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| **Supplemental Digital Content 2.** Point estimates and 95% confidence intervals of covariates in the associations between age at menarche and ideal cardiovascular health (CVH) or CVH score among women in the 1999-2016 NHANES. |
| **Characteristics** | **Ideal CVH** (n= 20,447) | **CVH score** (n= 9,406) |
| Odds ratio (95% CI) a | β (95% CI)a |
| **Intercept** | 0.70 (0.26, 1.92) | 11.18 (10.54, 11.83) |
| **Age at menarche** |  |  |
| Normal (12-13) | Reference | Reference |
| Early (<12) | 0.70 (0.60, 0.82) | -0.40 (-0.55, -0.25) |
| Late (≥14) | 1.40 (1.22, 1.62) | 0.27 (0.13, 0.41) |
| **Age** |  |  |
| 18-25 | Reference | Reference |
| 25-34 | 0.47 (0.36, 0.60) | -1.05 (-1.34, -0.76) |
| 35-44 | 0.30 (0.22, 0.43) | -1.97 (-2.30, -1.63) |
| 45-54 | 0.13 (0.08, 0.19) | -3.02 (-3.39, -2.65) |
| 55-64 | 0.04 (0.02, 0.07) | -4.19 (-4.66, -3.73) |
| 65-74 | 0.03 (0.01, 0.06) | -4.49 (-5.06, -3.93) |
| ≥ 75 | 0.01 (0.00, 0.03) | -4.63 (-5.25, -4.02) |
| **Race/ethnicity** |  |  |
| Non-Hispanic White | Reference | Reference |
| Non-Hispanic Black | 0.50 (0.42, 0.59) | -0.44 (-0.58, -0.31) |
| Hispanic | 0.96 (0.83, 1.12) | 0.34 (0.20, 0.47) |
| Others | 0.92 (0.75, 1.13) | 0.17 (-0.12, 0.46) |
| **Education** |  |  |
| Less than high school | Reference | Reference |
| High school | 1.55 (1.23, 1.94) | 0.29 (0.15, 0.44) |
| Some college  | 2.19 (1.80, 2.68) | 0.71 (0.56, 0.85) |
| College/Graduate or above | 5.69 (4.51, 7.18) | 1.82 (1.67, 1.98) |
| Missing | 1.62 (1.10, 2.39) | 0.50 (-0.20, 1.20) |
| **Poverty income ratio** |  |  |
| <1 | Reference | Reference |
| 2-Jan | 0.67 (0.55, 0.82) | -0.23 (-0.35, -0.11) |
| ≥2 | 1.20 (1.01, 1.41) | -0.14 (-0.33, 0.04) |
| Missing | 1.48 (0.94, 2.32) | 0.65 (0.01, 1.29) |
| **Marital status** |  |  |
| Married/living with partner | Reference | Reference |
| Previously married | 1.03 (0.82, 1.29) | 0.20 (0.03, 0.36) |
| Never married | 1.51 (1.23, 1.85) | 0.66 (0.50, 0.82) |
| Missing | 1.45 (1.09, 1.92) | 0.65 (0.44, 0.86) |
| **Birth year** |  |  |
| 1915-1929 | Reference | Reference |
| 1930-1939 | 0.70 (0.39, 1.29) | -0.52 (-0.76, -0.28) |
| 1940-1949 | 0.47 (0.24, 0.90) | -0.83 (-1.19, -0.46) |
| 1950-1959 | 0.37 (0.17, 0.82) | -1.28 (-1.75, -0.82) |
| 1960-1969 | 0.30 (0.13, 0.71) | -1.76 (-2.30, -1.22) |
| 1970-1979 | 0.30 (0.12, 0.75) | -2.06 (-2.62, -1.49) |
| 1980-1989 | 0.28 (0.11, 0.71) | -2.21 (-2.82, -1.61) |
| 1990-1998 | 0.26 (0.10, 0.67) | -2.52 (-3.20, -1.84) |
| a Weighted odds ratio and β coefficient with 95% confidence interval.CVH: cardiovascular health. NHANES: National Health and Nutrition Examinations Survey. |