

SUPPLEMENTAL MATERIAL

Table S1. Components of the LS7 Score

LS7 Metrics	Score	Definition	% MESA Participants
Smoking	0	Current smoker	12.9
	1	Former smoker, quit \leq 12 mo ago	1.2
	2	Never smoker or quit $>$ 12 mo ago	85.9
BMI	0	\geq 30 kg/m ²	31.9
	1	25.0–29.99 kg/m ²	39.3
	2	$<$ 25.0 kg/m ²	28.8
Physical activity*	0	No exercise	22.8
	1	1–149 min of moderate exercise or 1–74 min of vigorous exercise/week	17.3
	2	150+ min of moderate exercise or 75+ min of vigorous exercise/week	59.8
Diet	0	0–1 components of healthy diet	45.2
	1	2–3 components of healthy diet	53.7
	2	4–5 components of healthy diet	1.1
Blood pressure	0	SBP \geq 140 mmHg or DBP \geq 90 mmHg	37.5
	1	SBP 120–139 mmHg or DBP 80–89 mmHg or treated to $<$ 120/80 mmHg	28.0
	2	$<$ 120/80 mm Hg, unmedicated	34.6
Total cholesterol	0	\geq 240 mg/dL	13.4
	1	200–239 mg/dL or treated to $<$ 200 mg/dL	39.1
	2	$<$ 200 mg/dL, unmedicated	47.5
Blood glucose	0	\geq 126 mg/dL fasting	10.8
	1	100–125 mg/dL fasting or treated to $<$ 100 mg/dL	15.2
	2	$<$ 100 mg/dL fasting, unmedicated	74.1

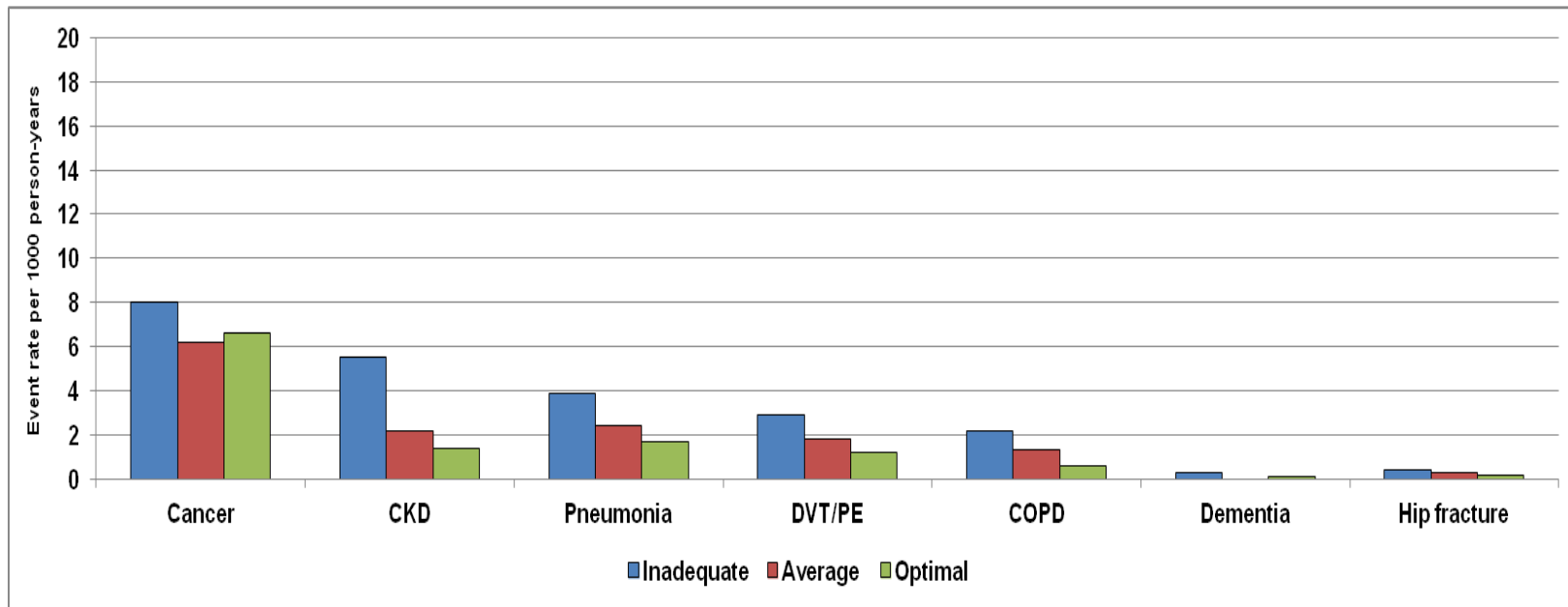
Adapted from Lloyd Jones et al ¹ and Unger et al ², BMI indicates body mass index; DBP, diastolic blood pressure; SBP, systolic blood pressure; MESA, Multi-Ethnic Study of Atherosclerosis. Poor=0 point, Intermediate=1 point, ideal =2 points *When combining vigorous and moderate exercise, vigorous exercise was weighted double.

Table S2. ICD-9 codes of non-CVD diagnosis of interest

Non-Cardiovascular Disease Diagnosis of Interest	ICD9 Code	ICD9 Diagnosis Description
Chronic kidney disease and indicators of end stage renal failure	585.	CHRONIC KIDNEY DISEASE (CKD)
Cancer (malignant neoplasms only)	140. to 208.92	MALIGNANT NEOPLASMS
Dementia (Senile dementia, including vascular dementia, Alzheimer's, and Pick's disease)	290.	DEMENTIAS
Pneumonia	480. to 487.8	VIRAL PNEUMONIA, BACTERIAL PNEUMONIA etc
Chronic obstructive pulmonary disease (COPD)	490.	CHRONIC BRONCHITIS, EMPHYSEMA etc
Hip fracture	820.	FRACTURE OF NECK OF FEMUR, FRACTURE OF BASE OF NECK OF FEMUR, CLOSED etc
Deep vein thrombosis or Pulmonary embolism	415.1	PULMONARY EMBOLISM AND INFARCTION, EMBOLISM AND THROMBOSIS OF UNSPECIFIED SITE etc

A more detailed version can be found online at: <https://www.cms.gov/medicare-coverage-database/staticpages/icd-9-code-lookup.aspx>

Figure S1. Event rate per 1000 person-years of participants <65 years with Non-CVD by LS7 Score

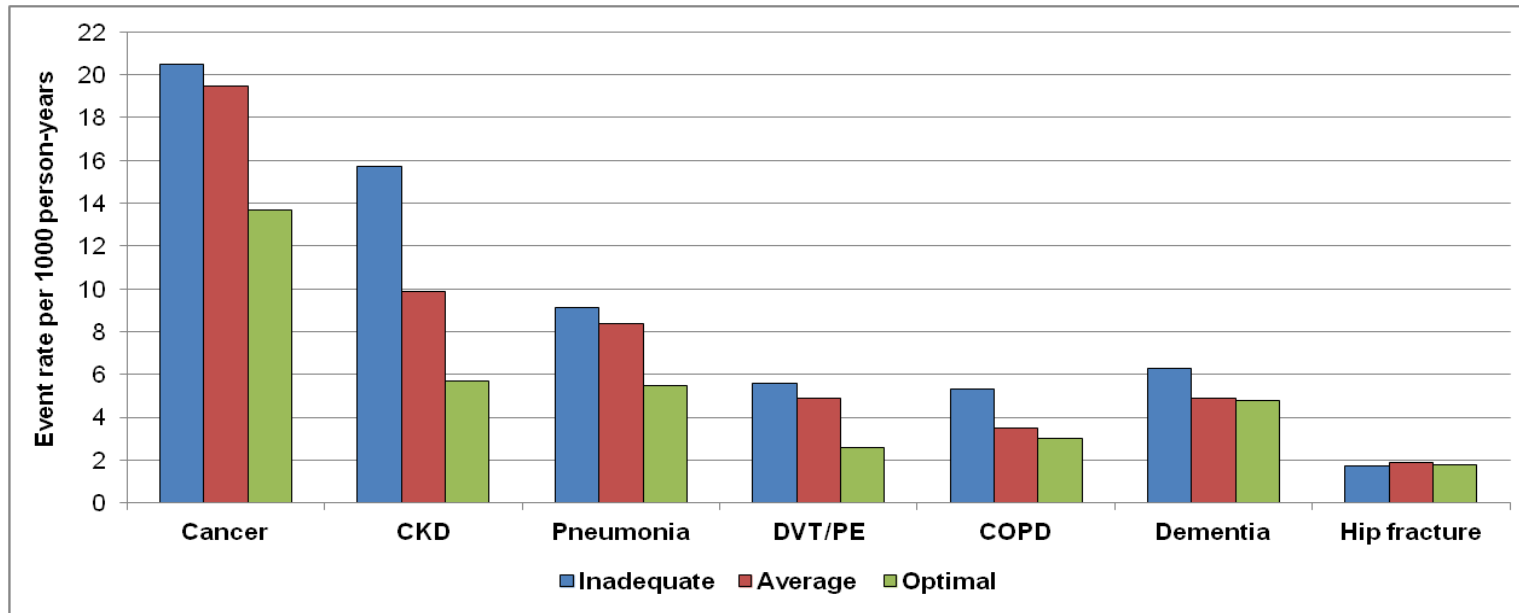


Event rate per 1000 person-years of participants <65 years with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

Abbreviations: CKD, Chronic Kidney Disease, DVT/PE, Deep Venous Thromboembolism/Pulmonary Embolism; COPD, Chronic Obstructive Pulmonary Disease

Figure S2. Event rate per 1000 person-years of participants' ≥ 65 years with Non-CVD by LS7 Score

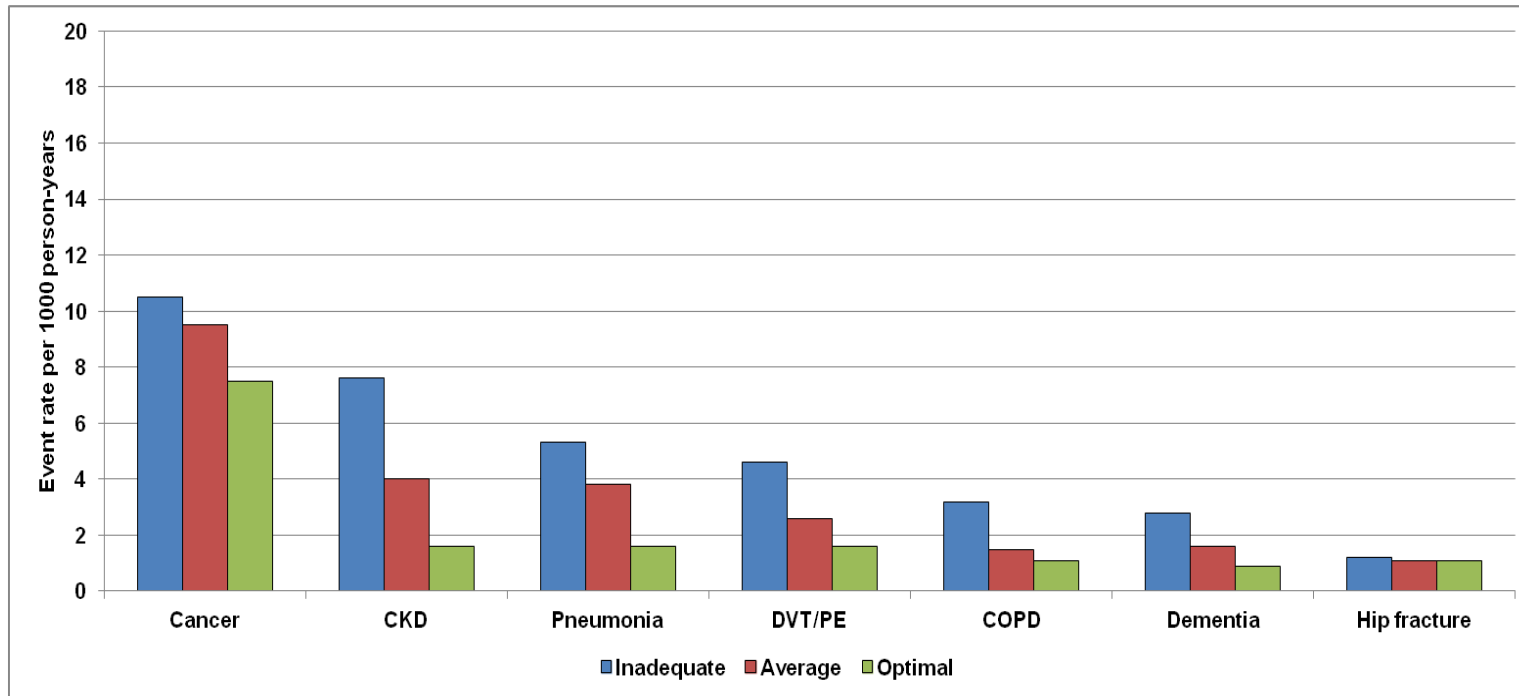


Event rate per 1000 person-years of participants' ≥ 65 years with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

Abbreviations: CKD, Chronic Kidney Disease, DVT/PE, Deep Venous Thromboembolism/Pulmonary Embolism; COPD, Chronic Obstructive Pulmonary Disease

Figure S3.Event rate per 1000 person-years of women with Non-CVD by LS7 Score

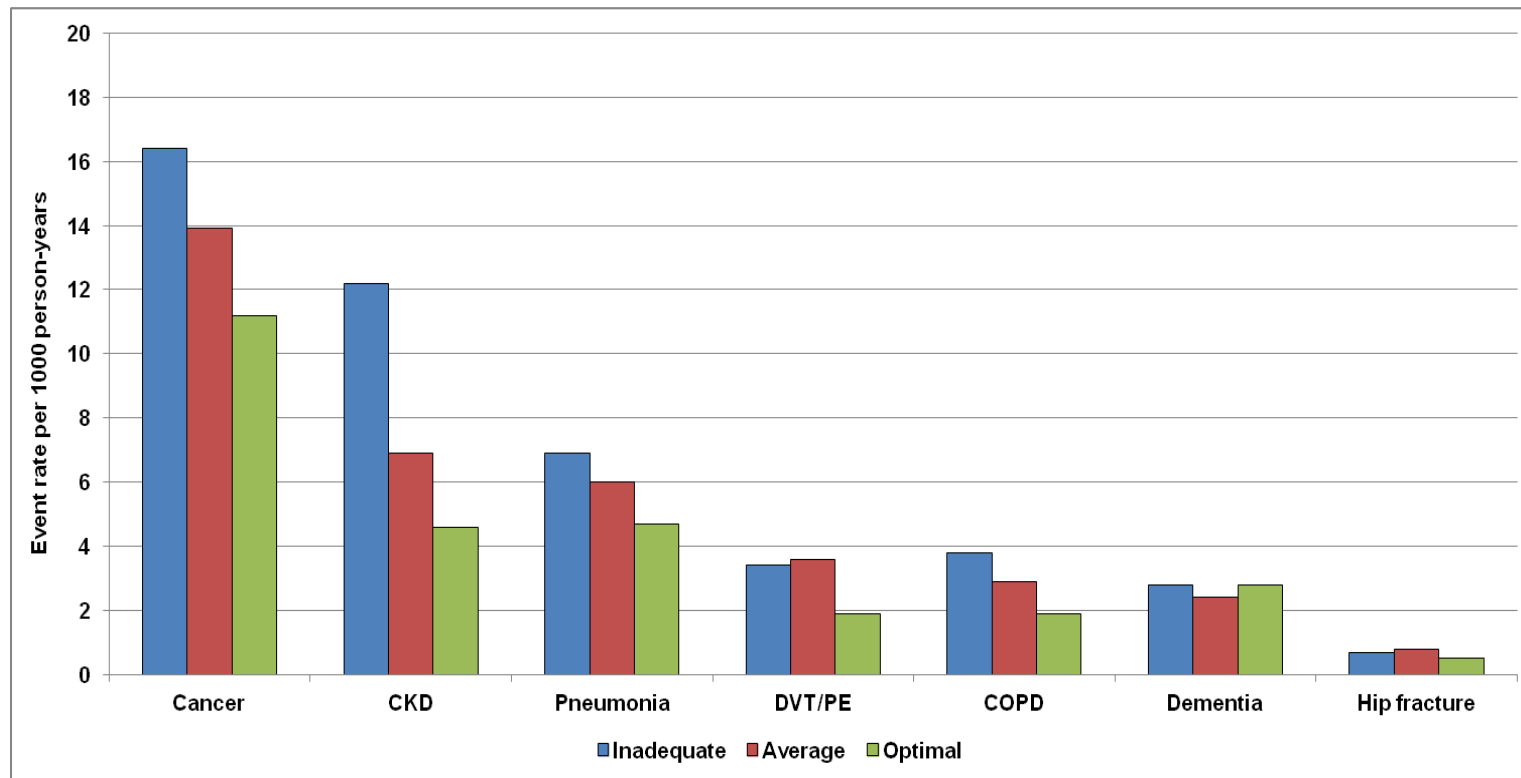


Event rate per 1000 person-years of women with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

Abbreviations: CKD, Chronic Kidney Disease, DVT/PE, Deep Venous Thromboembolism/Pulmonary Embolism; COPD, Chronic Obstructive Pulmonary Disease

Figure S4. Event rate per 1000 person-years of men with Non-CVD by LS7 Score

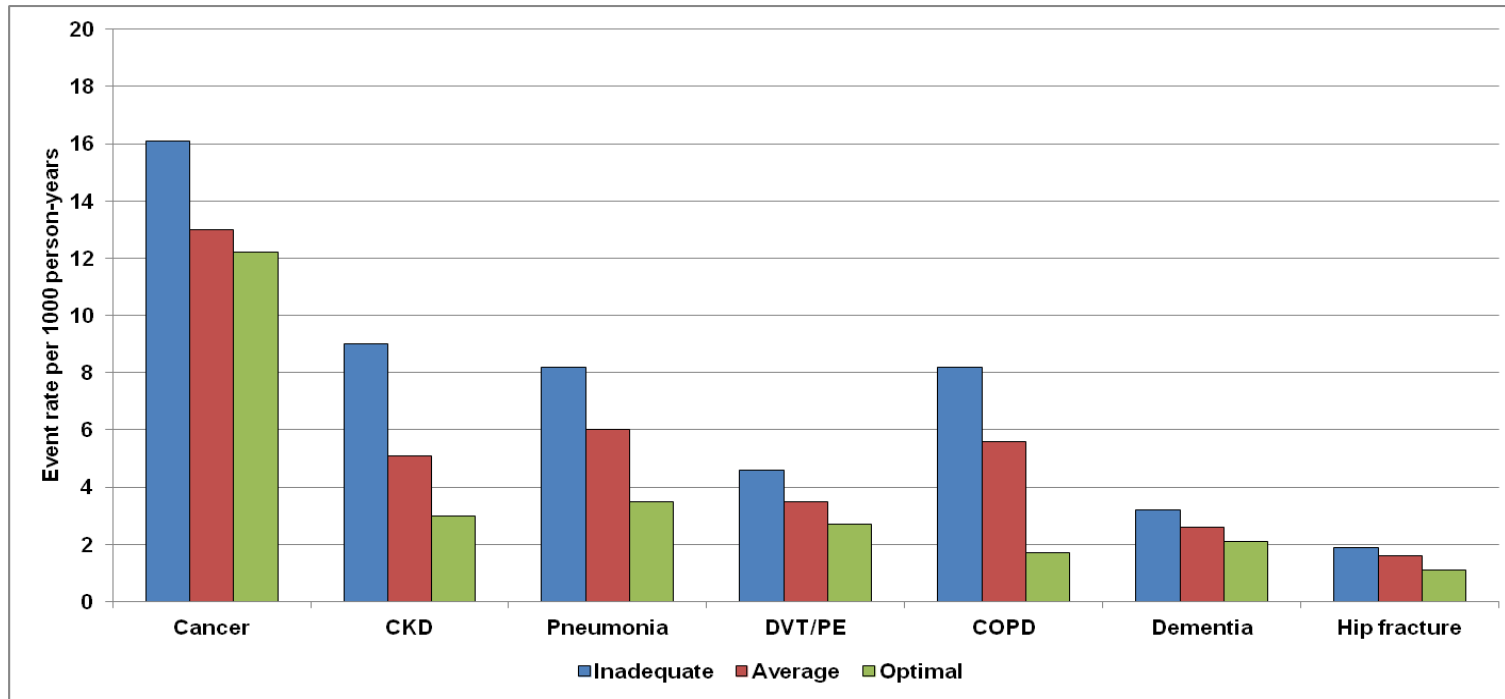


Event rate per 1000 person-years of men with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

Abbreviations: CKD, Chronic Kidney Disease, DVT/PE, Deep Venous Thromboembolism/Pulmonary Embolism; COPD, Chronic Obstructive Pulmonary Disease

Figure S5. Event rate per 1000 person-years of White participants with Non-CVD by LS7 Score

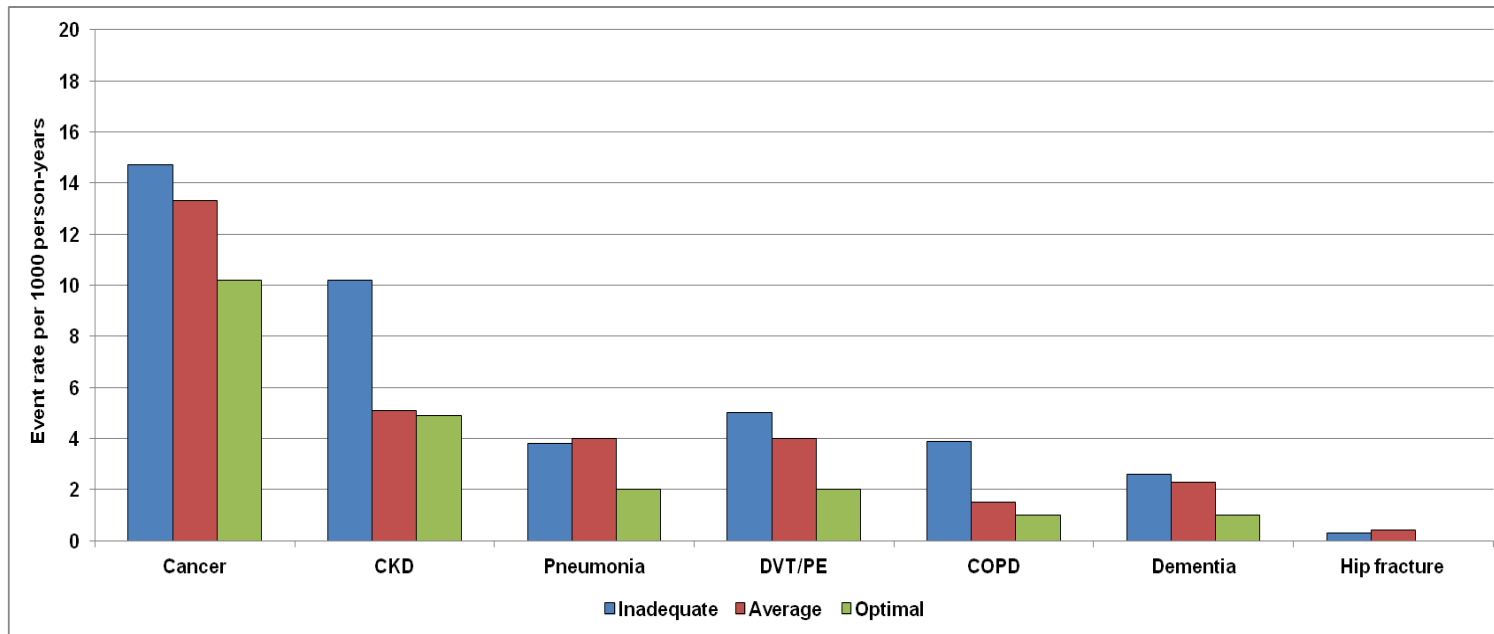


Event rate per 1000 person-years of White participants with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics.

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Figure S6. Event rate per 1000 person-years of African-American participants with Non-CVD by LS7 Score

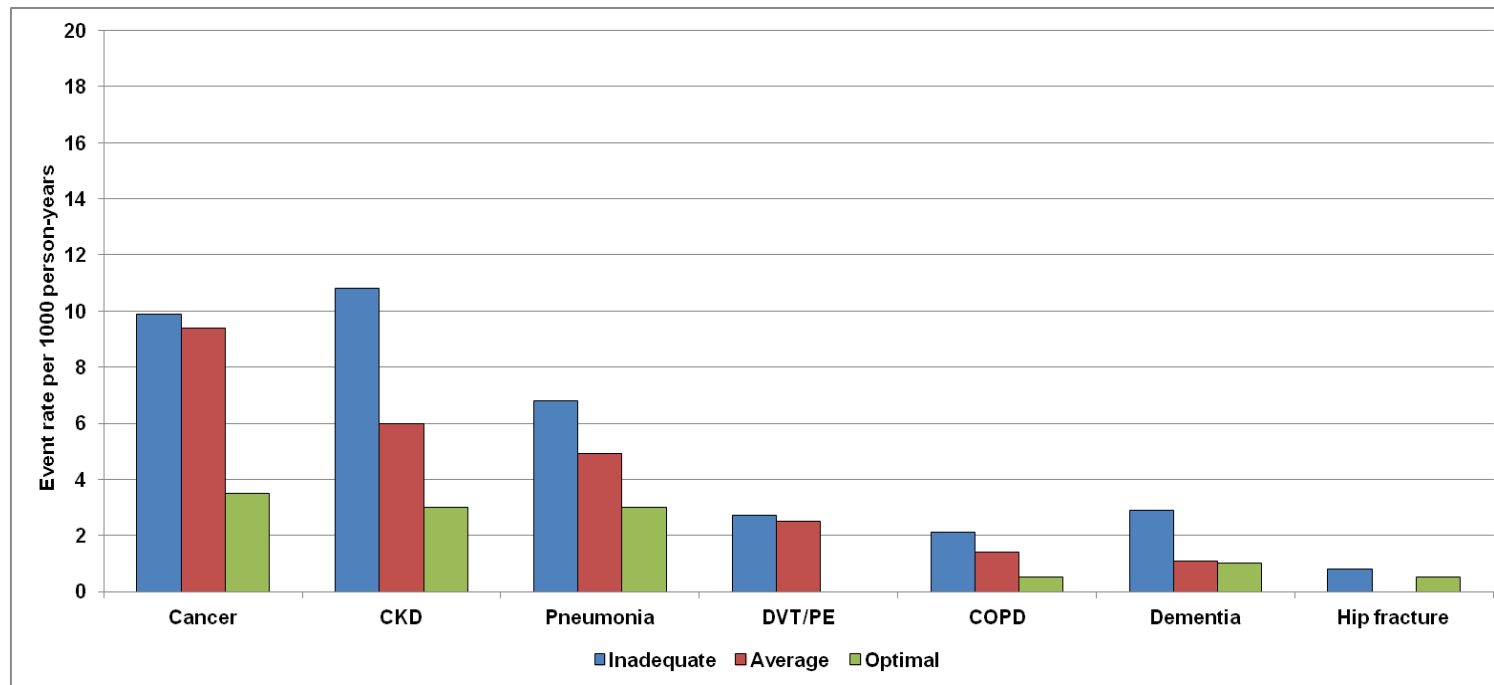


Event rate per 1000 person-years of African-American participants with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

Abbreviations: CKD, Chronic Kidney Disease, DVT/PE, Deep Venous Thromboembolism/Pulmonary Embolism; COPD, Chronic Obstructive Pulmonary Disease

Figure S7. Event rate per 1000 person-years of Hispanic participants with Non-CVD by LS7 Score

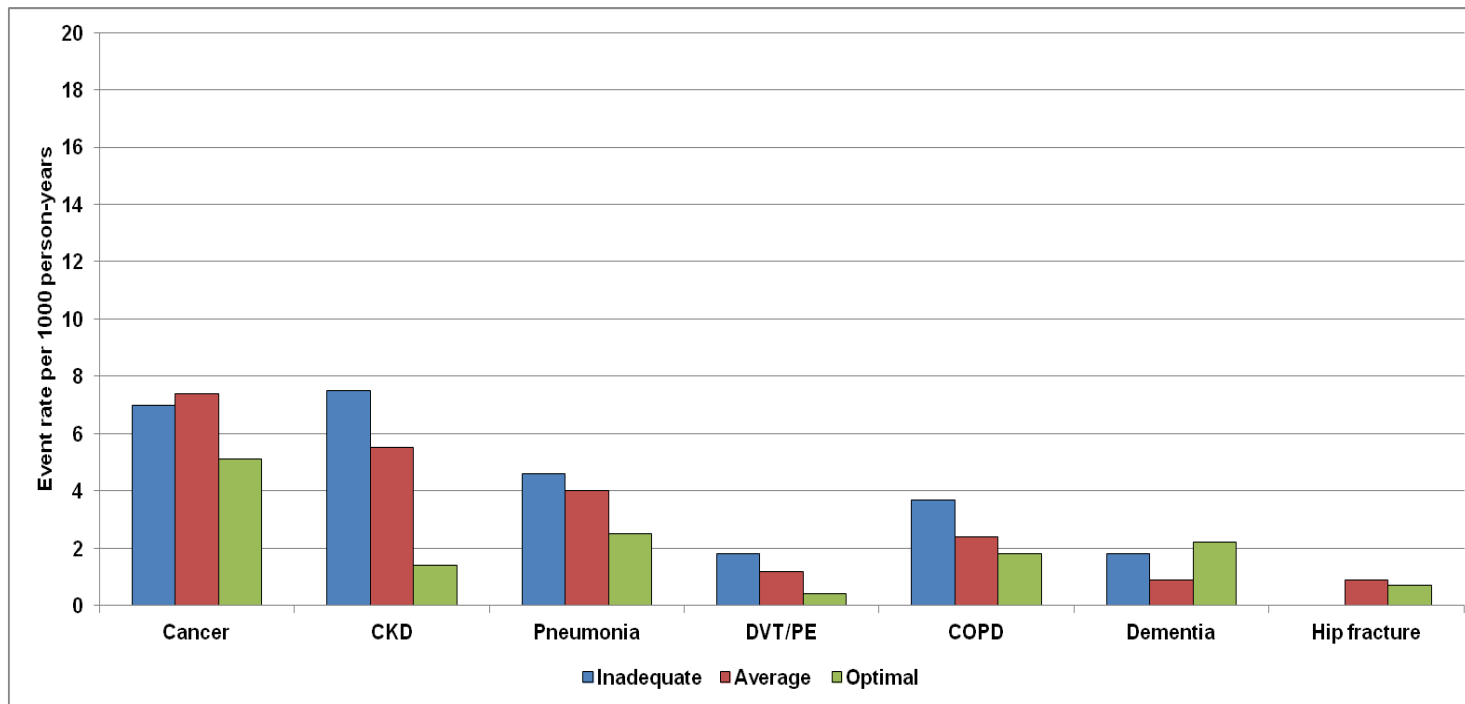


Event rate per 1000 person-years of Hispanic participants with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

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Figure S8. Event rate per 1000 person-years of Chinese-American participants with Non-CVD by LS7 Score

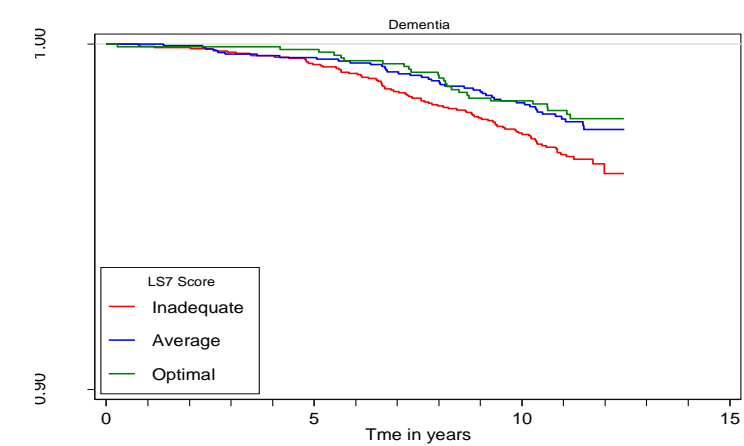
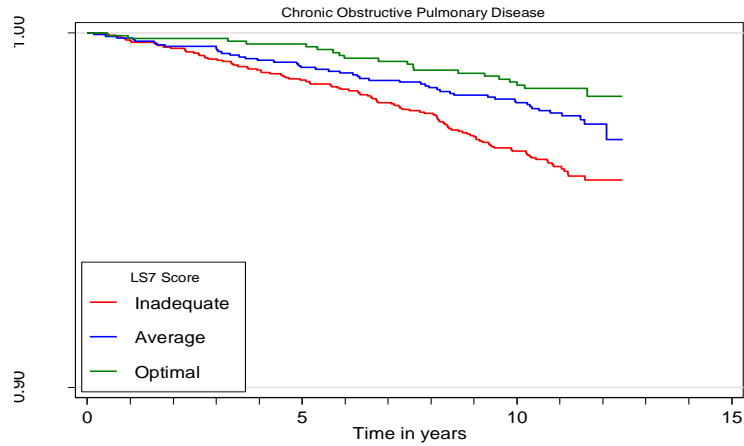
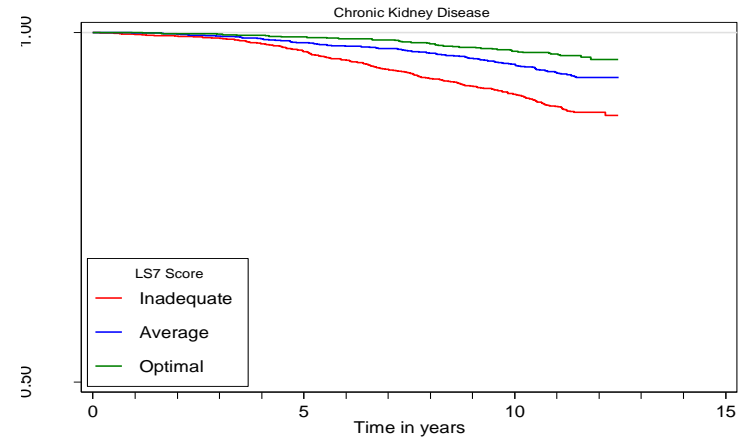
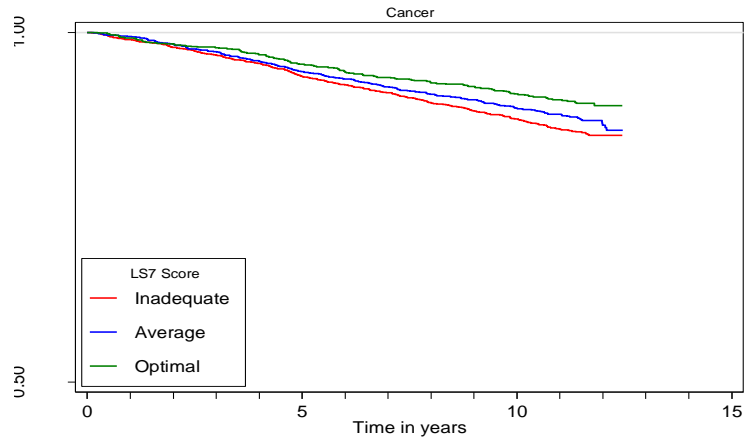


Event rate per 1000 person-years of Chinese-American participants with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

Abbreviations: CKD, Chronic Kidney Disease, DVT/PE, Deep Venous Thromboembolism/Pulmonary Embolism; COPD, Chronic Obstructive Pulmonary Disease

Figure S9. Kaplan Meier curves for non-CVD events and the aggregate outcome of any non-CVD diagnosis



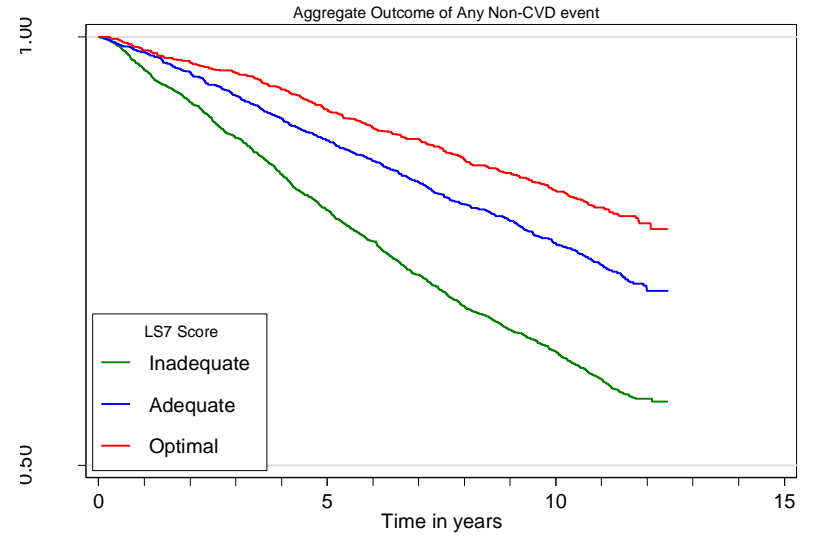
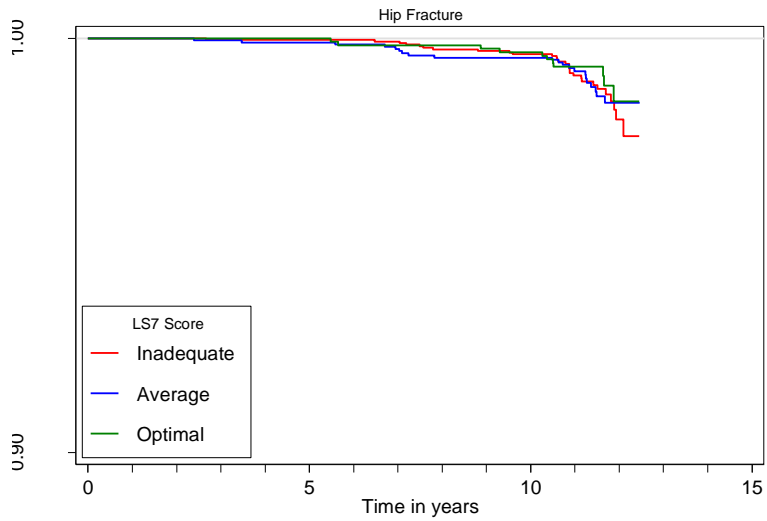
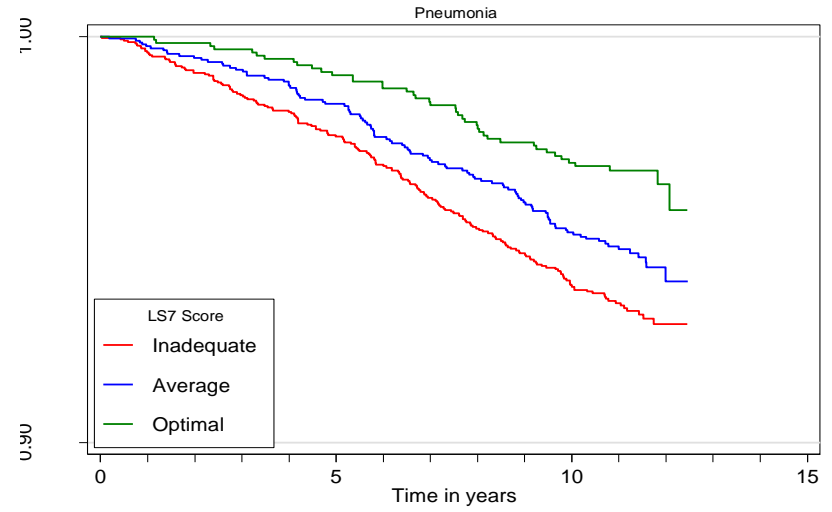
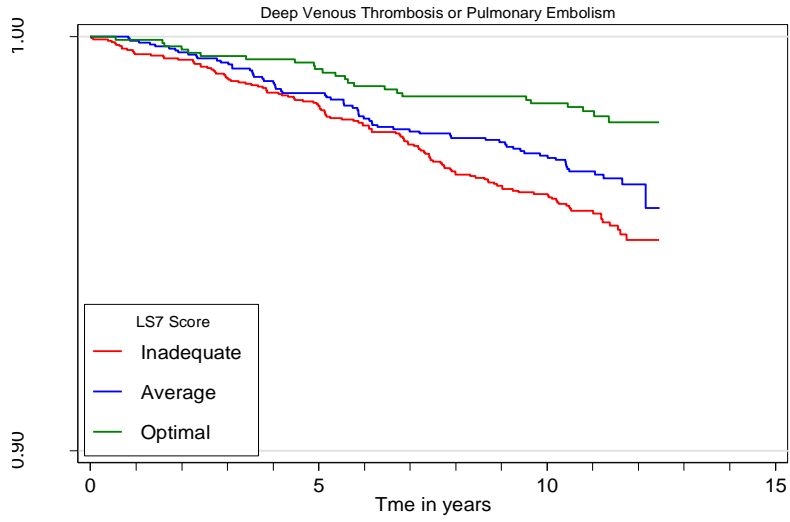
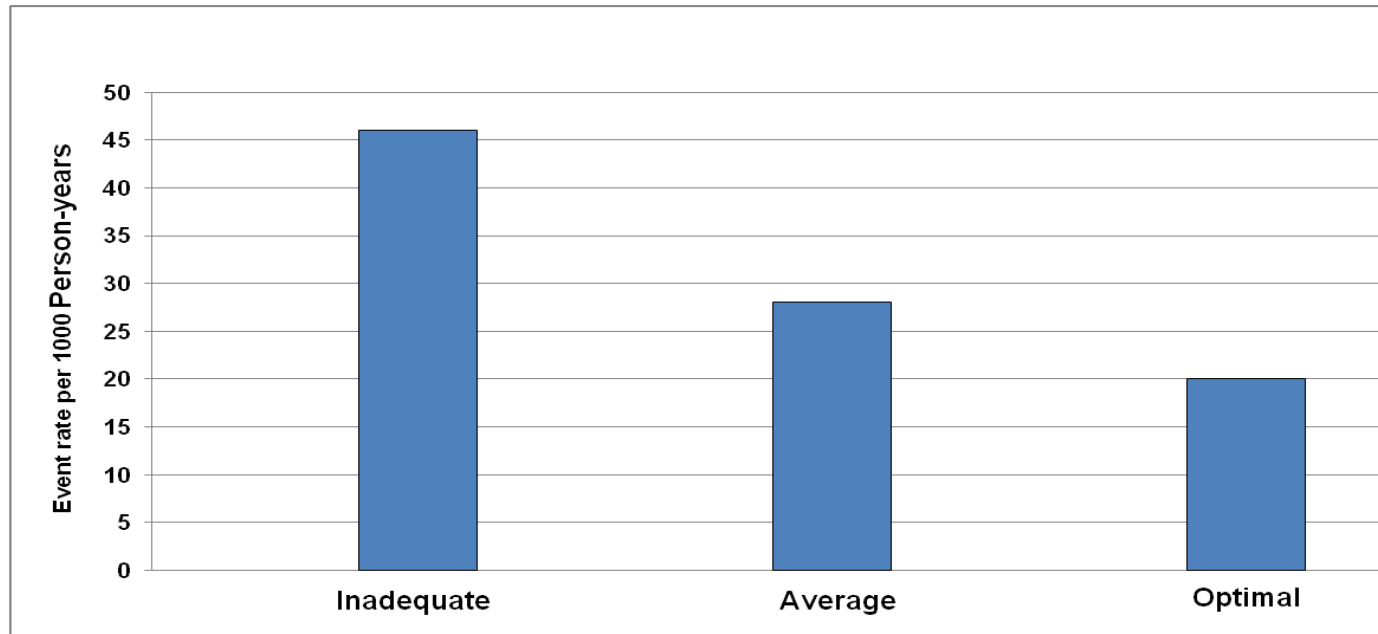
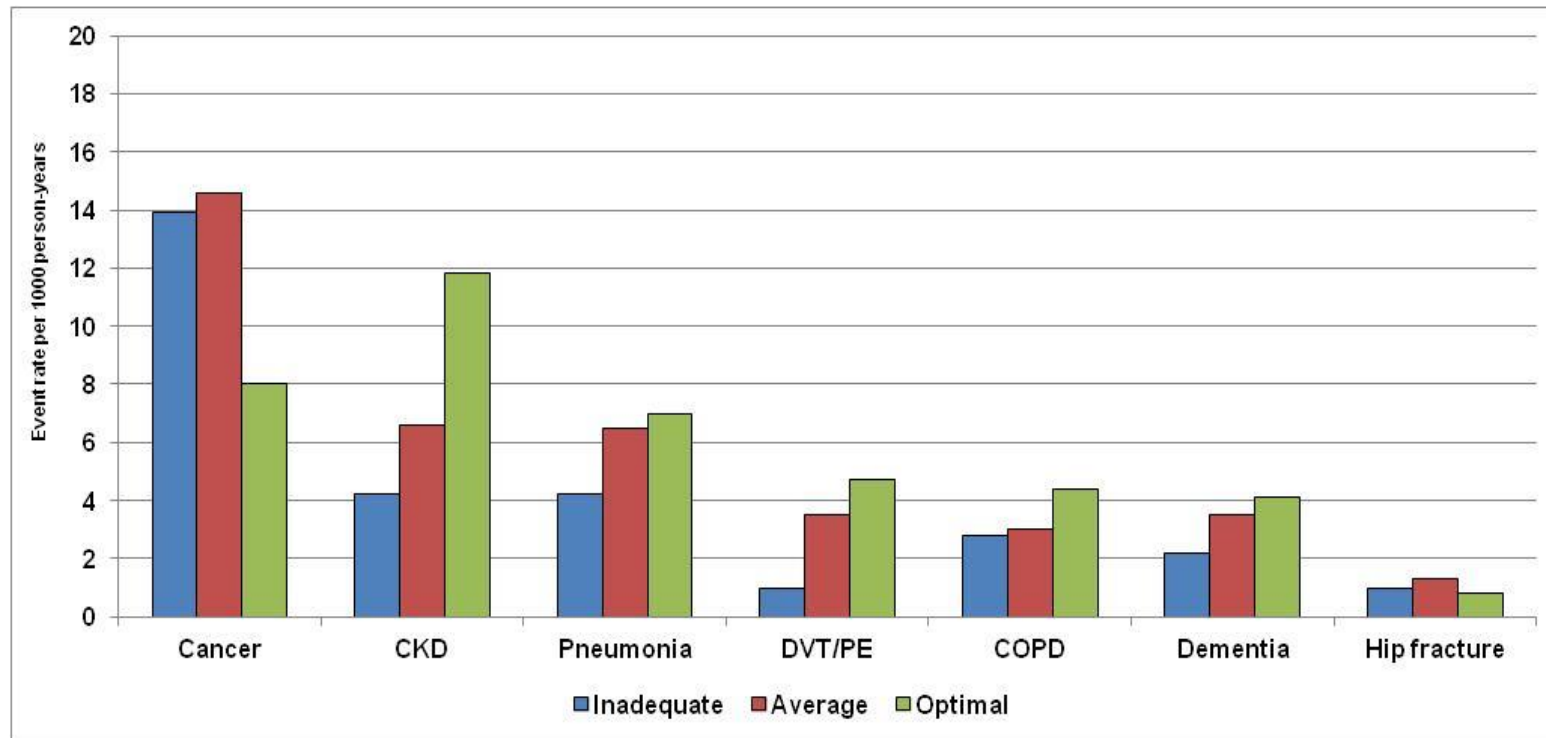


Figure S10. Event rate per 1000 person-years of study participants with any Non-CVD event by LS7 Score



	Inadequate	Average	Optimal
Unadjusted HR	1.0	0.61 (0.55-0.67)	0.43 (0.38-0.50)
Adjusted HR	1.0	0.66 (0.60-0.73)	0.53 (0.46-0.61)
Hazard ratios were adjusted for age, sex, race/ethnicity, income and education			

Figure S11. Event rate per 1000 person-years of participants with income <\$40,000 with Non-CVD by LS7 Score

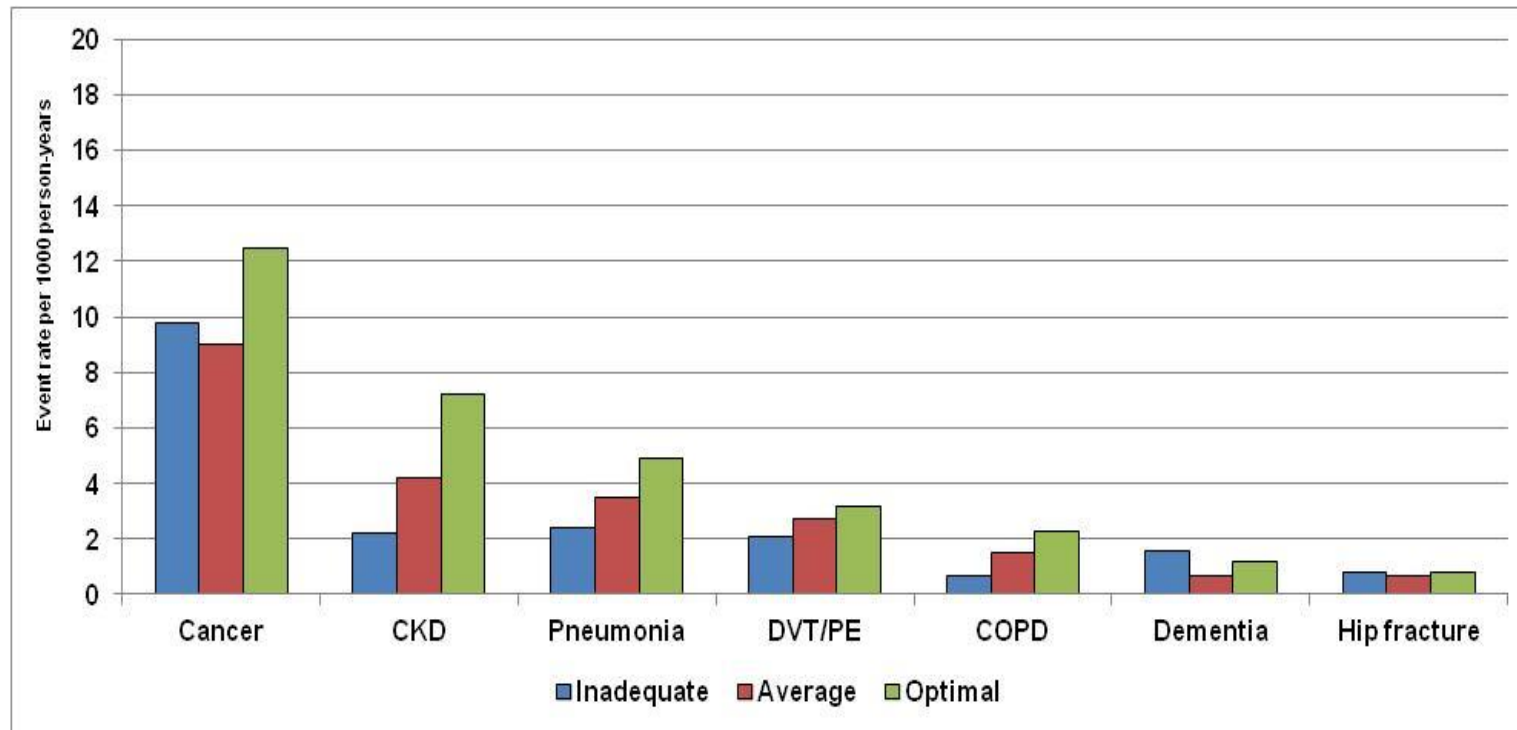


Event rate per 1000 person-years of participants with income <\$40,000 with Non-CVD by LS7 Score

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Figure S12. Event rate per 1000 person-years of participants with income \geq \$40,000 with Non-CVD by LS7 Score



Event rate per 1000 person-years of participants with income \geq \$40,000 with Non-CVD by LS7 Score

The Life's Simple 7 (LS7) score ranged from 0-14 and was classified into inadequate (0-8), average (9-10) and optimal (11-14) based on points assigned to each category of the LS7 metrics

Abbreviations: CKD, Chronic Kidney Disease, DVT/PE, Deep Venous Thromboembolism/Pulmonary Embolism; COPD, Chronic Obstructive Pulmonary Disease

References:

1. Lloyd-Jones DM, Hong Y, Labarthe D, Mozaffarian D, Appel LJ, Van Horn L, Greenlund K, Daniels S, Nichol G, Tomaselli GF, Arnett DK, Fonarow GC, Ho PM, Lauer MS, Masoudi FA, Robertson RM, Roger V, Schwamm LH, Sorlie P, Yancy CW, Rosamond WD; American Heart Association Strategic Planning Task Force and Statistics Committee. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's strategic Impact Goal through 2020 and beyond. *Circulation*. 2010;121:586-613.
2. Unger E, Diez-Roux AV, Lloyd-Jones DM, Mujahid MS, Nettleton JA, Bertoni A, Badon SE, Ning H, Allen NB. Association of neighborhood characteristics with cardiovascular health in the Multi-Ethnic Study of Atherosclerosis. *Circ Cardiovasc Qual Outcomes*. 2014;7:524-531.