

SUPPLEMENTAL MATERIAL

Table S1. Estimates of adjusted odds ratios (aOR) from the logistic regression analysis of factors related to diagnosed heart attack or angina.

	aOR (95% CI)
Self-reported family history[†]	
Age 20-39 (FHPHD: Yes vs No [†])	10.25 (4.76, 22.05)
Age 40-59 (FHPHD: Yes vs No [†])	2.95 (2.06, 4.21)
Age ≥60 (FHPHD: Yes vs No [†])	1.91 (1.45, 2.52)
Sex	
Females [†]	
Males	1.95 (1.60, 2.37)
Race/ Ethnicity	
Non-Hispanic white [†]	
Hispanic	0.71 (0.57, 0.90)
Non-Hispanic black	0.85 (0.68, 1.06)
Other*	0.85 (0.57, 1.29)
BMI (kg/m²)	
< 25 [†]	
25-29.9	1.06 (0.82, 1.37)
≥ 30	1.71 (1.40, 2.08)
Income to poverty ratio[§]	
≥ 1 [†]	
< 1	1.77 (1.39, 2.24)
Education	
≥ high school completion [†]	
< high school completion	1.19 (0.99, 1.41)
Physical activity	
Active [†]	
Not active	1.63 (1.32, 2.03)
Current smoker	
No [†]	
Yes	1.62 (1.28, 2.07)

CI = Confidence Interval; NHANES = National Health and Nutrition Examination Survey; BMI = Body mass index

*Non-Hispanic Asians, non-Hispanic multiracial, and non-Hispanic other race.

[†]Reference group.

[‡]Since the interaction of FHPHD and age was significant, aOR of family history for each age group was presented.

[§]A ratio of family income to poverty guidelines.

^{||}≥150 min/week moderate activity or ≥75 min/week vigorous activity or ≥150 min/week moderate + vigorous activity.

Table S2. Distribution of Ideal, Intermediate and Poor[‡] Cardiovascular Health for Each Metric for Adults 20 years and older free of angina or heart attack, NHANES 2007-2014.

Cardiovascular health metric	Overall	No Family history of CVD	Family history of CVD
Body mass index risk (% , se)			
Ideal (< 25 kg/m ²)	30.1 (0.66)	30.6 (0.68)	26.1* (1.26)
Intermediate (25-29 kg/m ²)	34.2 (0.66)	34.3 (0.69)	33.3 (1.37)
Poor (≥ 30 kg/m ²)	35.5 (0.59)	35.1 (0.65)	40.6* (1.14)
Smoking risk (% , se)			
Ideal (Never smoked or quit smoking ≥ 12 months ago)	77.7 (0.62)	78.6 (0.60)	70.9* (1.79)
Intermediate (Quit smoking < 12 months ago)	2.0 (0.18)	2.1 (0.19)	1.9 (0.40)
Poor (Current smoker)	20.3 (0.59)	19.3 (0.55)	27.2* (1.77)
Physical activity risk (% , se)			

Ideal	47.1 (0.94)	47.8 (0.92)	41.8* (1.77)
(≥150 min/week moderate or ≥75 min/week vigorous or ≥150 min/week moderate + vigorous)			
Intermediate	18.0 (0.51)	17.8 (0.54)	19.5 (1.24)
(1-149 min/week moderate or 1-74 min/week vigorous or 1-149 min/week moderate + vigorous)			
Poor	34.9 (0.95)	34.4 (0.93)	38.6* (1.74)
(None)			
Diet risk (% , se)			
Ideal	2.4 (0.18)	2.4 (0.19)	2.5 (0.51)
(Healthy eating index score ≥ 81)			
Intermediate	48.6 (0.92)	49.1 (0.96)	44.8* (1.78)
(Healthy eating index score 51-80)			
Poor	48.9 (0.98)	48.4 (0.99)	52.7* (1.92)
(Healthy eating index score ≤ 50)			
Cholesterol risk (% , se)			
Ideal	45.7 (0.79)	46.4 (0.80)	40.2* (1.74)
(<200 mg/dL)			
Intermediate	40.5 (0.72)	39.8 (0.72)	45.8* (1.64)
(200-239 mg/dL or treated to goal)			
Poor	13.8 (0.45)	13.8 (0.46)	14.1 (1.13)

(≥ 240 mg/dL)

Blood pressure risk (% , se)

Ideal 42.7 (0.80) 43.8 (0.81) 34.1* (1.50)

(SBP < 120/ DBP < 80 mmHg**)

Intermediate 42.8 (0.71) 41.9 (0.70) 49.0* (1.51)

(SBP 120-139 or DBP 80-89 mmHg or treated to goal)

Poor 14.6 (0.46) 14.3 (0.42) 16.9* (1.39)

(SBP ≥ 140 or DBP ≥ 90 mm Hg)

Diabetes risk (% , se)

Ideal 72.7 (0.46) 73.6 (0.48) 66.3* (1.40)

(Glucose <100 mg/dL and A1c < 5.7%)

Intermediate 20.0 (0.38) 19.4 (0.41) 24.6* (1.11)

(Glucose 100-125 mg/dL or $5.7\% \leq A1c < 6.5\%$ or treated to goal)

Poor 7.3 (0.24) 7.0 (0.24) 9.1* (0.86)

(Diagnosed diabetes or glucose ≥ 126 mg/dL or A1c $\geq 6.5\%$)

Mean score (se) of 7 health metrics[†] 8.4 (0.05) 8.5 (0.05) 7.8* (0.1)

Categories of 7 health metrics[†](% , se)

Inadequate (0-4) 5.6 (0.24) 5.3 (0.27) 8.1* (0.81)

Average (5-9) 59.2 (1.01) 58.1 (1.03) 67.1* (1.69)

Optimum (10-14)	35.1 (1.01)	36.6 (1.00)	24.8* (1.76)
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** Difference in percentage between populations with and without family history is significant at 0.05 level*

†A score of 0, 1, or 2, was assigned to each cardiovascular health metric to represent poor, intermediate, or ideal health. The overall score for the 7 health metrics ranged from 0 to 14.

‡Lloyd-Jones DM, Hong Y, Labarthe D, Mozaffarian D, Appel LJ, Van Horn L, Greenlund K, Daniels S. et al. 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.

se = standard error; NHANES = National Health and Nutrition Examination Survey.