

Supplementary Table S1. Definition and scoring approach for the American Heart Association's Life's Essential 8 score

Domain	CVH metric	Measurement	Quantification and scoring of CVH Metric
Health behaviors	Diet	Healthy Eating Index-2015 diet score percentile	Quantiles of DASH-style diet adherence Scoring (population): Quantile ≥ 95 th percentile (top/ideal diet) 75 th –94 th percentile 50 th –74 th percentile 25 th –49 th percentile 1 st –24 th percentile (bottom/least ideal quartile)
	Physical activity	Self-reported minutes of moderate or vigorous physical activity per week	Metric: Minutes of moderate (or greater) intensity activity per week Scoring: Points Minutes ≥ 150 120–149 90–119 60–89 30–59 1–29 0
	Nicotine exposure	Self-reported use of cigarettes or inhaled nicotine-delivery system (NDS)	Metric: Combustible tobacco use and/or inhaled NDS use; or secondhand smoke exposure Scoring: Points Status 100 Never smoker 75 Former smoker, quit ≥ 5 years 50 Former smoker, quit 1–<5 years 25 Former smoker, quit < 1 year, or currently using inhaled NDS 0 Current smoker Subtract 20 points (unless score is 0) for living with active indoor smoker in home
	Sleep health	Self-reported average hours of sleep per night	Metric: Average hours of sleep per night Scoring: Points Level 100 7–< 9 90 9–< 10 70 6–< 7 40 5–< 6 or ≥ 10 20 4–< 5 0 < 4
Health factors	Body mass index	Body weight (kg) divided by height squared (m ²)	Metric: Body mass index (kg/m ²) Scoring: Points Level 100 < 25 70 25.0–29.9 30 30.0–34.9 15 35.0–39.9 0 ≥ 40.0
	Blood lipids	Plasma total and HDL cholesterol with calculation of non-HDL cholesterol	Metric: Non-HDL cholesterol (mg/dl) Scoring: Points level 100 < 130 60 130–159 40 160–189 20 190–219 0 ≥ 220 If drug-treated level, subtract 20 points

Supplementary Table SI. Cont.

Domain	CVH metric	Measurement	Quantification and scoring of CVH Metric
Health factors	Blood glucose	Fasting blood glucose (FBG) or casual hemoglobin A _{1c}	Metric: Fasting blood glucose (mg/dl) or hemoglobin A _{1c} (%) Scoring: Level Points 100 No history of diabetes and FBG < 100 (or HbA _{1c} < 5.7) 60 No diabetes and FBG 100–125 (or HbA _{1c} 5.7–6.4) (pre-diabetes) 40 Diabetes with HbA _{1c} < 7.0 30 Diabetes with HbA _{1c} 7.0–7.9 20 Diabetes with HbA _{1c} 8.0–8.9 10 Diabetes with HbA _{1c} 9.0–9.9 0 Diabetes with HbA _{1c} ≥ 10.0
	Blood pressure	Appropriately measured systolic and diastolic blood pressure	Metric: Systolic and diastolic blood pressure (mm Hg) Scoring: Level Points 100 < 120/< 80 (optimal) 75 120–129/< 80 (elevated) 50 130–139 or 80–89 (stage I hypertension) 25 140–159 or 90–99 0 ≥ 160 or ≥ 100 Subtract 20 points if treated level

References

1. Lloyd-Jones DM, Allen NB, Anderson CAM, et al. Life's Essential 8: Updating and Enhancing the American Heart Association's Construct of Cardiovascular Health: a Presidential Advisory From the American Heart Association. *Circulation* 2022; 146: e18-43.
2. Lloyd-Jones DM, Ning H, Labarthe D, et al. Status of Cardiovascular Health in US Adults and Children Using the American Heart Association's New "Life's Essential 8" Metrics: Prevalence Estimates From the National Health and Nutrition Examination Survey (NHANES), 2013 Through 2018. *Circulation* 2022; 146: 822-35.