

## **SUPPLEMENTAL MATERIAL**

**Table S1.** Baseline Characteristics of Jackson Heart Study Participants Stratified by Inclusion vs. Exclusion Status\*

<b>Characteristic</b>	<b>Included (N=2,967)</b>	<b>Excluded (N=2,339)</b>	<b>Absolute Standardized Difference<sup>†</sup></b>
Age, y	54.0 (12.3)	57.0 (13.4)	0.24
Sex			0.11
Female	1949 (66%)	1418 (61%)	
Male	1018 (34%)	921 (39%)	
Education			
Less than high school	436 (15%)	670 (29%)	0.35
High school graduate/GED	527 (18%)	439 (19%)	0.03
Vocational/trade school or college graduate	2000 (67%)	1219 (52%)	0.31
Income Status			
Poor	296 (12%)	406 (21%)	0.26
Lower-middle	574 (23%)	525 (27%)	0.11
Upper-middle	818 (32%)	509 (26%)	0.13
Affluent	862 (34%)	496 (26%)	0.18
Health Insured	2583 (87%)	1989 (86%)	0.05
Married	1689 (57%)	1202 (52%)	0.11

Cardiovascular Risk Factors

Hypertension	1554 (52%)	1442 (62%)	0.19
Diabetes	512 (17%)	656 (29%)	0.28
Hyperlipidemia	342 (12%)	379 (17%)	0.15
Current Smoker	310 (10%)	383 (17%)	0.18
LS7 Composite Score	7.3 (2.1)	6.6 (2.0)	0.30
Religiosity Measures			
Religious Attendance	5.0 (0.9)	4.9 (1.0)	0.08
Private Prayer	7.2 (1.3)	7.1 (1.3)	0.04
Religious Coping	3.6 (0.6)	3.5 (0.7)	0.05
Spirituality Measures			
Theistic Subscale Score	14.9 (2.5)	14.8 (2.4)	0.04
Nontheistic Subscale Score	14.3 (2.6)	14.2 (2.6)	0.03
DSES Total Score	29.2 (4.7)	29.1 (4.7)	0.02
Chronic Stress Score	4.0 (2.0, 8.0)	4.0 (1.0, 8.0)	0.02
Social Network Score	4.2 (0.8)	4.1 (0.9)	0.15

\* Data are presented as mean (SD), No. of persons (%) or median (Q1, Q3).

† Difference <0.2 was considered a small effect.<sup>30</sup>

DSES indicates Daily Spiritual Experience Scale; LS7, Life's Simple 7.

**Table S2a.** Baseline Characteristics of Jackson Heart Study Participants by Religious Attendance\*

Characteristic	Few times/year or				<i>P</i> value
	less (N=186)	Few times/month (N=389)	At least once/week (N=1525)	Nearly everyday (N=867)	
Age, y	48.8 (11.3)	50.5 (11.5)	54.7 (12.1)	55.5 (12.5)	<.001
Sex					<.001
Female	73 (39%)	209 (54%)	1042 (68%)	625 (72%)	
Male	113 (61%)	180 (46%)	483 (32%)	242 (28%)	
Education					<.001
Less than high school	26 (14%)	44 (11%)	198 (13%)	168 (19%)	
High school graduate/GED	37 (20%)	68 (18%)	247 (16%)	175 (20%)	
Vocational/trade school or college graduate	123 (66%)	276 (71%)	1080 (71%)	521 (60%)	
Income Status					0.002
Poor	24 (15%)	43 (13%)	135 (10%)	94 (13%)	
Lower-middle	34 (22%)	71 (21%)	285 (21%)	184 (25%)	
Upper-middle	43 (27%)	99 (29%)	426 (32%)	250 (35%)	
Affluent	57 (36%)	125 (37%)	484 (36%)	196 (27%)	
Health Insured	143 (78%)	335 (86%)	1361 (89%)	744 (86%)	<.001
Married	93 (50%)	207 (53%)	875 (57%)	514 (59%)	0.045

Cardiovascular risk factors					
Hypertension	79 (42%)	191 (49%)	812 (53%)	472 (54%)	0.012
Diabetes	34 (18%)	59 (15%)	250 (16%)	169 (19%)	0.16
Hyperlipidemia	20 (11%)	42 (11%)	174 (11%)	106 (12%)	0.86
Current smoker	48 (26%)	71 (18%)	137 (9%)	54 (6%)	<.001
LS7 composite score	6.9 (2.2)	7.2 (2.2)	7.3 (2.0)	7.3 (2.1)	0.17
Religiosity measures					
Private prayer	5.6 (2.2)	6.6 (1.5)	7.3 (1.0)	7.7 (0.7)	<.001
Religious coping	3.0 (0.9)	3.3 (0.7)	3.6 (0.6)	3.8 (0.5)	<.001
Spirituality measures					
Theistic subscale score	12.8 (3.3)	13.8 (2.9)	15.0 (2.2)	15.6 (2.0)	<.001
Nontheistic subscale score	11.9 (3.3)	13.1 (2.8)	14.4 (2.4)	15.0 (2.3)	<.001
DSES total score	24.7 (6.1)	26.9 (5.3)	29.5 (4.2)	30.7 (4.0)	<.001
Chronic stress score	5.0 (3.0, 8.0)	5.0 (2.0, 9.0)	4.0 (2.0, 7.0)	4.0 (1.5, 8.0)	0.009
Social network score	3.6 (1.1)	4.1 (0.8)	4.3 (0.8)	4.3 (0.8)	<.001

\* Data are presented as mean (SD), No. of persons (%) or median (Q1, Q3).

**Table S2b.** Baseline Characteristics of Jackson Heart Study Participants by Private Prayer\*

Characteristic	Once/week or less	Few times/week	Once/day	More than once/day	<i>P</i> value
	(N=219)	(N=328)	(N=754)	(N=1666)	
Age, y	51.7 (11.9)	51.4 (11.8)	53.7 (12.2)	55.0 (12.3)	<.001
Sex					<.001
Female	98 (45%)	173 (53%)	453 (60%)	1225 (74%)	
Male	121 (55%)	155 (47%)	301 (40%)	441 (26%)	
Education					0.007
Less than high school	38 (17%)	32 (10%)	108 (14%)	258 (16%)	
High school graduate/GED	35 (16%)	44 (13%)	133 (18%)	315 (19%)	
Vocational/trade school or college graduate	145 (67%)	252 (77%)	513 (68%)	1090 (66%)	
Income Status					<.001
Poor	32 (17%)	27 (9%)	74 (11%)	163 (12%)	
Lower-middle	37 (20%)	54 (19%)	142 (21%)	341 (24%)	
Upper-middle	52 (28%)	84 (29%)	200 (30%)	482 (34%)	
Affluent	67 (36%)	122 (43%)	251 (38%)	422 (30%)	
Health Insured	182 (83%)	277 (85%)	671 (89%)	1453 (87%)	0.09
Married	126 (58%)	198 (61%)	433 (58%)	932 (56%)	0.47

Cardiovascular risk factors					
Hypertension	104 (47%)	147 (45%)	388 (51%)	915 (55%)	0.003
Diabetes	38 (17%)	45 (14%)	119 (16%)	310 (19%)	0.10
Hyperlipidemia	23 (11%)	28 (9%)	86 (11%)	205 (12%)	0.25
Current smoker	43 (20%)	50 (15%)	80 (11%)	137 (8%)	<.001
LS7 composite score	6.9 (2.0)	7.2 (2.1)	7.3 (2.1)	7.3 (2.0)	0.17
Religiosity measures					
Religious attendance	4.0 (1.3)	4.6 (0.9)	4.9 (0.8)	5.3 (0.8)	<.001
Religious coping	3.0 (0.8)	3.3 (0.7)	3.5 (0.6)	3.7 (0.6)	<.001
Spirituality measures					
Theistic subscale score	12.3 (3.5)	13.6 (2.7)	14.5 (2.2)	15.7 (1.9)	<.001
Nontheistic subscale score	11.8 (3.4)	13.1 (2.6)	13.9 (2.4)	15.0 (2.2)	<.001
DSES total score	24.2 (6.2)	26.8 (4.9)	28.4 (4.3)	30.7 (3.8)	<.001
Chronic stress score	4.0 (2.0, 8.0)	5.0 (2.0, 9.0)	4.0 (2.0, 8.0)	4.0 (2.0, 8.0)	0.10
Social network score	4.0 (1.0)	4.2 (0.8)	4.2 (0.8)	4.3 (0.8)	<.001

\* Data are presented as mean (SD), No. of persons (%) or median (Q1, Q3).

**Table S2c.** Baseline Characteristics of Jackson Heart Study Participants by Religious Coping\*

Characteristic	Somewhat				<i>P</i> value
	Not involved at all (N=42)	Not very involved (N=122)	involved (N=858)	Very involved (N=1892)	
Age, y	51.9 (10.4)	51.2 (12.6)	52.6 (12.3)	54.7 (12.2)	<.001
Sex					<.001
Female	20 (48%)	60 (49%)	533 (62%)	1300 (69%)	
Male	22 (52%)	62 (51%)	325 (38%)	592 (31%)	
Education					0.05
Less than high school	11 (26%)	20 (16%)	132 (15%)	259 (14%)	
High school graduate/GED	5 (12%)	30 (25%)	155 (18%)	324 (17%)	
Vocational/trade school or college graduate	26 (62%)	72 (59%)	569 (66%)	1307 (69%)	
Income Status					0.002
Poor	3 (9%)	13 (12%)	110 (15%)	167 (10%)	
Lower-middle	15 (47%)	25 (23%)	177 (24%)	346 (21%)	
Upper-middle	6 (19%)	30 (28%)	222 (30%)	545 (34%)	
Affluent	8 (25%)	41 (38%)	235 (32%)	567 (35%)	
Health Insured	30 (71%)	100 (83%)	729 (85%)	1678 (89%)	<.001
Married	24 (57%)	64 (52%)	481 (56%)	1089 (58%)	0.66



Cardiovascular risk factors					
Hypertension	25 (60%)	65 (53%)	433 (50%)	993 (52%)	0.57
Diabetes	8 (19%)	21 (17%)	145 (17%)	324 (17%)	0.99
Hyperlipidemia	2 (5%)	16 (13%)	105 (12%)	213 (11%)	0.43
Current smoker	10 (24%)	25 (20%)	111 (13%)	157 (8%)	<.001
LS7 composite score	6.8 (1.7)	6.9 (2.1)	7.1 (2.0)	7.4 (2.1)	0.002
Religiosity measures					
Religious attendance	4.3 (1.7)	4.2 (1.2)	4.7 (1.0)	5.2 (0.8)	<.001
Private prayer	6.0 (2.5)	6.0 (2.0)	6.8 (1.5)	7.5 (0.9)	<.001
Spirituality measures					
Theistic subscale score	13.0 (4.1)	12.4 (3.3)	13.9 (2.6)	15.6 (1.9)	<.001
Nontheistic subscale score	11.5 (4.0)	11.3 (3.2)	12.9 (2.6)	15.1 (2.1)	<.001
DSES total score	24.4 (7.8)	23.7 (6.0)	26.8 (4.7)	30.7 (3.7)	<.001
Chronic stress score	3.5 (1.0, 7.0)	5.0 (1.0, 8.0)	4.0 (2.0, 8.0)	4.0 (2.0, 8.0)	0.11
Social network score	4.0 (0.8)	3.9 (1.1)	4.2 (0.9)	4.3 (0.8)	<.001

\* Data are presented as mean (SD), No. of persons (%) or median (Q1, Q3).

**Table S2d.** Baseline Characteristics of Jackson Heart Study Participants by Theistic Subscale Score\*

Characteristic	Theistic Score			Theistic Score 17-	<i>P</i> value
	Theistic Score 3-13 (N=665)	14-15 (N=1039)	Theistic Score 16 (N=448)	18 (N=815)	
Age, y	52.1 (12.0)	54.2 (12.0)	55.5 (12.4)	54.4 (12.6)	<.001
Sex					<.001
Female	357 (54%)	675 (65%)	323 (72%)	594 (73%)	
Male	308 (46%)	364 (35%)	125 (28%)	221 (27%)	
Education					0.006
Less than high school	80 (12%)	164 (16%)	63 (14%)	129 (16%)	
High school graduate/GED	118 (18%)	193 (19%)	99 (22%)	117 (14%)	
Vocational/trade school or college graduate	466 (70%)	681 (66%)	285 (64%)	568 (70%)	
Income Status					0.020
Poor	63 (11%)	109 (12%)	48 (13%)	76 (11%)	
Lower-middle	120 (21%)	210 (24%)	106 (28%)	138 (20%)	
Upper-middle	178 (31%)	277 (31%)	121 (32%)	242 (34%)	
Affluent	221 (38%)	289 (33%)	106 (28%)	246 (35%)	
Health Insured	574 (87%)	901 (87%)	388 (87%)	720 (88%)	0.70
Married	385 (58%)	606 (59%)	242 (54%)	456 (56%)	0.37

Cardiovascular risk factors					
Hypertension	314 (47%)	555 (53%)	248 (55%)	437 (54%)	0.022
Diabetes	98 (15%)	188 (18%)	84 (19%)	142 (17%)	0.24
Hyperlipidemia	62 (9%)	137 (13%)	56 (13%)	87 (11%)	0.07
Current smoker	98 (15%)	110 (11%)	39 (9%)	63 (8%)	<.001
LS7 composite score	7.2 (2.0)	7.2 (2.1)	7.2 (2.1)	7.4 (2.0)	0.43
Religiosity measures					
Religious attendance	4.5 (1.1)	5.1 (0.8)	5.1 (0.7)	5.2 (0.8)	<.001
Private prayer	6.4 (1.8)	7.2 (1.1)	7.6 (0.8)	7.6 (0.8)	<.001
Religious coping	3.2 (0.7)	3.6 (0.6)	3.7 (0.6)	3.8 (0.5)	<.001
Spirituality measures					
Nontheistic subscale score	11.5 (2.6)	14.1 (1.7)	14.9 (1.6)	16.4 (1.7)	<.001
DSES total score	22.7 (3.9)	28.8 (1.9)	30.9 (1.6)	34.0 (2.0)	<.001
Chronic stress score	5.0 (2.0, 8.0)	4.0 (2.0, 8.0)	4.0 (1.0, 8.0)	4.0 (1.0, 7.0)	0.033
Social network score	4.2 (0.9)	4.3 (0.8)	4.3 (0.8)	4.2 (0.8)	0.020

\* Data are presented as mean (SD), No. of persons (%) or median (Q1, Q3).

**S2e. Baseline Characteristics of Jackson Heart Study Participants by Nontheistic Subscale Score\***

Characteristic	Nontheistic Score	Nontheistic Score	Nontheistic Score	Nontheistic Score	<i>P</i> value
	3-12 (N=637)	13-14 (N=697)	15 (N=702)	16-18 (N=931)	
Age, y	51.2 (12.1)	52.8 (12.0)	55.7 (12.0)	55.6 (12.3)	<.001
Sex					<.001
Female	367 (58%)	446 (64%)	470 (67%)	666 (72%)	
Male	270 (42%)	251 (36%)	232 (33%)	265 (28%)	
Education					0.016
Less than high school	103 (16%)	75 (11%)	124 (18%)	134 (14%)	
High school graduate/GED	105 (17%)	134 (19%)	125 (18%)	163 (18%)	
Vocational/trade school or college graduate	428 (67%)	488 (70%)	452 (64%)	632 (68%)	
Income Status					0.20
Poor	76 (14%)	70 (12%)	78 (13%)	72 (9%)	
Lower-middle	127 (23%)	140 (23%)	132 (22%)	175 (22%)	
Upper-middle	166 (30%)	193 (32%)	196 (33%)	263 (33%)	
Affluent	189 (34%)	196 (33%)	186 (31%)	291 (36%)	
Health Insured	536 (84%)	609 (88%)	621 (89%)	817 (88%)	0.09
Married	364 (57%)	382 (55%)	415 (59%)	528 (57%)	0.48

Cardiovascular risk factors					
Hypertension	299 (47%)	364 (52%)	379 (54%)	512 (55%)	0.013
Diabetes	101 (16%)	102 (15%)	143 (20%)	166 (18%)	0.027
Hyperlipidemia	64 (10%)	72 (10%)	87 (12%)	119 (13%)	0.23
Current smoker	102 (16%)	84 (12%)	65 (9%)	59 (6%)	<.001
LS7 composite score	7.1 (2.0)	7.2 (2.1)	7.2 (2.2)	7.4 (2.0)	0.07
Religiosity measures					
Religious attendance	4.6 (1.1)	4.9 (0.9)	5.1 (0.8)	5.3 (0.7)	<.001
Private prayer	6.5 (1.7)	7.1 (1.2)	7.4 (1.0)	7.6 (0.9)	<.001
Religious coping	3.1 (0.7)	3.5 (0.6)	3.7 (0.5)	3.8 (0.5)	<.001
Spirituality measures					
Theistic subscale score	12.2 (2.7)	14.5 (1.7)	15.2 (1.4)	16.8 (1.5)	<.001
DSES total score	22.6 (4.0)	28.1 (1.8)	30.2 (1.4)	33.8 (2.0)	<.001
Chronic stress score	5.0 (3.0, 9.0)	5.0 (2.0, 8.0)	4.0 (1.0, 7.0)	4.0 (1.0, 7.0)	<.001
Social network score	4.1 (1.0)	4.2 (0.8)	4.3 (0.8)	4.3 (0.7)	<.001

\* Data are presented as mean (SD), No. of persons (%) or median (Q1, Q3).

**Table S3.** Logistic Regression Model Summary for Intermediate/Ideal (vs. Poor) Life's Simple 7 Components and Religiosity Measures: Model 1\*

Component	Odds Ratio (95% CI) <sup>†,‡</sup>		
	Religious Attendance OR (95% CI)	Private Prayer OR (95% CI)	Religious Coping OR (95% CI)
Physical Activity	<b>1.156 (1.062, 1.259)</b>	1.073 (0.987, 1.167)	<b>1.175 (1.080, 1.278)</b>
Diet	<b>1.101 (1.011, 1.200)</b>	<b>1.119 (1.026, 1.220)</b>	<b>1.103 (1.013, 1.200)</b>
Smoking	<b>1.499 (1.342, 1.675)</b>	<b>1.244 (1.117, 1.386)</b>	<b>1.318 (1.176, 1.477)</b>
BMI	1.004 (0.925, 1.091)	1.012 (0.932, 1.099)	1.009 (0.930, 1.096)
Blood Pressure	<b>1.115 (1.005, 1.237)</b>	1.053 (0.950, 1.168)	1.014 (0.912, 1.128)
Total Cholesterol	1.033 (0.921, 1.158)	1.016 (0.906, 1.139)	0.937 (0.832, 1.056)
FPG	1.028 (0.915, 1.155)	0.961 (0.851, 1.085)	1.023 (0.911, 1.149)
LS7 Composite	<b>1.153 (1.057, 1.257)</b>	1.058 (0.971, 1.153)	<b>1.135 (1.041, 1.237)</b>

BMI, body mass index; FPG, fasting plasma glucose; LS7, Life's Simple 7.

\* Model 1: adjusted for age, sex, education, income, and insurance status.

† Odds ratios of achieving intermediate/ideal levels vs. poor levels (reference) of LS7. Odds ratios are per 1-SD unit increase in religiosity measure.

‡ Bold indicates statistical significance ( $P < .05$ ).

**Table S4.** Logistic Regression Model Summary for Intermediate/Ideal (vs. Poor) Life's Simple 7 Components and Religiosity Measures: Model 2\*

Component	Odds Ratio (95% CI) <sup>†,‡</sup>		
	Religious Attendance OR (95% CI)	Private Prayer OR (95% CI)	Religious Coping OR (95% CI)
Physical Activity	<b>1.160 (1.066, 1.263)</b>	1.074 (0.988, 1.167)	<b>1.172 (1.077, 1.275)</b>
Diet	<b>1.108 (1.017, 1.208)</b>	<b>1.116 (1.023, 1.216)</b>	<b>1.097 (1.008, 1.195)</b>
Smoking	<b>1.502 (1.344, 1.679)</b>	<b>1.244 (1.117, 1.386)</b>	<b>1.314 (1.172, 1.473)</b>
BMI	1.007 (0.927, 1.094)	1.012 (0.932, 1.099)	1.006 (0.927, 1.093)
Blood Pressure	<b>1.119 (1.008, 1.241)</b>	1.056 (0.952, 1.170)	1.019 (0.916, 1.134)
Total Cholesterol	1.027 (0.915, 1.153)	1.016 (0.906, 1.140)	0.943 (0.837, 1.063)
FPG	1.031 (0.917, 1.158)	0.964 (0.854, 1.089)	1.023 (0.910, 1.150)
LS7 Composite	<b>1.157 (1.061, 1.262)</b>	1.058 (0.971, 1.154)	<b>1.133 (1.039, 1.235)</b>

BMI, body mass index; FPG, fasting plasma glucose; LS7, Life's Simple 7.

\* Model 2: adjusted for age, sex, education, income, insurance status, and chronic stress.

† Odds ratios of achieving intermediate/ideal levels vs. poor levels (reference) of LS7. Odds ratios are per 1-SD unit increase in religiosity measure.

‡ Bold indicates statistical significance ( $P < .05$ ).

**Table S5.** Logistic Regression Model Summary for Intermediate/Ideal (vs. Poor) Life's Simple 7 Components and Religiosity Measures: Model 3\*

Component	Odds Ratio (95% CI) <sup>†,‡</sup>		
	Religious Attendance OR (95% CI)	Private Prayer OR (95% CI)	Religious Coping OR (95% CI)
Physical Activity	<b>1.161 (1.064, 1.266)</b>	1.067 (0.981, 1.161)	<b>1.173 (1.078, 1.277)</b>
Diet	<b>1.125 (1.031, 1.229)</b>	<b>1.121 (1.027, 1.223)</b>	<b>1.101 (1.010, 1.200)</b>
Smoking	<b>1.452 (1.295, 1.627)</b>	<b>1.213 (1.087, 1.355)</b>	<b>1.289 (1.148, 1.448)</b>
BMI	1.005 (0.923, 1.094)	1.007 (0.926, 1.094)	1.007 (0.927, 1.094)
Blood Pressure	<b>1.118 (1.006, 1.244)</b>	1.060 (0.956, 1.176)	1.016 (0.912, 1.132)
Total Cholesterol	1.021 (0.908, 1.149)	1.011 (0.901, 1.136)	0.940 (0.833, 1.060)
FPG	1.017 (0.903, 1.146)	0.959 (0.848, 1.085)	1.017 (0.903, 1.144)
LS7 Composite	<b>1.134 (1.038, 1.239)</b>	1.044 (0.956, 1.139)	<b>1.119 (1.026, 1.221)</b>

BMI, body mass index; FPG, fasting plasma glucose; LS7, Life's Simple 7.

\* Model 3: adjusted for age, sex, education, income, insurance status, chronic stress, and social network.

† Odds ratios of achieving intermediate/ideal levels vs. poor levels (reference) of LS7. Odds ratios are per 1-SD unit increase in religiosity measure.

‡ Bold indicates statistical significance ( $P < .05$ ).



**Table S6.** Logistic Regression Model Summary for Intermediate/Ideal (vs. Poor) Life's Simple 7 Components and Spirituality Measures: Model 1\*

Component	Odds Ratio (95% CI) <sup>†,‡</sup>		
	Theistic Subscale OR (95% CI)	Nontheistic Subscale OR (95% CI)	DSES Total Score OR (95% CI)
Physical Activity	1.053 (0.970, 1.144)	<b>1.149 (1.057, 1.249)</b>	<b>1.110 (1.021, 1.206)</b>
Diet	1.043 (0.961, 1.133)	1.044 (0.961, 1.134)	1.047 (0.964, 1.138)
Smoking	<b>1.274 (1.132, 1.434)</b>	<b>1.380 (1.226, 1.554)</b>	<b>1.357 (1.205, 1.528)</b>
BMI	0.999 (0.921, 1.083)	1.001 (0.923, 1.086)	1.000 (0.922, 1.085)
Blood Pressure	0.991 (0.892, 1.101)	1.103 (0.994, 1.225)	1.051 (0.946, 1.167)
Total Cholesterol	0.970 (0.864, 1.088)	0.960 (0.855, 1.077)	0.962 (0.857, 1.079)
FPG	0.914 (0.811, 1.029)	0.913 (0.811, 1.027)	0.906 (0.805, 1.021)
LS7 Composite	1.057 (0.971, 1.152)	1.084 (0.995, 1.182)	1.077 (0.988, 1.174)

BMI, body mass index; DSES, Daily Spiritual Experience Scale; FPG, fasting plasma glucose; LS7, Life's Simple 7.

\* Model 1: adjusted for age, sex, education, income, and insurance status.

† Odds ratios of achieving intermediate/ideal levels vs. poor levels (reference) of LS7. Odds ratios are per 1-SD unit increase in spirituality measure.

‡ Bold indicates statistical significance ( $P < .05$ ).

**Table S7.** Logistic Regression Model Summary for Intermediate/Ideal (vs. Poor) Life's Simple 7 Components and Spirituality Measures: Model 2\*

Component	Odds Ratio (95% CI) <sup>†,‡</sup>		
	Theistic Subscale OR (95% CI)	Nontheistic Subscale OR (95% CI)	DSES Total Score OR (95% CI)
Physical Activity	1.051 (0.968, 1.142)	<b>1.152 (1.059, 1.254)</b>	<b>1.110 (1.021, 1.207)</b>
Diet	1.037 (0.955, 1.127)	1.036 (0.952, 1.127)	1.040 (0.956, 1.130)
Smoking	<b>1.259 (1.119, 1.417)</b>	<b>1.350 (1.198, 1.522)</b>	<b>1.332 (1.182, 1.500)</b>
BMI	0.994 (0.916, 1.078)	0.997 (0.918, 1.082)	0.995 (0.917, 1.080)
Blood Pressure	0.996 (0.896, 1.107)	<b>1.125 (1.012, 1.250)</b>	1.064 (0.958, 1.183)
Total Cholesterol	0.982 (0.875, 1.102)	0.970 (0.863, 1.091)	0.974 (0.867, 1.094)
FPG	0.912 (0.809, 1.028)	0.907 (0.805, 1.023)	0.903 (0.801, 1.018)
LS7 Composite	1.056 (0.969, 1.151)	1.085 (0.995, 1.184)	1.077 (0.988, 1.174)

BMI, body mass index; DSES, Daily Spiritual Experience Scale; FPG, fasting plasma glucose; LS7, Life's Simple 7.

\* Model 2: adjusted for age, sex, education, income, insurance status, and chronic stress.

† Odds ratios of achieving intermediate/ideal levels vs. poor levels (reference) of LS7. Odds ratios are per 1-SD unit increase in spirituality measure.

‡ Bold indicates statistical significance ( $P < .05$ ).

**Table S8.** Logistic Regression Model Summary for Intermediate/Ideal (vs. Poor) Life's Simple 7 Components and Spirituality Measures: Model 3\*

Component	Odds Ratio (95% CI) <sup>†,‡</sup>		
	Theistic Subscale OR (95% CI)	Nontheistic Subscale OR (95% CI)	DSES Total Score OR (95% CI)
Physical Activity	1.042 (0.959, 1.133)	<b>1.147 (1.053, 1.249)</b>	<b>1.102 (1.013, 1.199)</b>
Diet	1.038 (0.955, 1.128)	1.039 (0.954, 1.130)	1.041 (0.957, 1.133)
Smoking	<b>1.224 (1.086, 1.379)</b>	<b>1.312 (1.162, 1.480)</b>	<b>1.292 (1.145, 1.457)</b>
BMI	0.995 (0.917, 1.079)	0.997 (0.917, 1.083)	0.995 (0.917, 1.081)
Blood Pressure	0.983 (0.884, 1.093)	<b>1.120 (1.007, 1.246)</b>	1.055 (0.949, 1.173)
Total Cholesterol	0.979 (0.872, 1.099)	0.966 (0.859, 1.086)	0.970 (0.863, 1.090)
FPG	0.910 (0.807, 1.026)	0.903 (0.801, 1.020)	0.900 (0.797, 1.015)
LS7 Composite	1.043 (0.956, 1.137)	1.071 (0.981, 1.169)	1.062 (0.973, 1.159)

BMI, body mass index; DSES, Daily Spiritual Experience Scale; FPG, fasting plasma glucose; LS7, Life's Simple 7.

\* Model 3: adjusted for age, sex, education, income, insurance status, chronic stress, and social network.

† Odds ratios of achieving intermediate/ideal levels vs. poor levels (reference) of LS7. Odds ratios are per 1-SD unit increase in spirituality measure.

‡ Bold indicates statistical significance ( $P < .05$ ).