

Supplemental Table 1. Distribution of cardiovascular disease outcomes in the analytic sample.

Cardiovascular Diseases	Total (N)	Frequency (%)
Stroke	8,460	364 (4.3)
Coronary heart disease	8,419	421 (5.0)
Myocardial infarction	8,439	512 (6.1)

Supplemental Table 2. Distribution of participants in the poor, intermediate, and ideal composite LS7 score categories.

LS7 metrics	Frequency (%)	CVD Outcome(s) (%)
Poor	675 (11.23)	260 (38.5)
Intermediate	2,319 (38.59)	520 (22.4)
Ideal	3,016 (50.18)	248 (8.2)

Supplemental Table 3a. Associations between social determinants of health and individual LS7 metrics.

Smoking

Social Determinants of Health	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Health insurance	1.22 (1.04-1.44)	0.012	1.05 (0.87-1.26)	0.574
Regular healthcare provider	1.42 (1.27-1.57)	0.007	1.23 (1.09-1.39)	0.141
No avoidance of medical care due to cost	1.51 (1.33-1.71)	0.000	1.32 (0.73-1.08)	0.066

Low Physical Activity

Social Determinants of Health	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Health insurance	1.07 (0.90-1.26)	0.425	1.09 (0.90-1.33)	0.341
Regular healthcare provider	0.88 (0.79-0.98)	0.032	1.02 (0.90-1.16)	0.663
No avoidance of medical care due to cost	1.28 (1.13-1.46)	0.00	1.89 (1.73-1.98)	0.055

Elevated Body Mass Index

Social Determinants of Health	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Health insurance	0.70 (0.59-0.83)	0.001	0.74 (0.61-0.90)	0.053
Regular healthcare provider	0.89 (0.80-1.04)	0.061	1.26 (1.06-1.49)	0.391
No avoidance of medical care due to cost	0.97 (0.84-1.11)	0.706	0.92 (0.78-1.07)	0.286

Poor Diet

Social Determinants of Health	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Health insurance	1.05 (0.84-1.30)	0.635	1.06 (0.75-1.23)	0.776
Regular healthcare provider	1.21 (1.06-1.39)	0.005	1.12 (0.95-1.31)	0.288
No avoidance of medical care due to cost	1.08 (0.91-1.28)	0.347	1.10 (0.91-1.33)	0.168

Diabetes

Social Determinants of Health	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Health insurance	1.57 (1.46-1.71)	0.002	1.59 (1.46-1.77)	<0.001 ^a
Regular healthcare provider	1.45 (1.39-1.51)	0.000	1.58 (1.50-1.68)	<0.001 ^a
No avoidance of medical care due to cost	1.23 (1.07-1.41)	0.003	1.13 (0.96-1.32)	0.026 ^a

High Cholesterol

Social Determinants of Health	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Health insurance	1.63 (1.51-1.77)	0.001	1.68 (1.53-1.86)	0.001 ^a
Regular healthcare provider	1.41 (1.36-1.47)	0.000	1.51 (1.44-1.59)	0.011 ^a
No avoidance of medical care due to cost	1.68 (1.47-1.92)	0.016	1.72 (1.48-2.01)	<0.001 ^a

Hypertension				
Social Determinants of Health	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Health insurance	1.66 (1.56-1.78)	0.004	1.69 (1.57-1.84)	<0.001 ^a
Regular healthcare provider	1.48 (1.43-1.53)	0.000	1.59 (1.53-1.67)	0.006 ^a
No avoidance of medical care due to cost	1.45 (1.28-1.63)	0.000	1.50 (1.31-1.73)	0.003 ^a

*Adjusted for gender, age, marital status, income, and education; OR=odds ratio; CI=confidence interval; ^a indicates factors found to be statistically significant.

Supplemental Table 3b. Associations between sociodemographic characteristics and Life's Simple 7 (LS7) composite score.

Sociodemographic characteristics	Bivariate analysis OR (95% CI)	P-value	Multivariate analysis OR (95% CI)	P-value
Age				
18-24	referent	referent	referent	referent
45-64	0.31 (0.26-0.37)	<0.001 ^a	0.13 (0.09-0.20)	<0.001 ^a
≥65	0.24 (0.20-0.30)	<0.001 ^a	0.11 (0.07-0.17)	<0.001 ^a
Sex				
Female	referent	referent	referent	referent
Male	0.87 (0.76-0.99)	0.043	0.77 (0.67-0.88)	<0.001 ^a
Marital status				
Not married	referent	referent	referent	referent
Married	1.23 (1.07-1.41)	0.002 ^a	1.10 (0.94-1.28)	0.207
Education				
College	referent	referent	referent	referent
High school or less	0.52 (0.46-0.60)	<0.001 ^a	0.67 (0.58-0.77)	<0.001 ^a
Income				
≥ 50,000	referent	referent	referent	referent
<15,000	0.30 (0.24-0.37)	0.001 ^a	0.37 (0.29-0.48)	referent
25,000-34,999	0.40 (0.32-0.50)	<0.05 ^a	0.45 (0.35-0.56)	0.001 ^a
35,000-49,999	0.49 (0.38-0.65)	<0.001 ^a	0.51 (0.39-0.68)	<0.001 ^a

OR=odds ratio; CI =confidence interval; ^a indicates statistically significant.

Table 4a. Relationships of Life's Simple 7 composite score levels and myocardial infarction (MI).

LS7 Metrics	MI Cases	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Poor	174/664	referent	referent	referent	referent
Intermediate	311/2,294	0.44 (0.36-0.54)	<0.001 ^a	0.48 (0.38-0.61)	<0.001 ^a
Ideal	128/3,001	0.13 (0.07-0.16)	<0.001 ^a	0.18 (0.14-0.24)	<0.001 ^a

*Adjusted for gender, age, marital status, income, and education; MI= Myocardial infarction; LS7=Life's simple 7; OR=odds ratio; CI =confidence interval; ^a indicates statistically significant.

Table 4b. Relationships of Life's Simple 7 composite score levels and coronary heart disease (CHD).

LS7 Metrics	CHD Cases	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Poor	133/649	referent	referent	referent	referent
Intermediate	269/2,287	0.51 (0.41-0.65)	<0.001 ^a	0.53 (0.40-0.68)	<0.001 ^a
Ideal	98/3,001	0.13 (0.09-0.17)	<0.001 ^a	0.19 (0.14-0.26)	<0.001 ^a

*Adjusted for gender, age, marital status, income, and education; CHD= Coronary heart disease; LS7=Life's simple 7; OR=odds ratio; CI =confidence interval; ^a indicates statistically significant.

Table 4c. Relationships of Life's Simple 7 composite score levels and stroke.

LS7 Metrics	Stroke Cases	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
Poor	94/670	referent	referent	referent	referent
Intermediate	212/2,308	0.62 (0.48-0.80)	<0.001 ^a	0.66 (0.49-0.88)	0.004 ^a
Ideal	109/3,013	0.22 (0.17-0.31)	<0.001 ^a	0.32 (0.24-0.45)	<0.001 ^a

*Adjusted for gender, age, marital status, income, and education; LS7=Life's simple 7; OR=odds ratio; CI=confidence interval; ^a indicates statistically significant.

Table 4d. Association between Life's Simple 7 composite score and myocardial infarction (MI) outcome.

MI	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
LS7 composite score	0.61 (0.58-0.64)	<0.001 ^a	0.67 (0.63-0.71)	<0.001 ^a

*Adjusted for gender, age, marital status, income, and education; MI= Myocardial infarction; LS7=Life's simple 7; OR=odds ratio; CI=confidence interval; ^a indicates statistically significant.

Table 4e. Association between Life's Simple 7 composite score and coronary heart disease (CHD) outcome.

CHD	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
LS7 composite score	0.63 (0.59-0.66)	<0.001 ^a	0.69 (0.64-0.74)	<0.001 ^a

*Adjusted for gender, age, marital status, income, and education; CHD= coronary heart disease; LS7=Life's simple 7; OR=odds ratio; CI=confidence interval; ^a indicates statistically significant.

Table 4f. Association between Life's Simple 7 composite score and stroke outcome.

Stroke	Crude OR (95% CI)	P-value	*Adjusted OR (95% CI)	P-value
LS7 composite score	0.67 (0.63-0.70)	<0.001 ^a	0.73 (0.68-0.78)	<0.001 ^a

*Adjusted for gender, age, marital status, income, and education; LS7=Life's simple 7; OR=odds ratio; CI=confidence interval; ^a indicates statistically significant.