

Appendix
Life's Simple 7 and Peripheral Artery Disease: The Multi-Ethnic Study of Atherosclerosis
Unkart et al.

Appendix Table 1. Life's Simple 7 Individual Component Definitions

Component/Score	Definition
Smoking	
0	Current
1	Former, quit ≤ 12 months ago
2	Never, quit > 12 months ago
BMI	
0	≥ 30 kg/m ²
1	25.0–29.99 kg/m ²
2	< 25.0 kg/m ²
Physical activity	
0	No exercise
1	1–149 minutes of moderate exercise or 1–74 minutes of vigorous exercise/week
2	≥ 150 minutes of moderate exercise or ≥ 75 minutes of vigorous exercise/week
Diet	
0	0–1 components of healthy diet
1	2–3 components of healthy diet
2	4–5 components of healthy diet
Blood pressure	
0	SBP ≥ 140 mm Hg or DBP ≥ 90 mm Hg
1	SBP 120–139 mm Hg or DBP 80–89 mm Hg or treated to $< 120/80$ mm Hg
2	$< 120/80$ mm Hg, non-medicated
Cholesterol	
0	≥ 240 mg/dL
1	200–239 mg/dL or treated to < 200 mg/dL
2	< 200 mg/dL, non-medicated
Glucose	
0	≥ 126 mg/dL fasting
1	100–125 mg/dL fasting or treated to < 100 mg/dL
2	< 100 mg/dL fasting, non-medicated

Notes: Definitions for each of the individual components of the Life's Simple 7 metrics.

SBP, systolic blood pressure; DBP, diastolic blood pressure.

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Appendix Table 2. Associations of Life's Simple 7 Score With Incident PAD and Decline in ABI by Race/Ethnicity in MESA

Race/Ethnicity	Incident PAD cases n/N	Incident PAD HR (95% CI)	p-value	ABI decline cases n/N	Decline in ABI OR (95% CI)	p-value
Non-Hispanic white	82/2,227	0.76 (0.69, 0.85)	<0.001	168/1,760	0.92 (0.84, 0.99)	0.05
African American	105/1,414	0.87 (0.78, 0.96)	0.008	136/1,081	0.93 (0.85, 1.03)	0.16
Hispanic	46/1,194	0.78 (0.67, 0.91)	0.001	81/897	0.88 (0.78, 0.99)	0.03
Chinese	18/694	1.11 (0.85, 1.45)	0.45	34/529	0.98 (0.81, 1.21)	0.91

Notes: Presented are the multiplicative interaction of the Life's Simple 7 overall score on a continuous scale with race/ethnic group for incident PAD (ABI \leq 0.9 any time after Exam 1) and decline in ABI (\geq 0.15 between Exam 1 (2002–2002) and Exam 5 (2010–2012)). Overall, *p*-for-interaction was 0.04 for incident PAD, and 0.76 for decline in ABI. Boldface indicates statistical significance ($p \leq 0.05$).

PAD, peripheral artery disease; ABI, ankle brachial index; MESA, Multi-Ethnic Study of Atherosclerosis; HR, hazard ratio.