SUPPLEMENTAL MATERIAL

Table S1. Selected Framingham Heart Study Exam Dates and age ranges for parents and offspring.

Original Cohort					Offspring Cohort				
Exam	**Exam Dates**	**Age Range**	**Mean Age**	**Attendees**	**Exam**	**Exam Dates**	**Age Range**	**Mean Age**	**Attendees**
Exam1	1948-1952	28-74	44	5209	Exam2	1979-1983	17-77	44	3863
Exam3	1953-1956	32-67	48	4416	Exam3	1983-1987	18-77	48	3873
Exam5	1956-1960	37-70	52	4421	Exam4	1987-1991	22-81	52	4019
Exam7	1961-1964	40-74	55	4191	Exam5	1991-1995	26-84	55	3799
Exam9	1965-1968	44-78	59	3893	Exam6	1995-1998	29-86	59	3532
Exam11	1969-1971	49-81	62	2955	Exam7	1998-2001	33-90	62	3539

Table on selected exam pairs of FHS-Original and Offspring Cohorts. Adapted from the "Framingham Heart Study: A Review of Research Design" Interventions Obes Diabetes; 2018: 1, by Urooj T., 2018. Retrieved from https://crimsonpublishers.com/iod/pdf/IOD.000505.pdf

Table S2. Ideal Cardiovascular Health Metrics using AHA criteria for adults ≥20 years.

Blood Pressure	Ideal [2]	<120/<80 mmHg
	Intermediate [1]	SBP 120–139 or DBP 80–89 mmHg
	Poor [0]	SBP≥l40 or DBP≥90mmHg
Cholesterol	Ideal [2]	<200 mg/dL
	Intermediate [1]	200–239 mg/dL
	Poor [0]	≥240 mg/dL
Body Mass Index	Ideal [2]	<25 kg/m2
	Intermediate [1]	25–29.9 kg/m2
	Poor [0]	≥30 kg/m2
Smoking Status	Ideal [2]	Never or quit > 12 months
	Intermediate [1]	Former ≤12 months
	Poor [0]	Current smoker
Fasting/Random Blood Glucose	Ideal [2]	<100 mg/dL OR <140 mg/dL
	Intermediate [1]	100–125 mg/dL OR 140-199 mg/dL
	Poor [0]	≥ 126 mg/dL OR ≥ 200 mg/dL

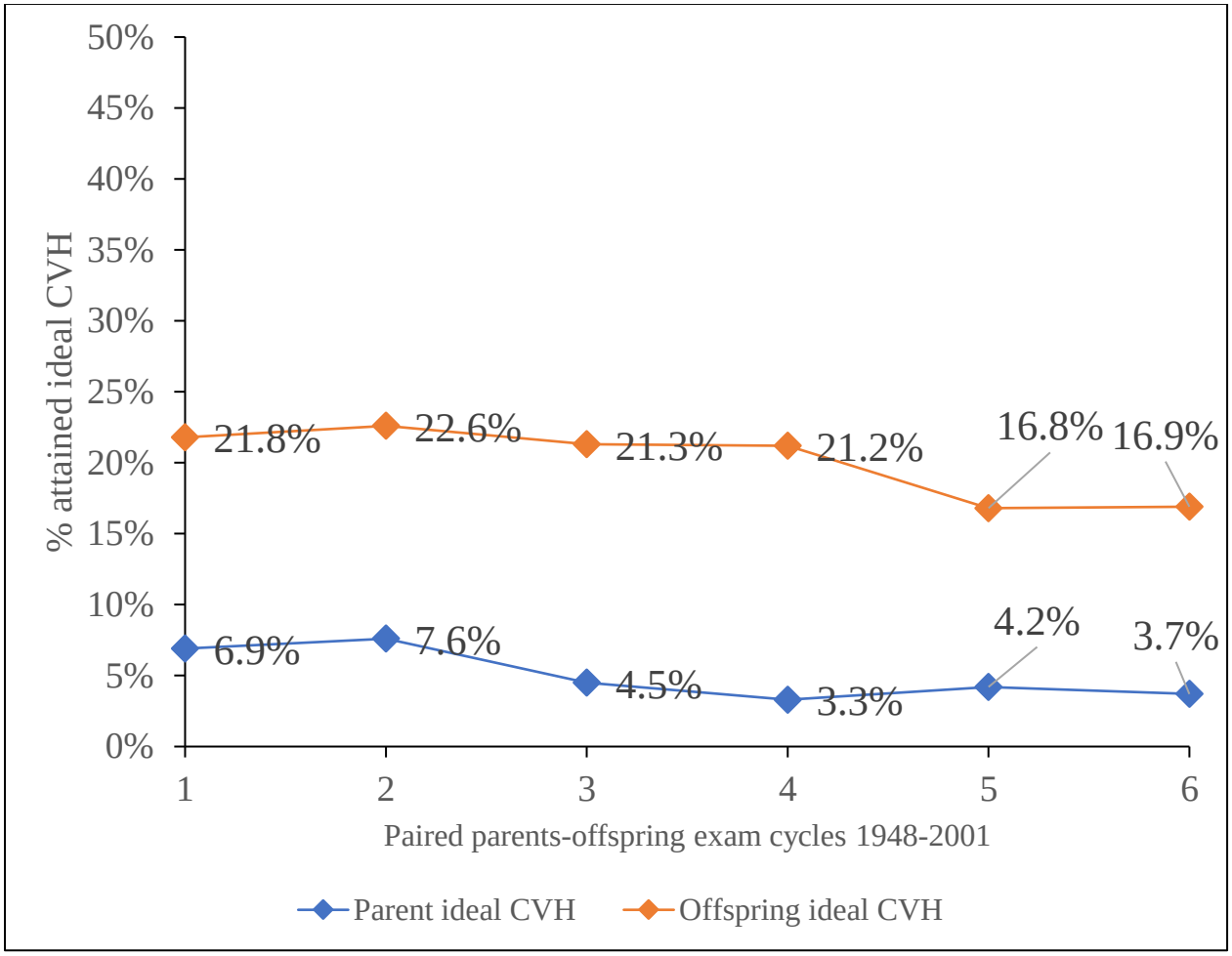
Key: SBP, Systolic blood pressure; DBP, diastolic blood pressure; Adapted from "2017 Statistical Fact Sheet: Cardiovascular health" by AHA, 2017. Retrieved from https://healthmetrics.heart.org/wp-content/uploads/2017/06/2017-Statistical-Fact-Sheet-ucm_492104.pdf

Table S3. Proportional odds regression model predicting offspring CVH from mother's and father's CVH at each paired exam cycle.

Offspring-mother association				Offspring-father association			
Offspring Exam	**Mother's CVH**	**OR**	**95% CI**	**Offspring Exam**	**Father's CVH**	**OR**	**95% CI**
Exam 1 n= 2,050	*Referent: Ideal CVH*			Exam 1 n= 1,944	*Referent: Ideal CVH*		
	Intermediate CVH	1.59*	1.18-2.14		Intermediate CVH	1.57	0.88-2.78
	Poor CVH	2.65*	1.71-4.11		Poor CVH	3.07*	1.71-5.50
Exam 2 n=1,545	*Referent: Ideal CVH*			Exam 2 n=1,410	*Referent: Ideal CVH*		
	Intermediate CVH	1.61*	1.09-2.40		Intermediate CVH	1.33	0.80-2.23
	Poor CVH	2.42*	1.43-4.11		Poor CVH	1.95*	1.12-1.92
Exam 3 n=1,609	*Referent: Ideal CVH*			Exam 3 n=1,493	*Referent: Ideal CVH*		
	Intermediate CVH	1.48*	1.07-2.04		Intermediate CVH	0.84	0.41-1.72
	Poor CVH	2.15*	1.25-3.69		Poor CVH	1.52	0.72-3.18
Exam 4 n=1,548	*Referent: Ideal CVH*			Exam 4 n=1,402	*Referent: Ideal CVH*		
	Intermediate CVH	2.19*	1.65-2.89		Intermediate CVH	2.19	0.70-6.77
	Poor CVH	3.07*	1.87-5.04		Poor CVH	3.68*	1.18-11.49
Exam 5 n=1,389	*Referent: Ideal CVH*			Exam 5 n=1,248	*Referent: Ideal CVH*		
	Intermediate CVH	1.95*	1.44-2.64		Intermediate CVH	1.96*	1.07-3.58
	Poor CVH	2.99*	1.82-4.93		Poor CVH	3.71*	1.92-7.14
Exam 6 n=1,173	*Referent: Ideal CVH*			Exam 6 n=978	*Referent: Ideal CVH*		
	Intermediate CVH	1.52*	1.10-2.09		Intermediate CVH	1.32	0.76-2.28
	Poor CVH	2.14*	1.09-4.19		Poor CVH	2.43*	1.31-4.50
Pooled model (All six exams)	*Referent: Ideal CVH*			Pooled model (All six exams)	*Referent: Ideal CVH*		
	Intermediate CVH	1.46*	1.18-1.79		Intermediate CVH	1.31	0.84-2.07
	Poor CVH	2.77*	2.00-3.84		Poor CVH	2.12*	1.32-3.43

This table shows results from a proportional-odds cumulative logit model, estimating the odds of predicting offspring CVH status using their mothers or fathers CVH status. Dependent variable is offspring CVH (three-level ordinal variable, coded 0, 1, 2: ideal, intermediate and poor CVH, respectively), independent variable is parents' CVH, coded 0, 1, 2 as well. All models were adjusted for offspring age, sex and education. *Statistically significant at $p<0.05$. CI=confidence interval

Figure S1. Distribution and trends of ideal CVH for parents and offspring at similar age-periods along the life course.



Ideal CVH in this case means having more than 4 CVH metrics at ideal/recommended levels; For exam cycles 1-6 time periods, refer to paired exam cycles "Table S1".