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| **Supplemental Digital Content 1. Definition of Poor, Intermediate and Ideal Cardiovascular Health (CVH) by American Heart Association (AHA) 2020 Strategic Impact Goals.** |
| **CVH metrics** | **Poor** | **Intermediate** | **Ideal** |
| Blood pressure (mmHg) a | SBP≥140 or DBP≥90  | SBP 120-139, DBP 80-89, or treated to goal | SBP<120 and DBP<80, untreated |
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| Glucose (mg/dL) | ≥126 | 100-125 or treated to goal | <100 untreated |
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| Total cholesterol (mg/dL) | ≥240 | 200-239 or treated to goal | <200 untreated |
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| Smoking | Current smoking | Former, quit ≤12 months previously | Never or quit >12 months previously |
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| BMI (kg/m2) | ≥30.0 | 25.0-29.9 | <25.0 |
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| Physical activity | None | 1-149 min/wk moderate intensity, 1-74 min/wk vigorous intensity, 1-149 min/wk moderate+vigorous b | ≥150 min/wk moderate intensity, ≥75 min/wk vigorous intensity, or ≥150 min/wk moderate+vigorous b |
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| Diet c | 0-1 | 2-3 | 4-5 |
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| Overall Pregnancy CVH | ≤ 4 ideal CVH metrics | > 4 ideal CVH metrics |
| a SBP: systolic blood pressure; DBP: diastolic blood pressure.b Each one minute of vigorous activity was converted to two minutes of moderate activity when calculating the sum. |
| c Components of healthy diet score include: 1) fruits and vegetables: ≥ 4.5 cups per day, 2) fish: ≥7 oz per week, 3) whole grains: ≥3 oz per day, 4) sodium: <1500 mg per day, and 5) added sugar: <450 kcal (36 oz) per week. CVH: cardiovascular health. |
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