

Appendix Definitions of Life's Simple 7 poor, intermediate, and ideal behaviors and health factors as applied in the REGARDS study.

	Poor Health	Intermediate Health	Ideal Health
Goal/Metric	Definition	Definition	Definition
Current smoking	Yes	Former ≤12 months	Never or quit >12 months
Body Mass Index	≥30 kg/m ²	25-29.9 kg/m ²	< 25kg/m ²
Physical activity	None	1 to 3 times per week	≥ 4 times per week
Healthy diet score	0-1 Components	2-3 Components	4-5 Components
Total cholesterol	≥240 mg/dL	200-239 mg/dL or treated to goal	< 200 mg/dL not on treatment
Blood pressure	SBP ≥140 or DBP ≥90 mm Hg	SBP 120-139 or DBP 80-89 mm Hg or treated to goal	SBP < 120 and DBP <80 mm Hg not on treatment
Fasting plasma glucose	≥126 mg/dL	100-125 mg/dL or treated to goal	<100 mg/dL not on treatment

SBP – systolic blood pressure, DBP – diastolic blood pressure
 The appendix was adapted from Lloyd-Jones et al. 2010.
 The levels listed are intended for use by adults ≥ 20 years of age.

Supplemental Table 1. Mean estimated glomerular filtration rate and geometric mean albumin-to-creatinine ratio by level of each Life Simple 7 factor.

Life Simple 7 Factor	Life Simple 7 Factor Levels		
	Poor	Intermediate	Ideal
	Mean (SD) eGFR, ml/min/1.73 m ²		
Cigarette smoking	46.1 (11.4)	46.2 (10.1)	47.2 (10.8)
Physical Activity	45.8 (11.6)	45.6 (10.2)	48.8 (9.9)
Body mass index	46.5 (11.3)	47.3 (10.8)	47.6 (10.3)
Diet	47.5 (10.6)	49.3 (9.7)	-
Blood pressure	46.6 (11.8)	47.2 (10.4)	47.8 (10.5)
Cholesterol	47.4 (11.4)	46.8 (10.8)	47.4 (10.8)
Glucose	45.9 (11.6)	45.5 (11.6)	48.5 (9.9)
	Geometric mean (95% CI) albumin-to-creatinine ratio, mg/g		
Cigarette smoking	36.1 (28.8 – 45.2)	21.8 (8.1 – 58.6)	22.6 (21.2 – 24.2)
Physical Activity	28.8 (26.1 – 31.8)	20.9 (18.5 – 23.5)	19.5 (17.2 – 22.0)
Body mass index	26.6 (19.6 – 25.2)	22.0 (19.9 – 24.4)	22.3 (19.6 – 25.2)
Diet	20.8 (19.1 – 22.6)	17.8 (15.1 – 21.1)	-
Blood pressure	48.6 (42.5 – 55.5)	18.7 (17.4 – 20.2)	11.5 (9.8 – 13.5)
Cholesterol	26.8 (21.3 – 26.8)	23.2 (21.4 – 25.2)	23.9 (21.3 – 26.8)
Glucose	52.0 (43.0 – 62.9)	32.6 (28.9 – 36.8)	15.4 (14.3 – 16.6)

SD – standard deviation, eGFR – estimated glomerular filtration rate; CI – confidence interval. See Appendix for the definition of Life Simple 7 factor levels.

Supplemental Table 2. Number of end-stage renal disease cases and population at risk by each Life's Simple 7 health factor.

Life Simple 7 Factors	Life Simple 7 Factor Levels		
	Poor	Intermediate	Ideal
Cigarette smoking	23 / 326	0 / 15	137 / 2752
Physical Activity	89 / 1423	45 / 947	26 / 723
Body mass index	81 / 1234	49 / 1131	30 / 728
Diet	77 / 1698	13 / 369	0 / 1
Blood pressure	82 / 888	74 / 1966	4 / 239
Cholesterol	23 / 317	82 / 1825	55 / 951
Glucose	39 / 455	82 / 1070	39 / 1568

Numbers in table are number of cases / number of participants included in the analysis.

Supplemental Table 3. Incidence rates and adjusted hazard ratios for death associated with each Life's Simple 7 factor.

Life Simple 7 Factor	Life Simple 7 Factor Level		
	Poor	Intermediate	Ideal
Mortality Rates (95% CI) [†]			
Cigarette smoking	81.4 (66.6 – 91.5)	-	45.6 (41.8 – 49.8)
Physical Activity	62.7 (56.4 – 69.7)	38.6 (32.8 – 45.3)	38.0 (31.6 – 45.6)
Body mass index	58.1 (50.0 – 67.7)	47.3 (41.4 – 54.0)	45.5 (39.8 – 51.9)
Diet	44.5 (39.8 – 49.8)	25.1 (18.2 – 34.6)	-
Blood pressure	62.1 (54.5 – 70.8)	43.3 (38.9 – 48.2)	47.9 (35.6 – 64.3)
Cholesterol	56.3 (49.2 – 64.3)	46.5 (41.8 – 51.8)	42.4 (32.4 – 55.3)
Glucose	56.8 (46.7 – 69.0)	61.1 (54.0 – 69.1)	39.2 (34.7 – 44.4)
Hazard ratio (95% CI) [‡]			
Cigarette smoking	1 (ref)	1.02 (0.37 – 2.79)	0.46 (0.36 – 0.57)
Physical Activity	1 (ref)	0.61 (0.50 – 0.74)	0.59 (0.48 – 0.73)
Body mass index	1 (ref)	0.86 (0.71 – 1.04)	1.04 (0.84 – 1.29)
Diet	1 (ref)	0.59 (0.42 – 0.83)	-
Blood pressure	1 (ref)	0.71 (0.60 – 0.85)	0.85 (0.61 – 1.18)
Cholesterol	1 (ref)	0.90 (0.67 – 1.20)	1.02 (0.75 – 1.38)
Glucose	1 (ref)	1.02 (0.80 – 1.28)	0.67 (0.53 – 0.85)

CI – confidence interval

- Too few individuals in these groups to produce mortality rates or hazard ratios.

† Mortality rates per 1,000 person-years.

‡ Hazard ratios are adjusted for age, race, sex, geographic region of residence, income, education, history of stroke and coronary heart disease

See appendix for definitions of poor, intermediate and ideal health factor levels.

Supplemental Table 4. Mortality rates and adjusted hazard ratios for all-cause mortality associated with number of ideal Life's Simple 7 factors.

Number of ideal factors	Percent of participants	N (%) deaths	Mortality rate (95% CI) per 1,000 person years	Hazard ratio (95% CI)
0 or 1	27.3%	182 (29.8%)	55.4 (47.9 – 64.1)	1 (Ref)
2	34.3%	218 (35.7%)	51.3 (44.8 – 58.6)	0.85 (0.69 – 1.04)
3	24.8%	140 (23.0%)	45.7 (38.7 – 53.9)	0.74 (0.59 – 0.92)
4	10.9%	56 (9.2%)	37.6 (28.9 – 49.0)	0.56 (0.41 – 0.77)
≥ 5	2.7%	14 (2.3%)	43.0 (25.4 – 72.5)	0.70 (0.40 – 1.22)

CI – confidence interval; HR – hazard ratio

Hazard ratios are adjusted for age, race, sex, geographic region of residence, income, education, history of stroke and coronary heart disease.

See appendix for definitions of ideal levels for each Life Simple 7 health factors.

Supplemental Table 5. Adjusted hazard ratios for all-cause mortality associated with number of ideal Life's Simple 7 factors.

Number of ideal Life's Simple 7 factors	Hazard ratio (95% CI)			
	Multivariable adjusted	Multivariable + eGFR	Multivariable + log ACR	Multivariable + eGFR and log ACR
0 or 1	1 (Ref)	1 (Ref)	1 (Ref)	1 (Ref)
2	0.85 (0.69 – 1.04)	0.89 (0.72 – 1.09)	0.98 (0.79 – 1.22)	0.99 (0.80 – 1.23)
3	0.74 (0.59 – 0.92)	0.80 (0.63 – 1.00)	0.91 (0.72 – 1.16)	0.93 (0.73 – 1.18)
4	0.56 (0.41 – 0.77)	0.61 (0.45 – 0.84)	0.71 (0.51 – 0.98)	0.71 (0.51 – 0.99)
≥ 5	0.70 (0.40 – 1.22)	0.82 (0.47 – 1.43)	0.87 (0.48 – 1.59)	0.92 (0.50 – 1.67)

CI – confidence interval; eGFR – estimated glomerular filtration rate; ACR – albumin-to-creatinine ratio.

Multivariable adjusted includes age, race, sex, geographic region of residence, income, education, and history of stroke and coronary heart disease.

See appendix for definitions of ideal levels for each Life Simple 7 factor.