

#### Appendix 4: Definition of categories and exposure levels for variables used in the Population Health Model for cardiovascular disease

Variables	Category	Definition
<b>Total and HDL cholesterol (mmol/L)</b>	Low	<b>Total</b> <4.15 or <b>HDL</b> <0.90
	Low-medium	4.15-5.17 or 0.90-1.16
	Medium	5.18-6.21 or 1.17-1.29
	Medium-high	6.22-7.24 or 1.30-1.54
	High	>7.25 or >1.55
<b>Blood pressure (mm Hg)</b>	Optimal	<b>Systolic</b> <120 and <b>Diastolic</b> <80
	Normal	120-130 or 80-85
	High-normal	130-140 or 86-90
	Hypertensive stage I	140-160 or 90-100
	Hypertensive stage II-IV	>160 or >100
<b>BMI (kg/m<sup>2</sup>)</b>	Underweight	<18.5
	Normal	18.5-25
	Overweight	25.1-30
	Obese	>30
<b>Diabetes</b>	Yes	Physician diagnosed diabetes
	No	
<b>Smoking status</b>	Light smoker	Less than 20 cigarettes a day
	Heavy smoker	At least 20 cigarettes a day
	Non-smoker	Never/former smoker
<b>Age</b>	Multiple age groups	Defined as needed
<b>Sex</b>	Male	
	Female	
<b>Region</b>	Atlantic	New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador
	Quebec	Quebec
	Ontario	Ontario
	Prairies	Manitoba, Saskatchewan, Alberta
	British Columbia	British Columbia
<b>Ethnicity</b>	White	Self-reported ethnicity
	Non-white	
<b>Immigration</b>	Non-immigrant	Self-reported immigrant status
	Immigrant	
<b>Income</b>	Low	Self-reported income
	Medium-low	
	Medium	
	High	
<b>Education</b>	Low	Self-reported education
	Medium-low	
	Medium	
	High	
<b>Heart disease</b>	Yes	Self-reported heart disease
	No	

Notes: BMI= body mass index, CVD= cardiovascular disease, HDL= high-density lipoprotein.