

Table S2. Definition and scoring approach for the American Heart Association's Life's Essential 8 score.

Domain	CVH Metric	Measurement	Quantification and Scoring of CVH Metric															
Health Behaviors	Diet	Healthy Eating Index-2020 diet score percentile	Quantiles of DASH-style diet adherence or HEI-2020 (population) Scoring (Population): <table><tr><th>Points</th><th>Quantile</th></tr><tr><td>100</td><td>≥ 95th percentile (top/ideal diet)</td></tr><tr><td>80</td><td>75th- 94th percentile</td></tr><tr><td>50</td><td>50th -74th percentile</td></tr><tr><td>25</td><td>25th -49th percentile</td></tr><tr><td>0</td><td>1st-24th percentile (bottom/least ideal quartile)</td></tr></table>	Points	Quantile	100	≥ 95th percentile (top/ideal diet)	80	75th- 94th percentile	50	50th -74th percentile	25	25th -49th percentile	0	1st-24th percentile (bottom/least ideal quartile)			
	Points	Quantile																
	100	≥ 95th percentile (top/ideal diet)																
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25	25th -49th percentile																	
0	1st-24th percentile (bottom/least ideal quartile)																	
Physical activity	Self-reported minutes of moderate or vigorous physical activity per week	Metric: Minutes of moderate (or greater) intensity activity per week Scoring: <table><tr><th>Points</th><th>Minutes</th></tr><tr><td>100</td><td>≥ 150</td></tr><tr><td>90</td><td>120 - 149</td></tr><tr><td>80</td><td>90 - 119</td></tr><tr><td>60</td><td>60 - 89</td></tr><tr><td>40</td><td>30 - 59</td></tr><tr><td>20</td><td>1 - 29</td></tr><tr><td>0</td><td>0</td></tr></table>	Points	Minutes	100	≥ 150	90	120 - 149	80	90 - 119	60	60 - 89	40	30 - 59	20	1 - 29	0	0
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90	120 - 149																	
80	90 - 119																	
60	60 - 89																	
40	30 - 59																	
20	1 - 29																	
0	0																	
	Nicotine exposure	Self-reported use of cigarettes or inhaled nicotine- delivery system	Metric: Combustible tobacco use and/or inhaled NDS use; or secondhand smoke exposure Scoring: <table><tr><th>Points</th><th>Status</th></tr><tr><td>100</td><td>Never smoker</td></tr><tr><td>75</td><td>Former smoker, quit ≥ 5 y</td></tr><tr><td>50</td><td>Former smoker, quit 1 - < 5 y</td></tr></table>	Points	Status	100	Never smoker	75	Former smoker, quit ≥ 5 y	50	Former smoker, quit 1 - < 5 y							
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100	Never smoker																	
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50	Former smoker, quit 1 - < 5 y																	

			25 Former smoker, quit < 1 y, or currently using inhaled NDS 0 Current smoker Subtract 20 points (unless score is 0) for living with active indoor smoker in home
	Sleep health	Self-reported average hours of sleep per night	Metric: Average hours of sleep per night Scoring: <u>Points</u> <u>Level</u> 100 7 - < 9 90 9 - < 10 70 6 - < 7 40 5 - < 6 or ≥ 10 20 4 - < 5 0 <4
Health Factors	Body mass index	Body weight (kg) divided by height squared (m ²)	Metric: Body mass index (kg/m2) Scoring: <u>Points</u> <u>Level</u> 100 < 25 70 25.0 - 29.9 30 30.0 - 34.9 15 35.0 - 39.9 0 ≥ 40.0
	Blood lipids	Plasma total and HDL-cholesterol with calculation of non-HDL- cholesterol	Metric: Non-HDL-cholesterol (mg/dL) Scoring: <u>Points</u> <u>Level</u> 100 <130 60 130 - 159 40 160 - 189 20 190 - 219 0 ≥ 220 If drug-treated level, subtract 20 points
	Blood glucose	Fasting blood glucose or casual hemoglobin A1c	Metric: Fasting blood glucose (mg/dL) or Hemoglobin A1c (%) Scoring:

			<u>Points</u> <u>Level</u> 100 No history of diabetes and FBG < 100 (or HbA1c < 5.7) 60 No diabetes and FBG 100 - 125 (or HbA1c 5.7 - 6.4) (Pre-diabetes) 40 Diabetes with HbA1c < 7.0 30 Diabetes with HbA1c 7.0 - 7.9 20 Diabetes with HbA1c 8.0 - 8.9 10 Diabetes with Hb A1c 9.0 - 9.9 0 Diabetes with HbA1c ≥ 10.0
	Blood pressure	Appropriately measured systolic and diastolic blood pressure	Metric: Systolic and diastolic blood pressure (mm Hg) Scoring: <u>Points</u> <u>Level</u> 100 < 120/< 80 (Optimal) 75 120 - 129/< 80 (Elevated) 50 130 - 139 or 80 - 89 (Stage I HTN) 25 140 - 159 or 90 - 99 0 ≥ 160 or ≥ 100 Subtract 20 points if treated level

CVH, cardiovascular health; FBG, Fasting blood glucose; HbA1c, Hemoglobin A1c