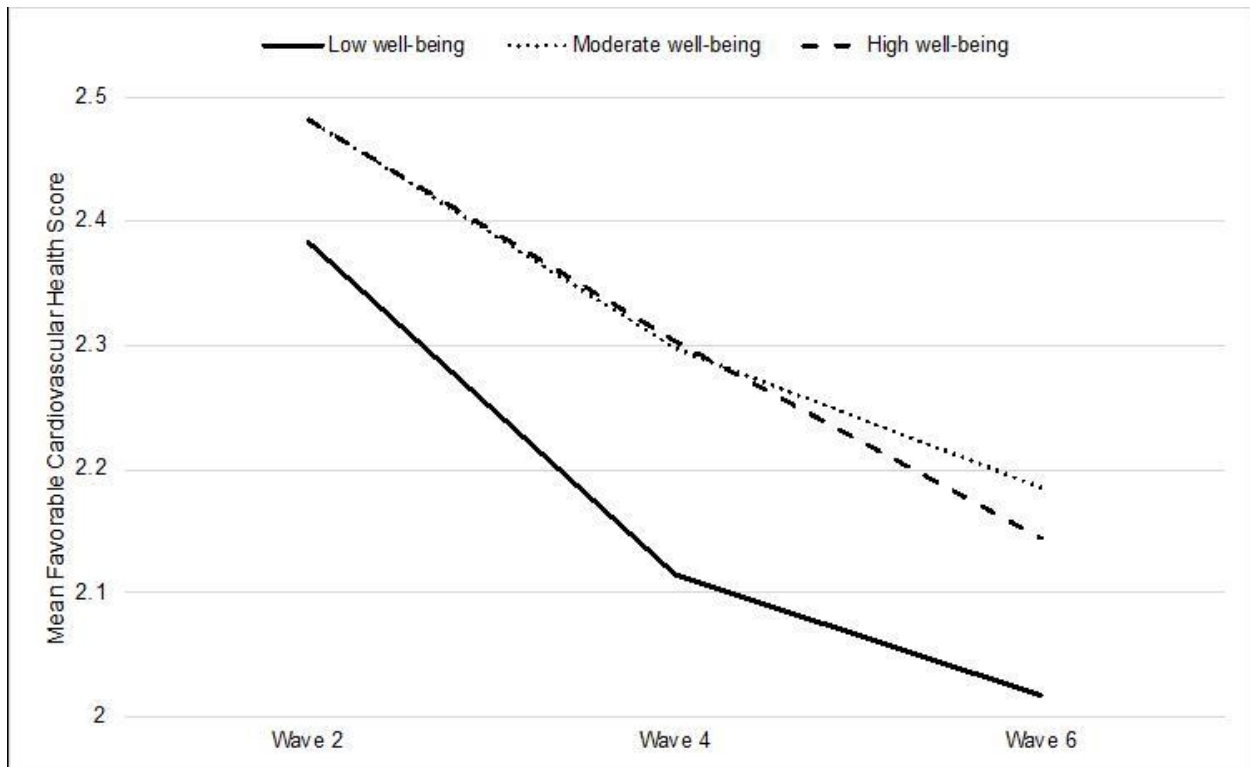


Appendix
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Appendix Figure 1. Mean favorable cardiovascular health score across time.



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Appendix Table 1. FCH Scores at Each Wave Where Higher Scores Indicate Better Health

FCH score	Each FCH score at Wave 2 N (%)	Each FCH score at Wave 4 N (%)	Each FCH score at Wave 6 N (%)
0	10 (0.25)	239 (7.84)	345 (12.8)
1	291 (7.40)	254 (8.34)	190 (7.02)
2	2,029 (51.6)	1,384 (45.4)	1,224 (45.2)
3	1,178 (29.9)	894 (29.3)	714 (26.4)
4	378 (9.61)	250 (8.20)	210 (7.76)
5	48 (1.22)	26 (0.85)	23 (0.85)
Missing FCH	991	1,878	2,219

Note. N=4,925.

FCH, favorable cardiovascular health.

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Appendix Table 2. Change in FCH Scores Over Time

Change in FCH scores	Each change in FCH from Wave 2 to Wave 4 N (%)	Each change in FCH from Wave 4 to Wave 6 N (%)	Each change in FCH from Wave 2 to Wave 6 N (%)
Declined over time			
-5	1 (0.04)	1 (0.05)	2 (0.10)
-4	5 (0.22)	8 (0.40)	8 (0.39)
-3	43 (1.88)	28 (1.39)	79 (3.85)
-2	106 (4.65)	73 (3.62)	158 (7.70)
-1	387 (17.0)	287 (14.2)	337 (16.4)
Stayed the same			
0	1,409 (61.7)	1,339 (66.3)	1,155 (56.3)
Improved over time			
1	302 (13.2)	263 (13.0)	293 (14.3)
2	28 (1.23)	20 (0.99)	16 (0.78)
3	1 (0.04)	0 (0.0)	3 (0.15)

Notes: N=4,925.

FCH, favorable cardiovascular health.

Appendix Table 3. Psychological Well-being's Association With the Individual Components of FCH

Component	OR (95% CI)		
	Model 1 ^a	Model 2 ^b	Model 3 ^c
Favorable blood pressure (N=5,657)	1.08 (1.01, 1.16)	1.05 (0.98, 1.13)	1.05 (0.98, 1.13)
Favorable cholesterol (N=5,172)	1.00 (0.93, 1.07)	1.00 (0.93, 1.07)	1.00 (0.93, 1.07)
Favorable BMI (N=5,745)	1.02 (0.96, 1.08)	0.99 (0.94, 1.05)	0.99 (0.93, 1.05)
Favorable diabetes status (N=6,277)	1.29 (1.18, 1.41)	1.26 (1.15, 1.38)	1.25 (1.14, 1.37)
Favorable smoking status (N=6,277)	1.44 (1.34, 1.55)	1.32 (1.22, 1.42)	1.32 (1.22, 1.43)

Notes: Boldface indicates statistical significance ($p < 0.05$).

^aLogistic regression models adjusted for age, gender, and race.

^bLogistic regression models adjusted for Model 1 characteristics and SES (education, income).

^cLogistic regression models adjusted for Model 2 characteristics and depression status.

FCH, favorable cardiovascular health.