

Table S1 Rates of participation in the MyAction programme stratified by ethnicity

Ethnicity	Attended IA n (%)	Agreed to participate in the programme %*
White	1453 (44.9)	92.8
Black	246 (7.6)	94.7
South Asian	422 (13.1)	92.4
Arabic	318 (9.8)	92.1
Other	689 (21.3)	89.7

****Of those who attended the Initial Assessment**

Table S2: Characteristics of those who attended IA and EOP versus IA only

	Patients IA and EOP N = 1521	Patients IA and <u>no</u> to EOP N = 1199
Mean age (SD) <i>Mean Difference (95% CI); p-value</i>	64.7 (9.9)	62.3 (10.9) -2.4 (-3.2, -1.6); p<0.001
% Men <i>% difference (95% CI); p-value</i>	61.3%	65.8% 4.5% (0.9%, 8.1%); p=0.02
% Non-white ethnicity <i>% difference (95% CI); p-value</i>	47.2%	56.0% 8.8% (5.0%, 12.5%); p<0.001
% vascular disease (COR/TIA/PAD) <i>% difference (95% CI); p-value</i>	36.1%	40.1% 3.9% (0.2%, 7.6%); p=0.04
Employment status – in employment % <i>% difference (95% CI); p-value</i>	26.8%	26.7% 0.0% (-3.3%, 3.4%); p=0.99
Highest level of education –post-grad/ college % <i>% difference (95% CI); p-value</i>	58.3%	51.9% -6.4% (-10.4%, -2.3%); p=0.002
% Current smokers (self-report) at IA <i>% difference (95% CI); p-value</i>	12.3%	22.3% 10.0% (7.2%, 12.9%); p<0.001
% BMI \geq 30 kg/m ² <i>% difference (95% CI); p-value</i>	38.4%	42.3% 3.9% (0.2%, 7.7%); p=0.04
Mediterranean Score – mean (SD) <i>Mean Difference (95% CI); p-value</i>	7.3 (2.2)	6.9 (2.2) -0.5 (-0.6, -0.3); p<0.001
Achieving PA targets % <i>% difference (95% CI); p-value</i>	19.7%	16.4% -3.3% (-6.4%, -0.3%); p=0.03
% with Depression \geq 8 <i>% difference (95% CI); ; p-value</i>	21.0%	27.8% 6.8% (2.8%, 10.7%); p<0.001
% with Anxiety \geq 8 <i>Median difference (95% CI); p-value</i>	30.4%	41.1% 10.6% (6.2%, 15.0%); p<0.001
EQ-VAS –median (IQR) <i>Median difference (95% CI); p-value</i>	70 (50, 80)	65 (50, 80) -5 (-7, 0); p<0.001

S4 Smoking Cessation Educational Insert

What you and your family can do about ...

Quitting smoking

Giving up smoking is the single most important thing you can do to avoid future heart problems.

How to quit

It is important to stop completely. Cutting down is less likely to work than stopping altogether. We can help you on the MyAction programme by offering you medications that will help you to quit successfully and lots of support.

Stopping smoking on the MyAction programme

- ✓ Be positive.
- ✓ Write down your most important reasons for quitting and remember them so you can return to them when you need extra encouragement.
- ✓ Tell your friends and family that you are planning to quit. If your partner smokes, ask them if they want to join you in trying to stop smoking while you are both on the MyAction programme.
- ✓ Join a stop smoking group on the MyAction programme.
- ✓ Ask your doctor, or your MyAction nurse about varenicline and nicotine therapy. They can improve your chances of successfully quitting by helping you to cope with withdrawal symptoms.
- ✓ Keep busy. Boredom can make you smoke. Take up a new hobby like cycling or playing the piano.
- ✓ Set a quit date with the MyAction nurse. If you choose varenicline, you will start taking it a week or two before this date. Ask the MyAction nurse for more information about varenicline and nicotine therapy.
- ✓ Keep active. Try to do some activity every day. Exercise can increase your chance of successfully quitting, help you to cope with withdrawal symptoms and boost your self confidence.
- ✓ Save the money that you would have spent on cigarettes and reward yourself.
- ✓ If you have a weak moment or are feeling blue, call a friend, the MyAction nurse or someone you know who can give you support.
- ✓ Don't give up on giving up!

Please turn over.

What difference will it make to my life?

- You will notice that your body starts to recover quite quickly.
- Take the stair test over the weeks that follow your quit attempt– ask your MyAction nurse.
- Notice your senses re-awakening (particularly smell and taste) and how much more you will enjoy good food as a result.

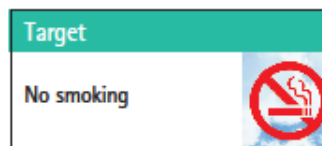
Putting on weight when you stop smoking

Be careful! You may be tempted to snack when you give up smoking. Choose healthy low fat and low sugar snacks like raw carrots, cucumber, celery or tomatoes, and be active. If you feel you need to lose weight, it's best to cope with stopping smoking first. Remember, stopping smoking is the single most important change you can make to improve your health.

Quit smoking together!

You don't have to quit smoking on your own! If your partner or another member of your family smokes, why not get them to quit with you? You can:

- Support each other to make it easier to quit
- Do it together on the MyAction programme
- Come along to group sessions – it will help to keep you motivated
- Praise yourselves for quitting – reward yourselves with a celebratory meal, you deserve it!



S5 Weight and Shape Educational Insert

What you and your family can do about ...

Keeping to a healthy shape and weight

Keeping to a healthy body weight reduces your risk of a number of health problems, including heart disease. As far as heart disease goes, two things are important:

- how much you weigh, and
- where your body fat is.

Carrying your body fat around your middle increases your risk of heart disease.

Do you have too much fat around your middle?

To find out, measure around your middle, half way between your lowest rib and hip bone. If you are a man and your measurement is more than 94 cm (37 inches), or if you are a woman and your measurement is over 80 cm (31½ inches), then it is important to lose some fat from around your middle. Read the *Tips for reaching a healthy shape and weight* on the back page.

Targets

Waist

Men: Below 94cm

(Asian men below 90cm).

Women: Below 80cm

(Asian women below 80cm).

Weight

Check the chart inside.

Tips for reaching a healthy shape and weight

- ✓ Try to eat regular meals.
- ✓ Avoid fried foods. When cooking, use as little fat and oil as possible.
- ✓ Choose low fat products.
- ✓ Eat small servings of meat. Eat chicken and fish more often.
- ✓ Eat a serving of starchy food (for example potatoes or rice) at each meal.
- ✓ Eat at least five portions of fruit and vegetables a day.
- ✓ Avoid sugary foods.
- ✓ Limit the amount of alcohol you have, as it is high in calories.
- ✓ Be more physically active.
- ✓ Monitor for food and drink intake - e.g. keep a food and drink diary.
- ✓ Monitor your portion sizes.

Please turn over.

S6 Physical Activity Educational Insert

What you and your family can do about ...

Physical activity and exercise

Why should you be active?

Being physically active can reduce your risk of developing heart disease. If you already have heart disease, physical activity can help reduce your risk of future heart problems.

Target

A total of 30 minutes moderate intensity aerobic activity a day, on at least 5 days a week.

If you have any health problems or you are unsure, seek advice from your doctor before you start exercising.



The power of physical activity: what it can do for you

- Physical activity improves the flow of blood around your body.
- It helps to control your weight, lower blood pressure, lower cholesterol, and regulate blood glucose.
- It helps to reduce the risk of heart attack and stroke.
- It reduces stress, anxiety and depression and gives you a sense of well-being.
- It improves your sleep pattern.
- Regular exercise makes your bones stronger, and improves flexibility and balance.
- If you have angina then the right type of exercise can help make your heart more efficient. This means that you will be less restricted by your angina and be able to do more without getting symptoms.

Please turn over.

Some important do's and don'ts

For everyone

Do ...

- ✓ Stop exercising if you experience chest pain, feel dizzy or faint.
- ✓ Wear loose, comfortable clothing and shoes with good arch support.
- ✓ Try to exercise before meals. If you can't, wait until at least an hour after you have eaten.

Don't ...

- ✗ Don't exercise if you have recently felt chest pain, shortness of breath or palpitations which are unfamiliar to you.
- ✗ Don't over-exert yourself. You will get more benefit from moderate exercise than from vigorous exercise.
- ✗ Don't exercise while you are ill or have a temperature – for example with a cold, cough or flu.

If you have coronary heart disease:

Do ...

- ✓ If you get angina while you are exercising, stop exercising and use your GTN spray. If the pain goes away completely, you can start doing light activity again.

Don't ...

- ✗ Don't do strenuous activities or activities that involve sudden stops and starts.
- ✗ Don't hold your breath during exercise.
- ✗ Don't exercise outdoors on extremely hot, cold or windy days, or when humidity is high.

S7 Stress Management Educational Insert

What you and your family can do about ...

Stress

High levels of stress can affect your health, so it is important to learn how to recognise and manage stress.

Stress is caused by anything that makes you tense, angry, frustrated or unhappy. It is hard to avoid stress completely, but you can learn ways to help you cope with it.

Golden rules for coping with stress

- ✓ Prioritise. Sort out what really matters in your life.
- ✓ Think ahead and try to work out in advance how you can get round difficulties.
- ✓ Try to keep things in proportion.
- ✓ Don't be too hard on yourself.
- ✓ Learn to delegate at work and at home.
- ✓ Keep physically active.
- ✓ Take time out to relax, and make time for leisure.
- ✓ Have proper breaks for meals.
- ✓ Share your worries with family or friends whenever you can.
- ✓ Enjoy yourself, and your family and friends.

False friends

Alcohol and smoking tobacco are false friends because they can give you a feeling of temporary relief but in fact make it more difficult for you to develop ways of coping.

Please turn over.

S8 Statin Therapy Educational Insert

Tests and treatments for your heart

Statins

What is the name of my medicine?

What dose do I take?

Are there any special instructions about how I should take the medicine?

With some types of statins you're advised to take the medicine before you go to bed.

What is the medicine for?

If you have coronary heart disease, or if you have a high risk of developing coronary heart disease, your doctor may prescribe a statin for you. A statin will reduce the amount of cholesterol in your blood, which helps to prevent future problems for your heart.

Statin are also used in people who have angina or who have had a heart attack, as they reduce the chances of having another heart attack, or a stroke.

Are there any side effects?

Statin are very safe medicines to take. Only a few people get any side effects. Very rarely, statins can affect the muscles. Tell your doctor immediately if you get unexplained muscle tenderness or weakness, and he or she will arrange a blood test to find out if the statin is causing a problem.

Some statins interact with grapefruit. If you are taking one of these statins, you are advised not to eat grapefruit or drink grapefruit juice. Look at the leaflet in your statin medication pack or ask your pharmacist.

Please turn over.

