)
Least physically active (lowest tertile), % (N)	31.4 (130,910)	38.4 (42,106)	37.3 (3,764)
Most socio-economically deprived (lowest tertile), % (N)	26.0 (145,714)	39.5 (57,467)	31.5 (7,138)
No educational or technical qualification, % (N)	33.3 (184,868)	50.8 (72,466)	46.2 (10,149)
On menopausal hormone therapy, % (N)	27.0 (152,729)	29.5 (43,197)	29.1 (6,628)
Reported current treatment for:			
Diabetes, % (N)	1.8 (10,038)	6.5 (9,579)	2.9 (653)
Hypertension, % (N)	17.4 (98,367)	30.8 (45,149)	19.7 (4,483)

<sup>1</sup>Total women including those excluded from the analysis

<sup>2</sup>Women were excluded if they had a prior hospital record of cerebrovascular disease (n=4,183) or ischaemic heart disease (n=17,599); or if they had reported a prior stroke or transient ischaemic attack (n=10,422) or prior heart disease (n=38,946); or if they had a prior cancer registration other than non-melanoma skin cancer (n=16,852); or if they had completed the baseline survey but were no longer registered with the NHS (n=108). The percentages and means in the table refer to women after these exclusions were applied.