

SUPPLEMENTAL MATERIAL

Table S1. American Heart Association Life's simple 7 criteria for ideal cardiovascular health.

Metric	Method	SWAN visits with data	Poor	Intermediate	Ideal
Glucose	Blood test and medication data	BL, 1, 3, 4, 5, 6, 7 [^]	Fasting serum glucose (FSG) ≥ 126 mg/dL	FSG 100-125 mg/dL or treated to < 100 mg/dL	< 100 mg/dL, no medication
Cholesterol	Blood test and medication data	BL, 1, 3, 4, 5, 6, 7 [^]	Total cholesterol ≥ 240 mg/dL	200-239 mg/dL or treated to < 200 mg/dL	< 200 mg/dL, no medication
BMI	Anthropometric measurements	BL, 1, 2, 3, 4, 5, 6, 8	≥ 30 kg/m ²	25-30 kg/m ²	< 25 kg/m ²
Blood pressure	Anthropometric measurements and medication data	BL, 1, 2, 3, 4, 5, 6, 8	≥ 140 SBP or ≥ 90 DBP	120-139 SPB or 80-89 DBP or treated to $< 120 / < 80$	$< 120 / < 80$, no medication
Physical activity	Kaiser Physical Activity Survey	BL ^{*,^} , 3, 5, 6, 9 ^{*,^}	Inactive	1-149 min/wk MVPA or 1-75 min/wk vigorous (exercising $> 1x$ week for 0-2 hours, for > 4 months of the past year, with a moderate to vigorous increase in heart rate)	≥ 150 MVPA or ≥ 75 min/wk vigorous (exercising $> 1x$ week, for ≥ 2 hrs/week, for more than 4 months of the past year, with a moderate to vigorous increase in heart rate)
Diet [†]	Modified Block food frequency questionnaire	BL ^{*,^} , 5, 9 ^{*,^}	0-1 components	2-3 components	4-5 components
Smoking	Questionnaire	BL, 1, 2, 3, 4, 5, 6, 8	Current	Former ≤ 12 months	Never or quit > 12 months

[^]=data from this visit carried forward (or backwards) for calculation of AHA S7 score, number of ideal components outcomes

^{*}= data from this visit carried forward (or backwards) for component-specific analyses

[†]5 components: fruits & vegetables ≥ 4.5 cups per day, fish ≥ 2 servings per week, fiber-rich whole grains ≥ 3 servings/day, sodium < 1500 mg/day, sugar-sweetened beverages ≤ 450 kcal/day

Note: The Multiple Role Questionnaire was administered at SWAN visits 1, 2, 3, 4, 5, 6, and 8

Acronyms: BL: baseline; FSG: Fasting serum glucose; SBP: systolic blood pressure; DBP: diastolic blood pressure; MVPA: Moderate to vigorous physical activity; SWAN: Study of Women's Health Across the Nation