

SUPPLEMENTAL MATERIAL

Supplemental Methods (1): NHANES Methods of Measurement for Health Behaviors and Factors

Supplemental Figures (14): Flowchart of participants (1); continuous variable data trends (13)

Supplemental Methods

NHANES Methods of Measurement for Health Behaviors and Factors

Details regarding NHANES survey questionnaires, examination components and laboratory components are available at: <http://www.cdc.gov/nchs/nhanes.htm>.

Health Behaviors

Participants were asked about smoking habits through the following questions, “Do you now smoke cigarettes?” and “How long has it been since you quit smoking cigarettes?” Former smokers were divided into quit ≤ 12 months (intermediate CV health) and quit >12 months (ideal CV health).

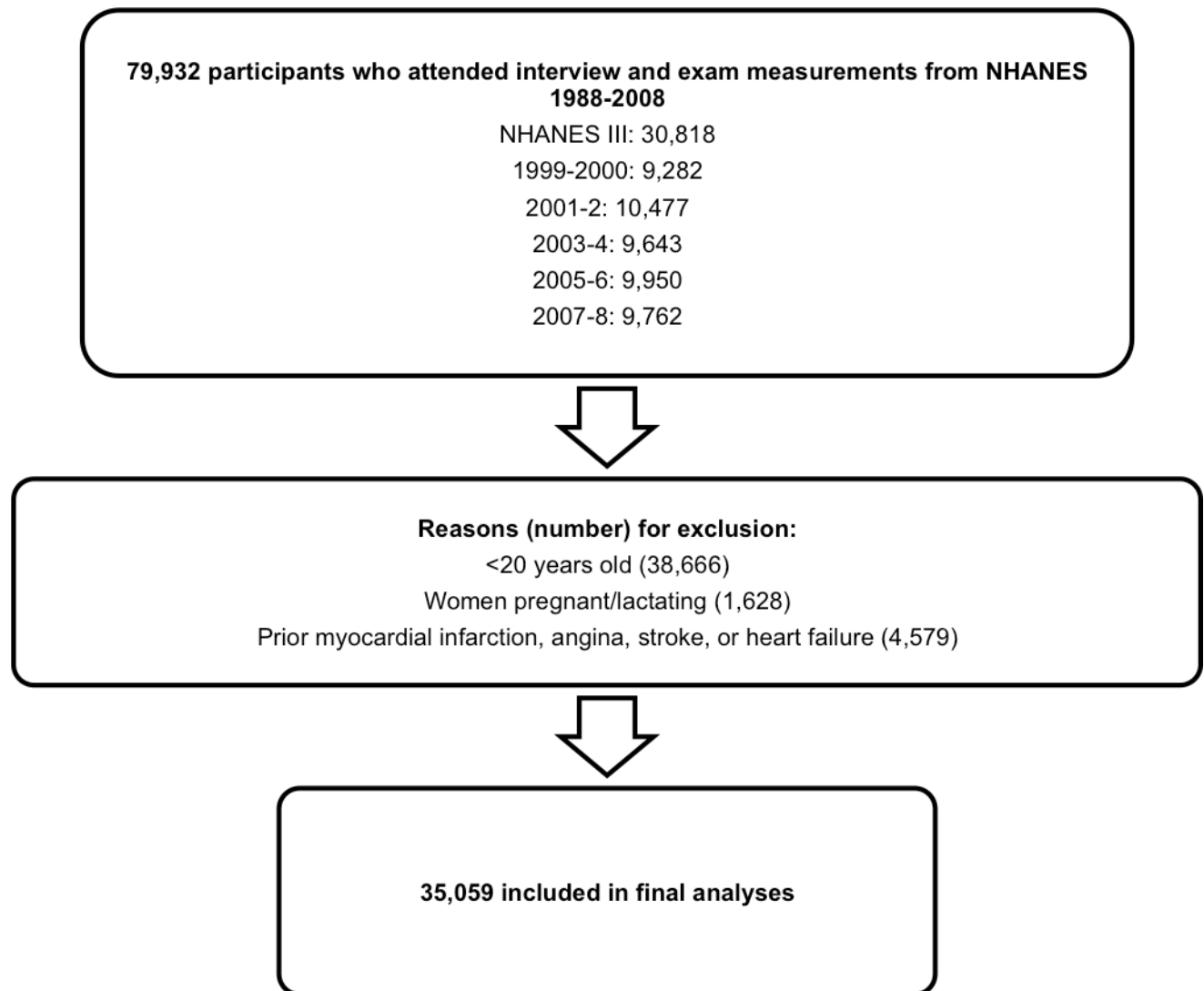
Participants were surveyed about their dietary habits from 1999-2008 through a combination of food frequency questionnaire and 24-hour dietary recall performed three to seven days following mobile examination center (MEC) examination. Interviewees were provided a set of measuring guides to assist their recall. Leisure-time physical activity was queried from 1999-2006 using the following questions, “Over the past 30 days, what moderate activity or activities did you do?” and “Over the past 30 days, how often did you perform (that activity)?” Similar questions were asked regarding vigorous activities. Activities were coded to estimate metabolic equivalents (METs) for moderate and vigorous activities.

Health Factors

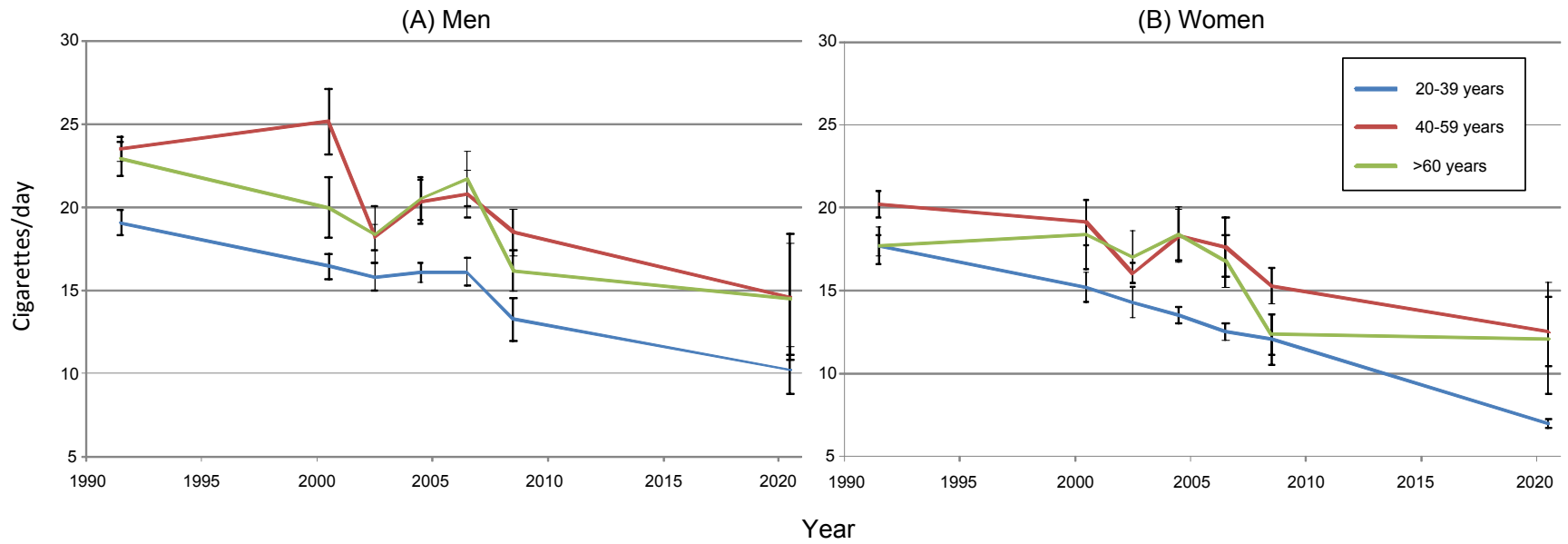
Height and weight were measured in a MEC examination with standardized equipment and techniques. Body mass index was calculated by dividing weight in kilograms by height in meters squared. Diabetes was defined by fasting blood glucose ≥ 126 mg/dl or affirmative response to one or more of the following questions: “Have you ever been told by a doctor that you have diabetes? Are you now taking insulin? Are you now taking diabetes pills to lower your blood sugar?” Total cholesterol, HDL cholesterol, and triglycerides were measured in participants fasting >8 hours. LDL cholesterol was measured using the Friedewald equation if triglycerides were <400 mg/dl ($\text{LDL cholesterol} = \text{total cholesterol} - \text{HDL cholesterol} - \text{triglycerides}/5$). Medical treatment of high cholesterol was queried by asking, “To lower your blood cholesterol, have you ever been told by a doctor or other health professional to take prescribed medicine?” followed by “Are you now following this advice to take prescribed medicine?” Blood pressure was measured by trained personnel using a mercury sphygmomanometer and an inflatable cuff at the level of the heart, after the participant rested for 5 minutes in a seated position with both feet on the floor. Three blood pressure measurements were recorded and the mean of the last two recordings was used; if fewer than three measurements were performed, the second (if two) or first (if one) recording was used. Medical treatment of elevated blood pressure was queried by asking, “Because of your hypertension/high blood pressure, have you ever been told to take a prescribed medicine?” followed by, “Are you now taking a prescribed medicine?”

Supplemental Figures.

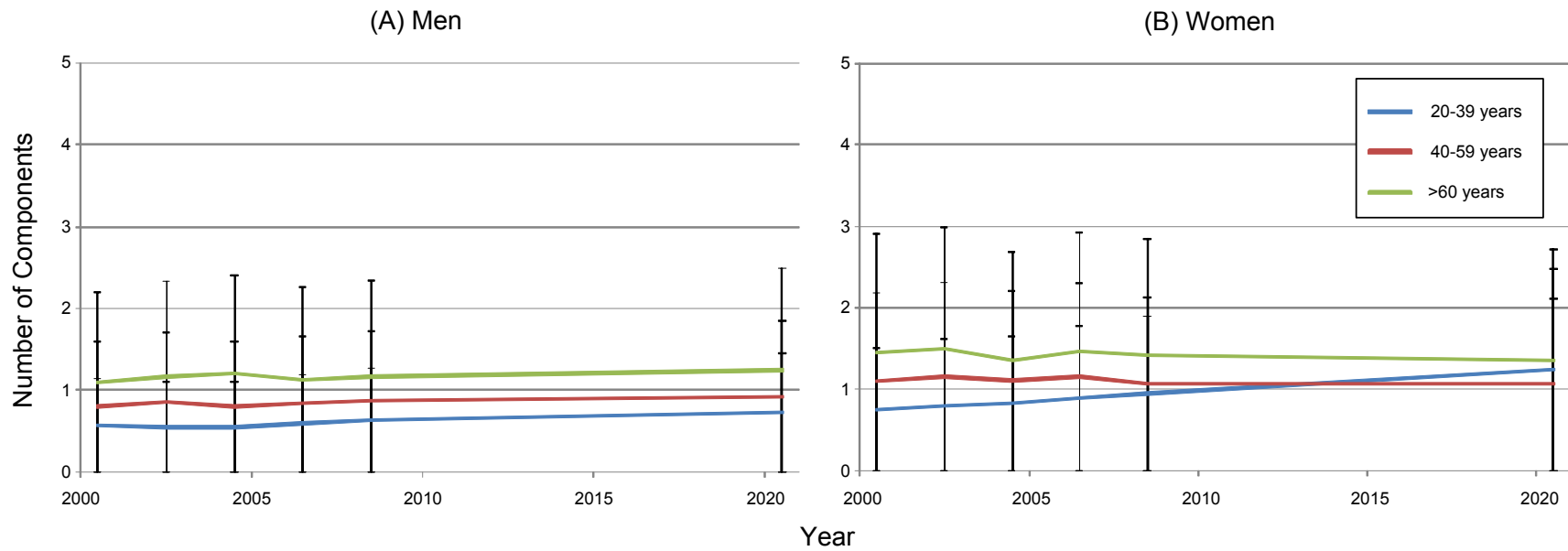
Supplemental Figure 1. Flowchart of participants from NHANES (1988-2008) included in analyses.



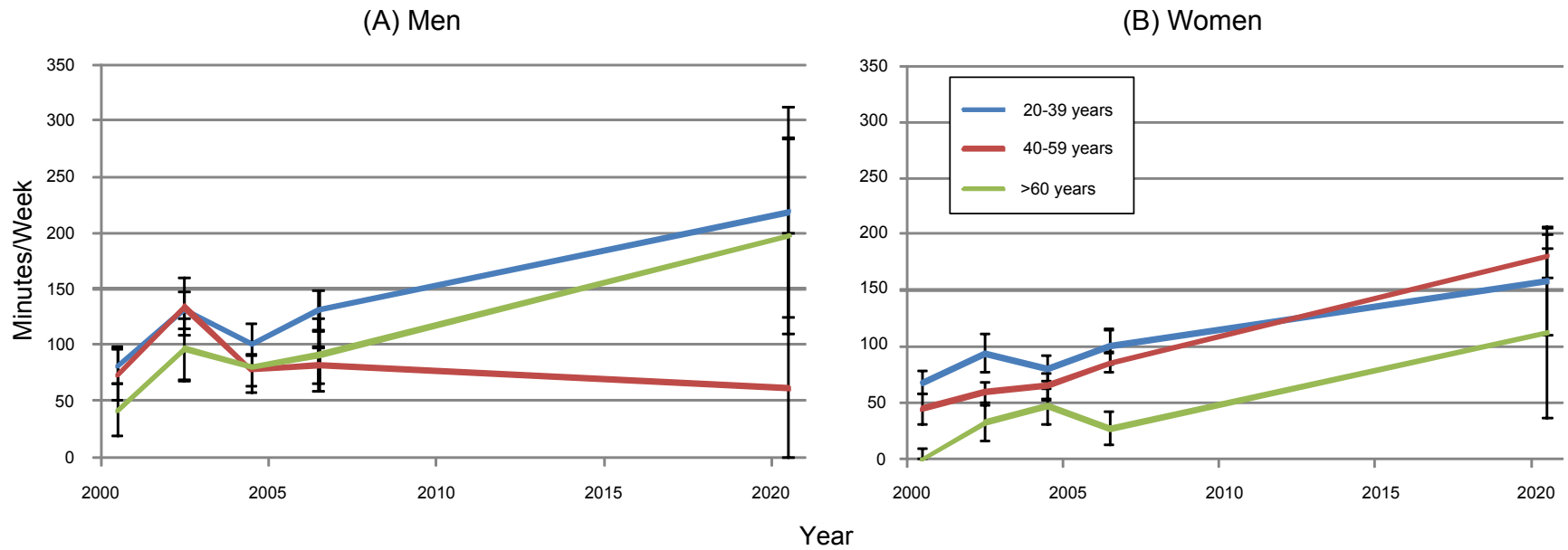
Supplemental Figure 2. Trends for mean (SE) daily cigarette consumption among smokers in U.S. adults (≥ 20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



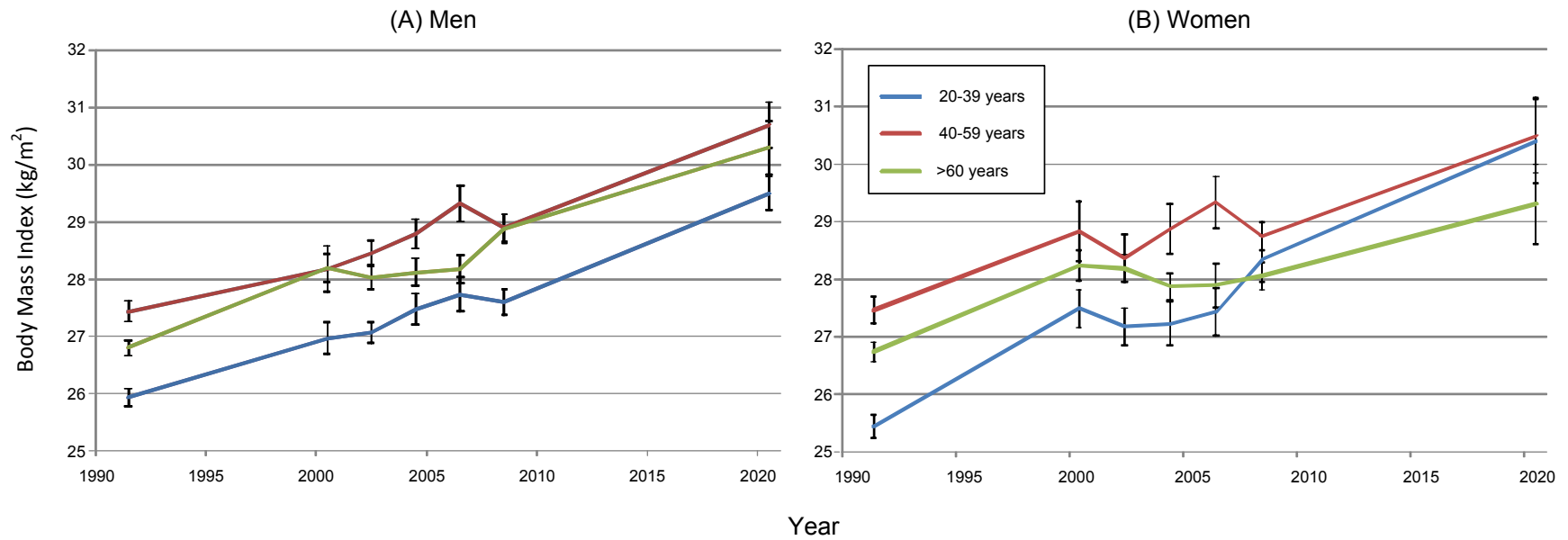
Supplemental Figure 3. Trends for mean (SE) number of ideal Healthy Diet Score components in U.S. adults (≥ 20 years) from 2001 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



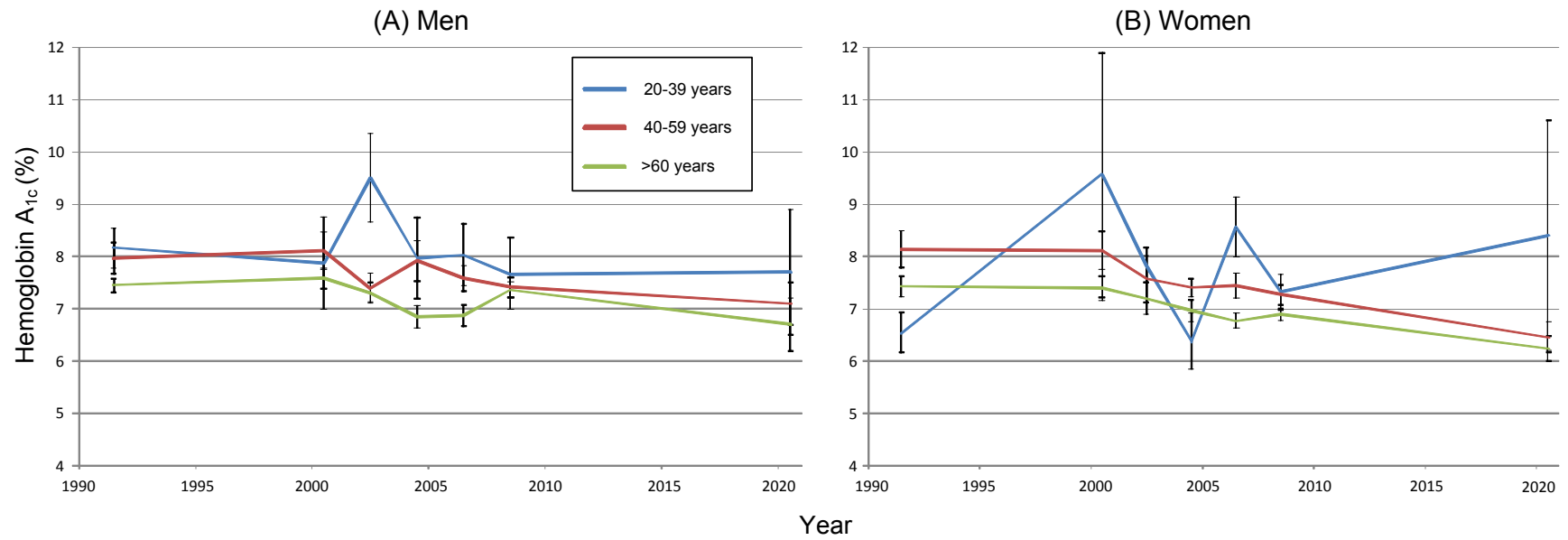
Supplemental Figure 4. Trends for median (SE) leisure time physical activity (minutes/week) in U.S. adults (≥ 20 years) from 2001 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



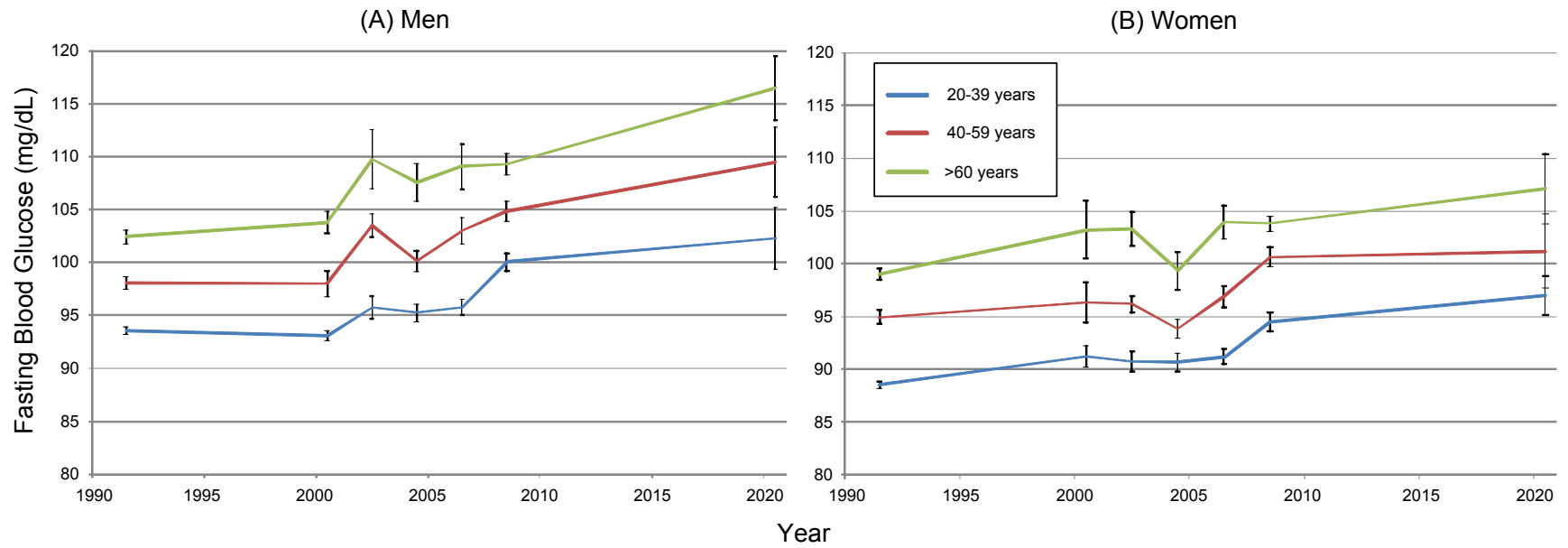
Supplemental Figure 5. Trends for mean (SE) body mass index in U.S. adults (>20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



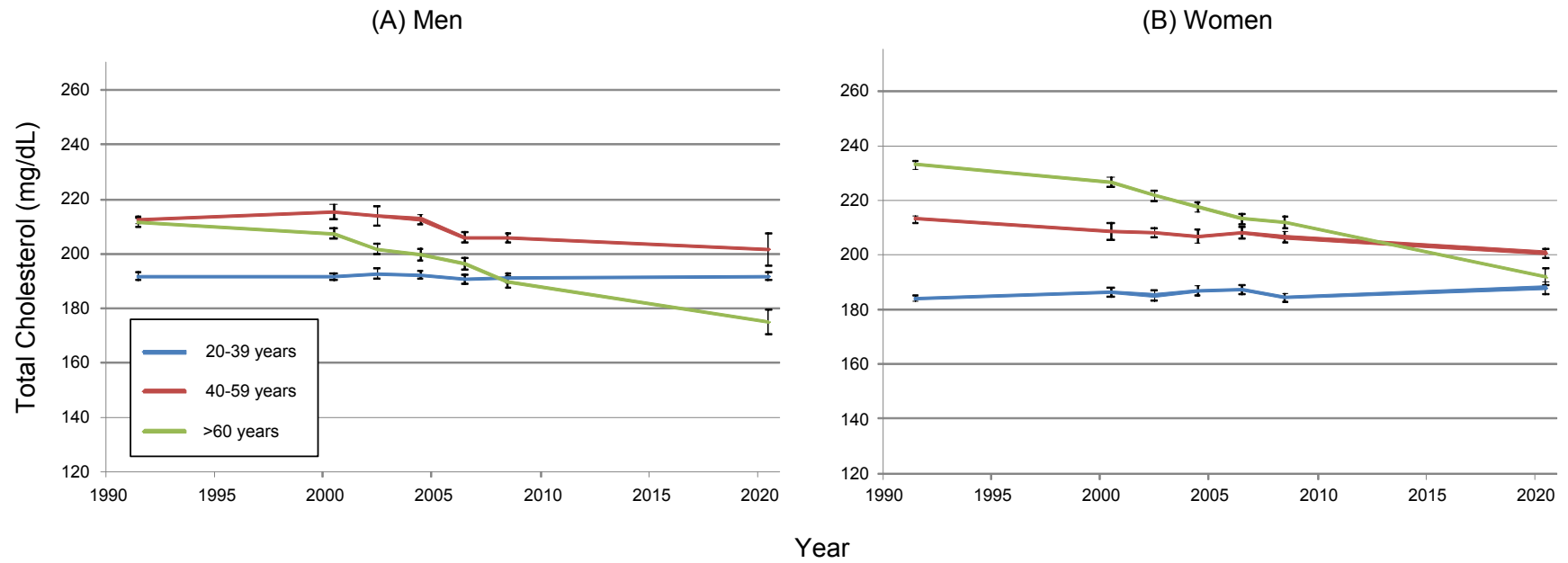
Supplemental Figure 6. Trends for mean (SE) hemoglobin A_{1c} in U.S. adults (≥ 20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



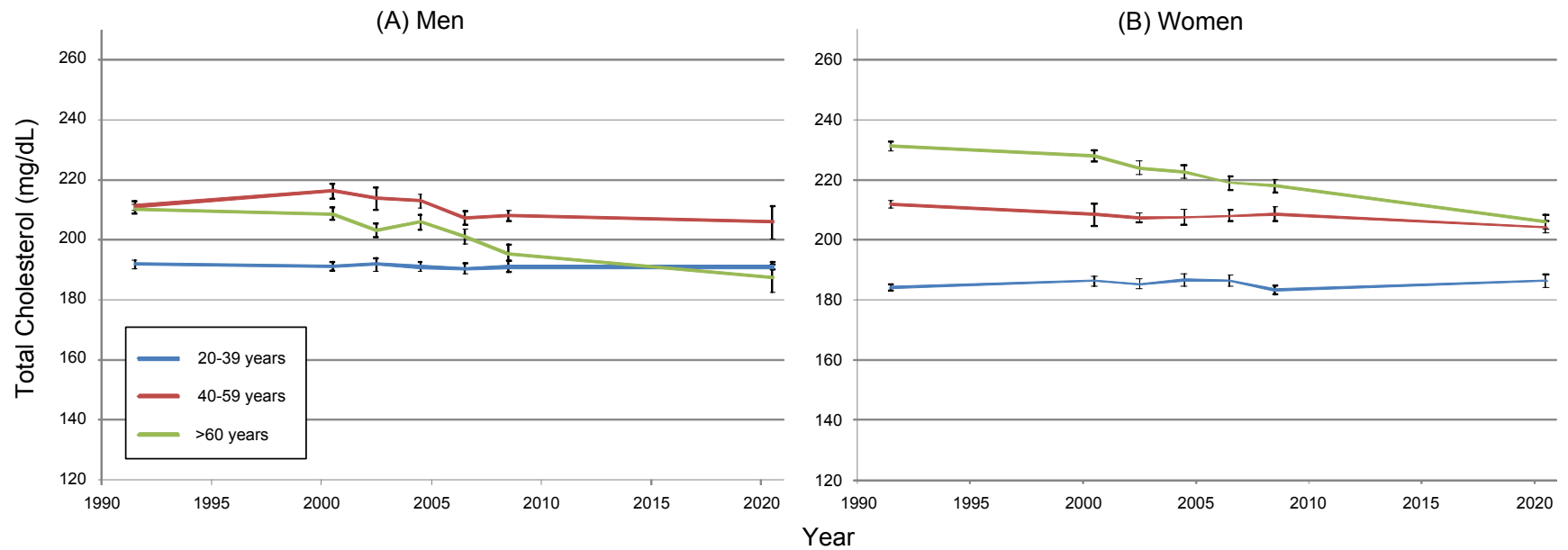
Supplemental Figure 7. Trends for mean (SE) fasting blood glucose in U.S. adults (>20 years) without diabetes from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



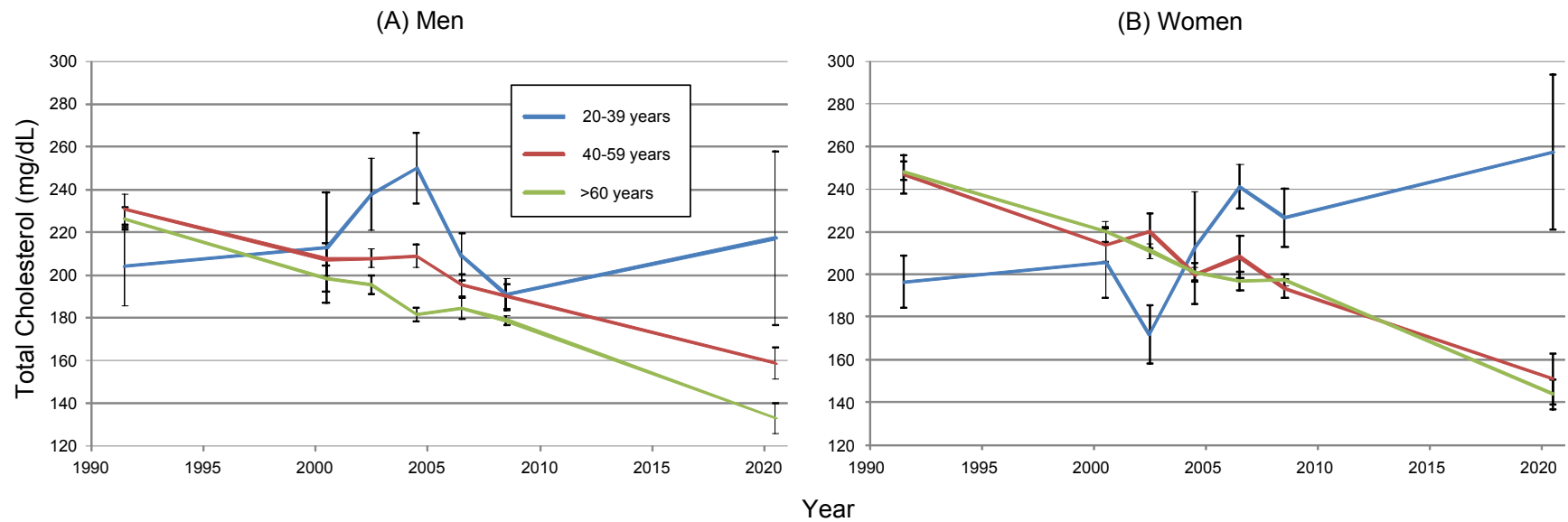
Supplemental Figure 8. Trends for mean (SE) total cholesterol in U.S. adults (≥ 20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



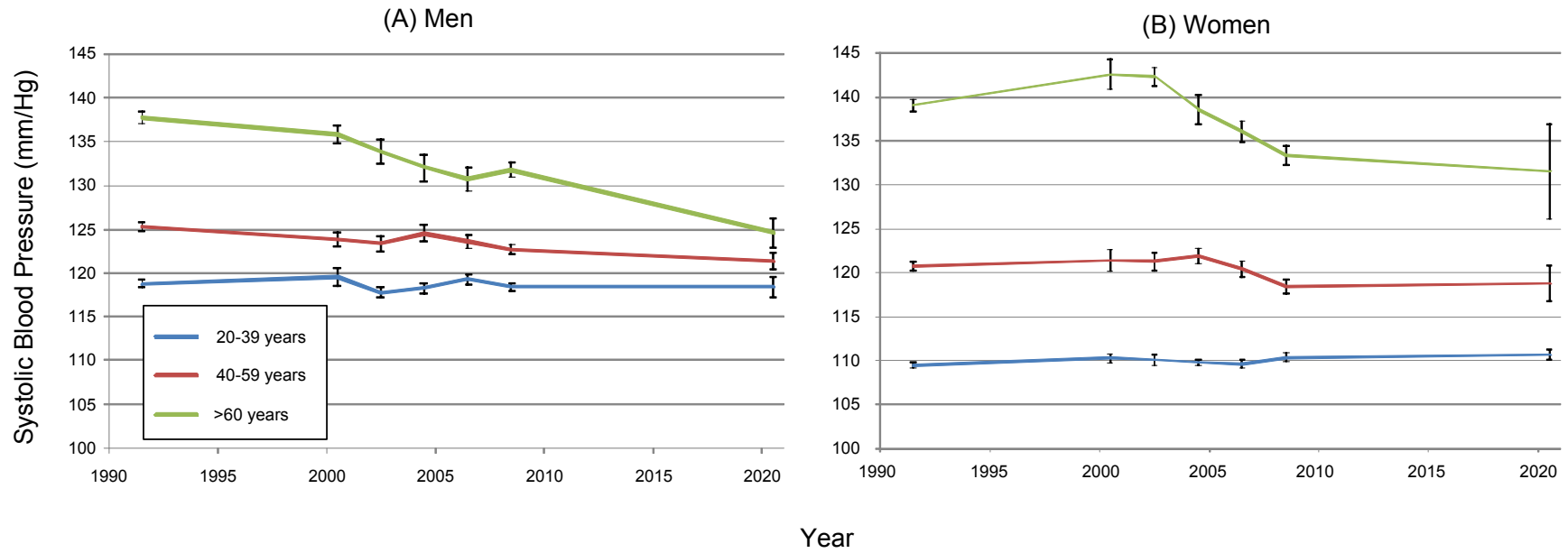
Supplemental Figure 9. Trends for mean (SE) total cholesterol in UNTREATED U.S. adults (≥ 20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



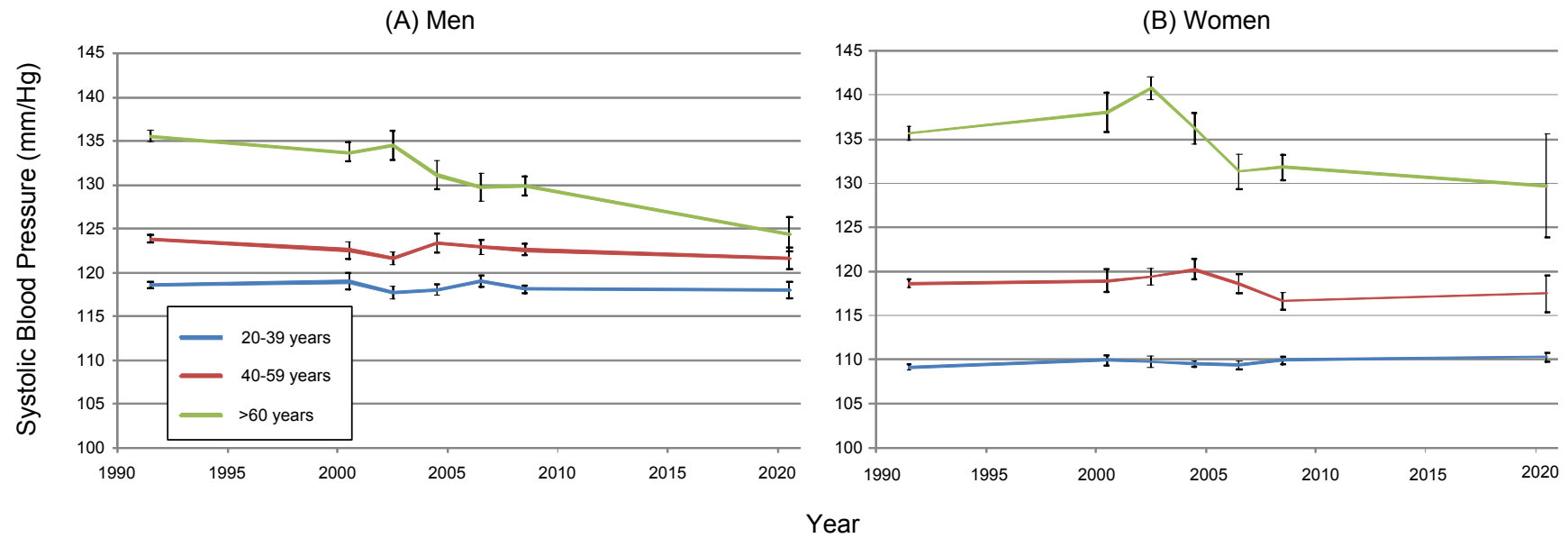
Supplemental Figure 10. Trends for mean (SE) total cholesterol in TREATED U.S. adults (≥ 20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



Supplemental Figure 11. Trends for systolic blood pressure in U.S. adults (>20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



Supplemental Figure 12. Trends for mean (SE) systolic blood pressure in UNTREATED U.S. adults (>20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.



Supplemental Figure 13. Trends for mean (SE) systolic blood pressure in TREATED U.S. adults (≥ 20 years) from 1991 to 2008 and projected estimates for 2020 by sex and age group: National Health and Examination Surveys.

