A	6 month IDEAL score, pts						
Baseline IDEAL score, pts	1	2	3	4	5	6	Baseline Total
1	1 (0.3)	**2 (0.6)**	**3 (0.9)**	**4 (1.2**	**0 (0)**	**0 (0)**	10 (3.0)
2	0 (0)	6 (1.8)	**6 (1.8)**	**25 (7.5)**	**9 (2.7)**	**5 (1.5)**	51 (15.2)
3	0 (0)	4 (1.2)	19 (5.7)	**39 (11.6)**	**32 (9.6)**	**6 (1.8)**	100 (29.9)
4	0 (0)	1 (0.3)	11 (3.3)	47 (14.0)	**54 (16.1)**	**18 (5.4)**	131 (39.1)
5	0 (0)	0 (0)	0 (0)	6 (1.8)	25 (7.5)	**12 (3.6)**	43 (12.8)
6	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
6 month Total	1 (0.3)	13 (3.9)	39 (11.6)	121 (36. 1)	120 (35.8)	41 (12.2)	335 (100.0)

B	6 month FR-10, %		
Baseline FR-10 risk, %	<1%	≥1%	Baseline Total
<1%	289 (86.3)	6 (1.8)	295 (88.1)
≥1%	**25 (7.5)**	15 (4.5)	40 (11.9)
6 month Total	314 (93.7)	19 (5.7)	335 (100.0)

Supplemental Table. Cross-tabulations [n (%)] of baseline and 6-month distributions of (A) American Heart Association Ideal Cardiovascular Health (IDEAL) Score *(higher score is better)* and (B) the 10-year risk of coronary heart disease (%) as predicted by the Framingham Risk equation (FR-10*) (lower % is better)* in 335 overweight and obese young adults enrolled in a behavioral weight loss intervention. Diagonal cells represent no change and bolded cells represent improvement. The IDEAL score and FR-10 improved significantly from baseline to 6 months (p for both<0.001).