Table S.1. Sex differences in BMI and Waist Circumference, stratified by age, income, education, race, ethnicity.

	BMI (kg/m^2)			Increased Waist Circumference*		
	Men	Women	p-value	Men	Women	p-value
Age categories						
<45 years	35.2 ± 7.4	37.6 ± 8.5	0.051	258 (74.8%)	256 (93.1%)	0.133
45-54 years	34.6 ± 6.8	36 ± 7.7		677 (79.2%)	538 (93.1%)	
55-64 years	33.5 ± 5.9	35 ± 7.1		856 (79%)	647 (93.6%)	
≥65 years	32.4 ± 5.4	32.8 ± 5.9		741 (80.5%)	258 (90.2%)	
Income						
<$10,000	33.1 ± 6.9	34.1 ± 7.4	0.193	102 (69.9%)	132 (88.6%)	0.486
$10,000 - $50,000	33.8 ± 6.5	36.2 ± 8		897 (77.3%)	723 (93.1%)	
$50,000 - $75,000	33.8 ± 5.8	35.3 ± 7.2		435 (82.5%)	239 (92.6%)	
$75,000+	33.6 ± 6.2	35.3 ± 6.7		826 (82%)	373 (95.4%)	
Education						
Some high school	32.4 ± 5.8	33.7 ± 7.1	0.398	110 (63.2%)	162 (85.7%)	0.699
High school graduate	33.7 ± 6.1	35.1 ± 7.6		485 (76.7%)	370 (91.1%)	
Some college	34.3 ± 6.7	36.1 ± 7.4		776 (81.8%)	486 (95.1%)	
College graduate or more	33.3 ± 6.1	35.5 ± 7.5		1161 (80.1%)	680 (94.1%)	
Race						
White	33.9 ± 6.3	35.8 ± 7.3	0.671	1855 (81.2%)	953 (93.2%)	0.242
Black or African American	33.7 ± 6.2	35.3 ± 7.8		366 (74.8%)	466 (92.1%)	
Other or more than one race	32 ± 6.3	34.2 ± 6.9		284 (72.6%)	255 (93.1%)	
Ethnicity						
Hispanic/Latino	32.9 ± 6	33.7 ± 6.9	0.01	309 (61.7%)	374 (88.2%)	0.224
Non-Hispanic/Latino	33.8 ± 6.3	35.9 ± 7.5		2205 (82.3%)	1309 (94.3%)	

* Increased waist circumference ≥88 cm for females, ≥102 cm for males (for Asian Americans, ≥80 cm for females, ≥90 cm for males)

The nominal p-value for the interaction term between sex and the sociodemographic variable (i.e., age, income, education, race, or ethnicity) is provided to explore whether sex differences vary by the sociodemographic variable, and so should not be interpreted as testing hypotheses.

Table S.2. Sex differences in LDL levels, stratified by age, income, education, race, ethnicity.

	LDL (mg/dL), on statins			LDL <100 mg/dL, on statin		
	Men	Women	p-value	Men	Women	p-value
Age categories						
<45 years	84.8 ± 29.1	92.5 ± 32	0.941	106 (75.7%)	50 (65.8%)	0.134
45-54 years	83.5 ± 31	91.3 ± 31		347 (72%)	192 (65.8%)	
55-64 years	78.5 ± 26.8	87.2 ± 30.7		607 (79.9%)	316 (73.1%)	
≥65 years	74.6 ± 25.6	84.1 ± 27		624 (86.7%)	153 (73.6%)	
Income						
<$10,000	84.9 ± 34.2	89.2 ± 34.7	0.388	47 (66.2%)	42 (61.8%)	0.719
$10,000 - $50,000	80.7 ± 29.2	88.4 ± 32.3		561 (77.5%)	286 (72%)	
$50,000 - $75,000	77.6 ± 28.9	89.8 ± 31.6		270 (79.6%)	110 (70.1%)	
> $75,000	76.3 ± 24.5	83.6 ± 23.7		612 (84.2%)	188 (76.7%)	
Education						
Some high school	86.9 ± 29.3	94.2 ± 37.7	0.802	67 (71.3%)	55 (60.4%)	0.777
High school graduate	81.7 ± 28.8	91.3 ± 29.1		309 (76.9%)	148 (65.2%)	
Some college	78.5 ± 28.8	91.3 ± 29.1		478 (79%)	191 (72.9%)	
College graduate or more	76.9 ± 26.5	86.7 ± 29.3		830 (82.9%)	317 (74.1%)	
Race						
White	75.6 ± 25.8	84.5 ± 28.7	0.123	1299 (84%)	441 (75%)	0.023
Black or African American	91.3 ± 31.8	94.9 ± 32.6		189 (61.6%)	170 (61.4%)	
Other or more than one race	81.8 ± 29.6	91.3 ± 30.2		182 (79.8%)	89 (69%)	
Ethnicity						
Hispanic/Latino	85.6 ± 31.9	92.4 ± 36.2	0.367	177 (71.7%)	119 (63%)	0.573
Non-Hispanic/Latino	77.7 ± 27.1	87.3 ± 28.7		1498 (81.4%)	585 (72.1%)	

The nominal p-value for the interaction term between sex and the sociodemographic variable (i.e., age, income, education, race, or ethnicity) is provided to explore whether sex differences vary by the sociodemographic variable, and so should not be interpreted as testing hypotheses.

Table S.3. Sex differences in low HDL and Blood Pressure, stratified by age, income, education, race, ethnicity.

	Low HDL[a]			BP <140/90, on medication		
	Men	Women	p-value	Men	Women	p-value
Age categories						
<45 years	174 (50.3%)	231 (83.4%)	<0.001	106 (71.1%)	94 (74.6%)	0.835
45-54 years	429 (50.3%)	392 (67.6%)		395 (73.7%)	262 (72.6%)	
55-64 years	493 (45.5%)	402 (58.3%)		571 (70.1%)	374 (72.2%)	
≥65 years	409 (44.3%)	148 (51.6%)		547 (71.7%)	164 (72.6%)	
Income						
<$10,000	66 (45.2%)	95 (63.3%)	0.349	56 (60.2%)	67 (73.6%)	0.366
$10,000 - $50,000	586 (50.5%)	508 (65.3%)		575 (70%)	366 (69.7%)	
$50,000 - $75,000	264 (50.1%)	169 (65.3%)		275 (72.8%)	136 (73.9%)	
>$75,000	422 (41.9%)	249 (63.5%)		544 (75.1%)	209 (76.3%)	
Education						
Some high school	78 (44.8%)	106 (55.8%)	0.42	69 (72.6%)	82 (71.9%)	0.326
High school graduate	298 (47.3%)	273 (67.1%)		320 (70.6%)	199 (75.7%)	
Some college	483 (50.9%)	352 (69%)		471 (69.1%)	259 (72.1%)	
College graduate or more	646 (44.5%)	441 (60.7%)				
Race						
White	1173 (51.4%)	707 (69%)	0.008	1184 (72.5%)	500 (72.9%)	0.13
Black or African American	161 (32.8%)	258 (50.8%)		224 (62.9%)	271 (70.9%)	
Other or more than one race	156 (39.9%)	195 (71.2%)		191 (77.3%)	112 (75.7%)	
Ethnicity						
Hispanic/Latino	221 (44%)	298 (69.8%)	0.002	178 (67.7%)	163 (71.5%)	0.544
Non-Hispanic/Latino	1273 (47.5%)	868 (62.5%)		1429 (72%)	725 (73%)	

[a] Low HDL <50 mg/dL for females, <40 mg/dL for males

The nominal p-value for the interaction term between sex and the sociodemographic variable (i.e., age, income, education, race, or ethnicity) is provided to explore whether sex differences vary by the sociodemographic variable, and so should not be interpreted as testing hypotheses.

Table S.4. Exploratory analysis results for prevalence of cardiometabolic risk factors by sex, stratified by age, education, race, ethnicity, and income.

	P-value for interaction between sex and				
CVD Risk Factor	**Age**	**Education**	**Race**	**Ethnicity**	**Income**
BMI (kg/m2)	0.051	0.398	0.671	0.01	0.193
Waist circumference ≥ gender-specific threshold[a]	0.133	0.699	0.242	0.224	0.486
Insulin sensitivity (HOMA2-S%)	0.212	0.677	0.03	0.65	0.647
Insulin secretion (Insulinogenic index)	0.756	0.789	0.041	0.81	0.179
HDL < gender-specific threshold[b]	<0.001	0.42	0.008	0.002	0.349
Triglycerides (mg/dL)	0.323	0.828	0.239	0.777	0.129
Metabolic Syndrome	0.292	0.338	0.503	0.161	0.706
Depression/anxiety medications (%)[c]	0.922	0.113	0.57	0.085	0.14
ASCVD risk score (%)[d]	<0.001	0.038	<0.001	<0.02	0.16
Heart attack or stroke (%)	0.338	0.121	0.832	0.671	0.546

[a] Normal waist circumference <88 cm for females, <102 cm for males (for Asian Americans, <80 cm for females, <90 cm for males).

[b] Normal HDL ≥50 mg/dL for females, ≥40 mg/dL for males.

[c] This question was added after the study started and was answered by 2494 participants at baseline.

[d] Estimated 10-year ASCVD risk. ASCVD risk scores are intended for primary prevention of CVD only, and so this variable is analyzed only for those without history of heart attack or stroke.

The nominal p-value for the interaction term between sex and the sociodemographic variable (i.e., age, income, education, race, or ethnicity) is provided to explore whether sex differences vary by the sociodemographic variable, and so should not be interpreted as testing hypotheses.

Table S.5. Exploratory analysis results for evidence-based treatments for lipid and blood pressure management by sex, stratified by age, education, race, ethnicity, and income.

	P-value for interaction between sex and				
CVD Risk Factor	**Age**	**Education**	**Race**	**Ethnicity**	**Income**
LDL (mg/dL) in entire cohort	0.006	0.181	0.025	0.02	0.173
LDL (mg/dL) in those treated with statins	0.941	0.802	0.123	0.367	0.388
LDL < 100 mg/dL in those treated with statins	0.134	0.777	0.023	0.573	0.719
LDL (mg/dL) in those NOT treated with statins	0.003	0.373	0.631	0.359	0.374
LDL < 100 mg/dL in those NOT treated with statins	0.345	0.97	0.253	0.408	0.536
Systolic BP (mmHg) in entire cohort	0.001	0.003	0.152	0.015	0.255
Diastolic BP (mmHg) in entire cohort	0.326	0.025	0.017	<0.001	0.003
Systolic BP (mmHg) in those treated with blood pressure medications	0.063	0.176	0.054	0.656	0.499
Diastolic BP (mmHg) in those treated with blood pressure medications	0.344	0.498	<0.001	0.237	0.083
BP <140/90 mmHg in those treated with blood pressure medications	0.835	0.326	0.13	0.544	0.336
BP <130/80 mmHg in those treated with blood pressure medications	0.17	0.179	<0.001	0.854	0.575

The nominal p-value for the interaction term between sex and the sociodemographic variable (i.e., age, income, education, race, or ethnicity) is provided to explore whether sex differences vary by the sociodemographic variable, and so should not be interpreted as testing hypotheses.