Supplementary Table 1 Definitions of poor, intermediate, and ideal cardiovascular health for each metric.

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| Metric | Poor Health | Intermediate Health | Ideal Health |
| Current smoking | Yes | Former ≤12 months | Never or quit >12 months |
| Body mass index | ≥30 kg/m2 | 25-29.9 kg/m2 | <25 kg/m2 |
| Physical activity | None | 1-149 min/week moderate intensity or 1-74 min/week vigorous intensity or 1-149 min/week moderate and vigorous | ≥150 min/week moderate intensity or ≥75 min/week vigorous intensity or ≥150 min/week moderate and vigorous |
| Healthy diet score | 0-1 Components | 2-3 Components | 4-5 Components |
| Total cholesterol | ≥240 mg/dL | 200-239 mg/dL or treated to goal | <200 mg/dL |
| Blood pressure | SBP ≥140 or DBP ≥90 mmHg | SBP 120-139 or DBP 80-90 mmHg or treated to goal | SBP <120 and DBP <80 mmHg |
| Fasting plasma glucose | ≥126 mg/dL | 100-125 mg/dL or treated to goal | <100 mg/dL |

SBP indicates systolic blood pressure; DBP, diastolic blood pressure. The recommendation for the definition of the dietary goals and metrics include but not limited to enough fruits and vegetables, fish and fiber-rich whole grains, moderate sodium and sugar-sweetened beverages. Data on healthy diet score were assessed via questionnaires in accordance with the AHA guidelines.

Supplementary Table 2 The intraclass correlation coefficient (ICC) tests of both CACS and EATv assessment.

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|  | CACS |  | EATv |
| Parameters | ICC | 95% CI |  | ICC | 95% CI |
| Intraobserver | 0.983 | 0.974-0.989 |  | 0.967 | 0.941-0.981 |
| Interobserver | 0.977 | 0.965-0.985 |  | 0.968 | 0.938-0.982 |

CACS, coronary artery calcium score; EATv, epicardial adipose tissue volume. The ICC values were classified as excellent (>0.90), good (0.75-0.90), moderate (0.50-0.75) and poor (<0.50).