

Supplemental Material

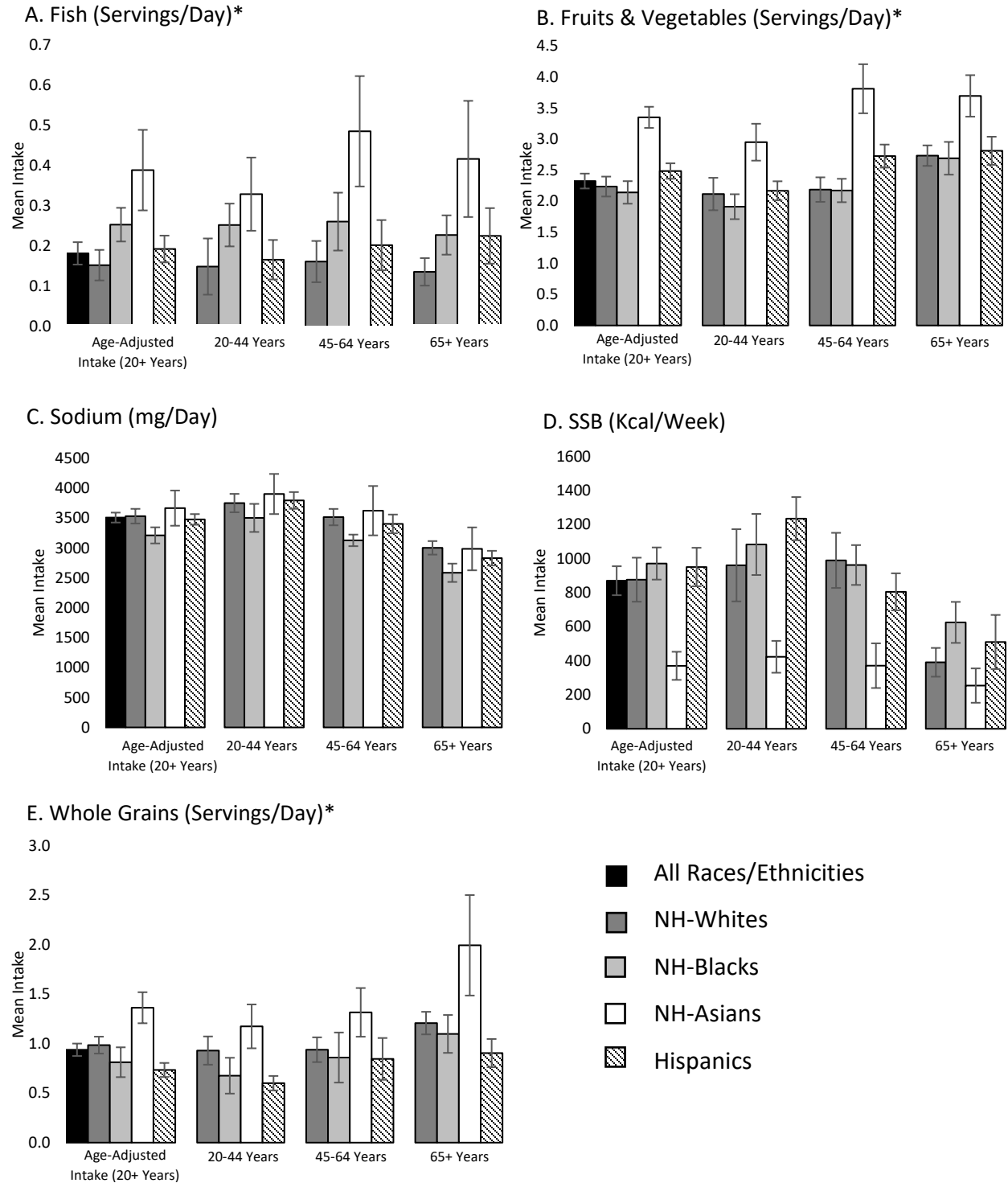
Table S1. Ideal, Intermediate and Poor Levels of AHA's Life's Simple 7 Components.

Component	Ideal	Intermediate	Poor
Smoking	Never or former > 1 year	Former ≤1 year	Current
Healthy Diet Score <i>Primary Components*</i>	4-5 components	2-3 components	0-1 components
<i>Fruits and vegetables</i>	≥ 4.5 cups/day		
<i>Fish 3.5-oz servings (preferably oily fish)</i>	≥2 servings/week		
<i>Sodium</i>	1500 mg/day		
<i>Sweets/sugar-sweetened Beverages</i>	≤450 kcal (36 oz.)/week		
<i>Whole grains, 1-oz-equivalent servings</i>	≥3 servings/day		
Physical Activity	≥150 min/week moderate intensity or ≥75 min/week vigorous intensity or ≥150 min/week moderate + vigorous	1–149 min/week moderate intensity or 1–74 min/week vigorous intensity or 1–149 min/week moderate + vigorous	None
Body Mass Index	< 25 kg/m ²	25-29.9 kg/m ²	≥30 kg/m ²
Blood Pressure	<120/<80 mm Hg untreated	SBP 120-139 or DBP 80-89 mmHg or treated to ideal level	SBP ≥140 or DBP ≥90 mmHg
Total Cholesterol	<5.18 mmol/L (<200 mg/dL) untreated	5.18-6.19 mmol/L (200-239 mg/dL) or treated to ideal level	≥6.22 mmol/L (≥240 mg/dL)
Fasting Glucose	<5.55 mmol/L (<100 mg/dL) untreated	5.55-6.94 mmol/L (100-125 mg/dL) or treated to ideal level	≥6.99 mmol/L (≥126 mg/dL)

*Scaled for 2000 kcal/day; DBP, diastolic blood pressure; SBP, systolic blood pressure.

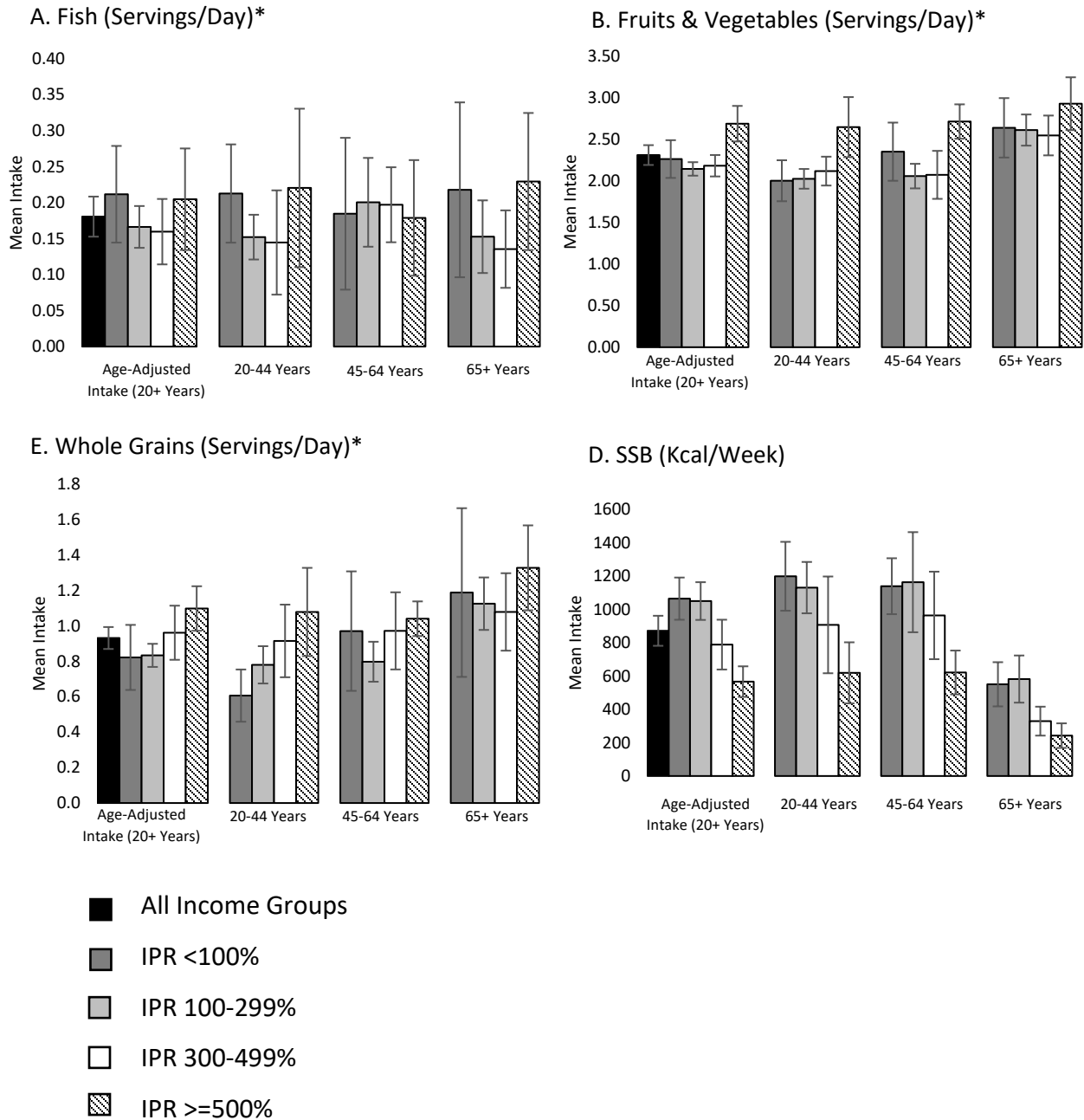
Adapted from¹¹

Figure S1. Mean Dietary Intakes for Primary Components of the American Heart Association's Healthy Diet Score by Race/Ethnicity and Age Group: NHANES 2015-2016.



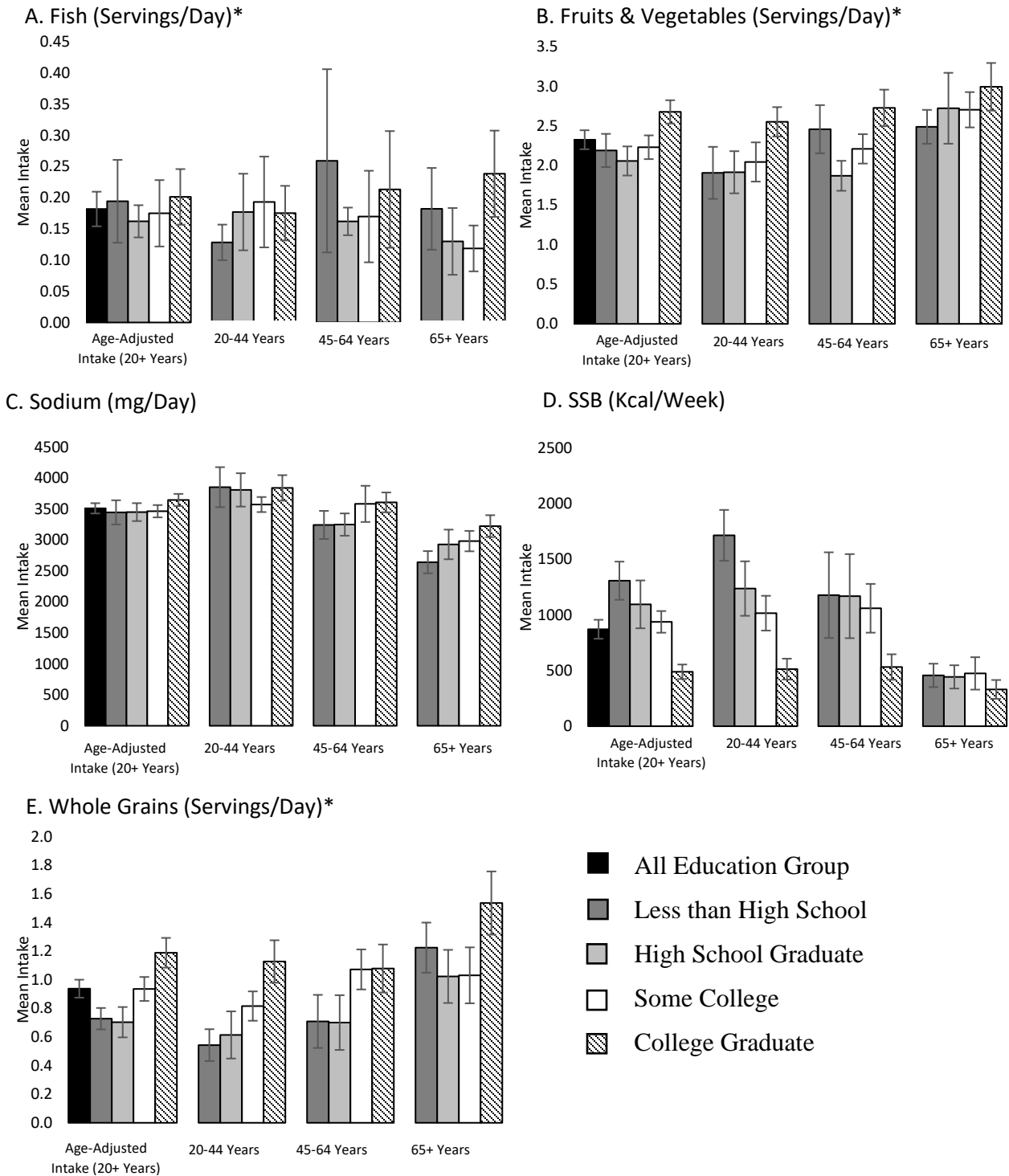
*Intakes standardized to a 2,000 kcal/day diet; Error bars represent 95% Confidence Intervals

Figure S2. Mean Dietary Intakes for Primary Components of the American Heart Association's Healthy Diet Score by Income to Poverty Ratio (IPR) and Age Group: NHANES 2015-2016.



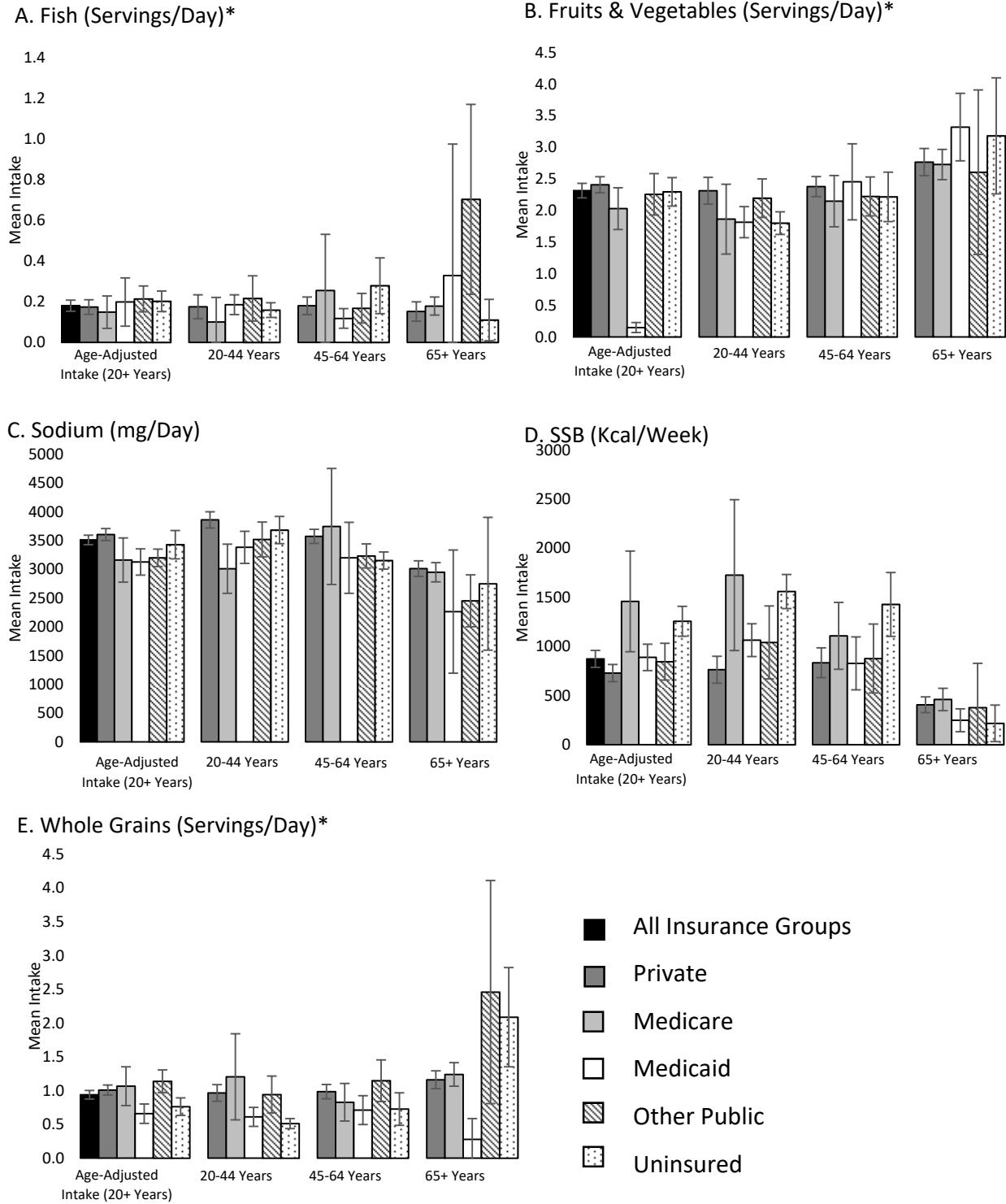
*Intakes standardized to a 2,000 kcal/day diet; Error bars represent 95% Confidence Intervals

Figure S3. Mean Dietary Intakes for Primary Components of the American Heart Association's Healthy Diet Score by Educational Attainment and Age Group: NHANES 2015-2016.



*Intakes standardized to a 2,000 kcal/day diet; Error bars represent 95% Confidence Intervals

Figure S4: Mean Dietary Intakes for Primary Components of the American Heart Association's Healthy Diet Score by Health Insurance Type and Age Group: NHANES 2015-2016.



*Intakes standardized to a 2,000 kcal/day diet; Error bars represent 95% Confidence Intervals