

SUPPLEMENTAL MATERIAL

Figure S1. Formula to estimate the 20-Year Risk of CVD based on lifestyle predictors in women.

WOMEN

20-year CVD risk (%) “Healthy Heart Score” = $[1 - 0.9660^{(\exp [W - 6.57301])}] \times 100\%$

where $W = 0.10820 \times \text{age} + 0.15285$ (if **past smoker**) + 0.90138 (if **current smoker**) + $0.04676 \times \text{BMI}$ - $0.01923 \times \text{grams/d of alcohol}$ + $0.0004 \times (\text{grams/d of alcohol})^2$ - $0.029251 \times \text{hours/week of physical activity}$ - $0.05113 \times \text{diet score}^*$

*Diet score = $(0.03626 \times \text{grams/d of cereal fiber} + 0.18283$ [if fruits + vegetables ≥ 3 servings/d] + 0.14522 [if nuts 0.1-1 servings/d + 0.2444 [if nuts >1 servings/d] - $0.14631 \times \text{servings/d of sugar-sweetened beverages}$ - $0.15624 \times \text{servings/d of red and processed meats}) \times 10$

MEN

20-year CVD risk (%) “Healthy Heart Score” = $[1 - 0.96368^{(\exp [W - 7.2437])}] \times 100\%$

where $W = 0.13580 \times \text{age} - 0.0005 \times (\text{age})^2 + 0.06979$ (if **past smoker**) + 0.42305 (if **current smoker**) + $0.07424 \times \text{BMI}$ - $0.00898 \times \text{grams/d of alcohol}$ + $0.0001 \times (\text{grams/d of alcohol})^2$ - $0.01755 \times \text{hours/week of physical activity}$ - $0.06691 \times \text{diet score}^*$

*Diet score = $(0.01816 \times \text{grams/d of cereal fiber} + 0.08819$ [if fruits + vegetables ≥ 3 servings/d] + 0.00535 [if nuts 0.1-1 servings/d + 0.14285 [if nuts >1 servings/d] - $0.14734 \times \text{servings/d of sugar-sweetened beverages}$ - $0.07112 \times \text{servings/d of red and processed meats}) \times 10$