

Supplementary material

Is drinking alcohol really linked to cardiovascular health?

Evidence from the Kardiovize 2030 Project

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Supplementary Table S1. Criteria for Cardiovascular Health Metrics

Supplementary Figure S1. Distribution of cardiovascular health metrics according to drinking wine categories.

Supplementary Figure S2. Distribution of cardiovascular health metrics according to drinking beer categories.

Supplementary Figure S3. Distribution of cardiovascular health metrics according to drinking spirit categories.

Supplementary Table S1. Criteria for Cardiovascular Health Metrics

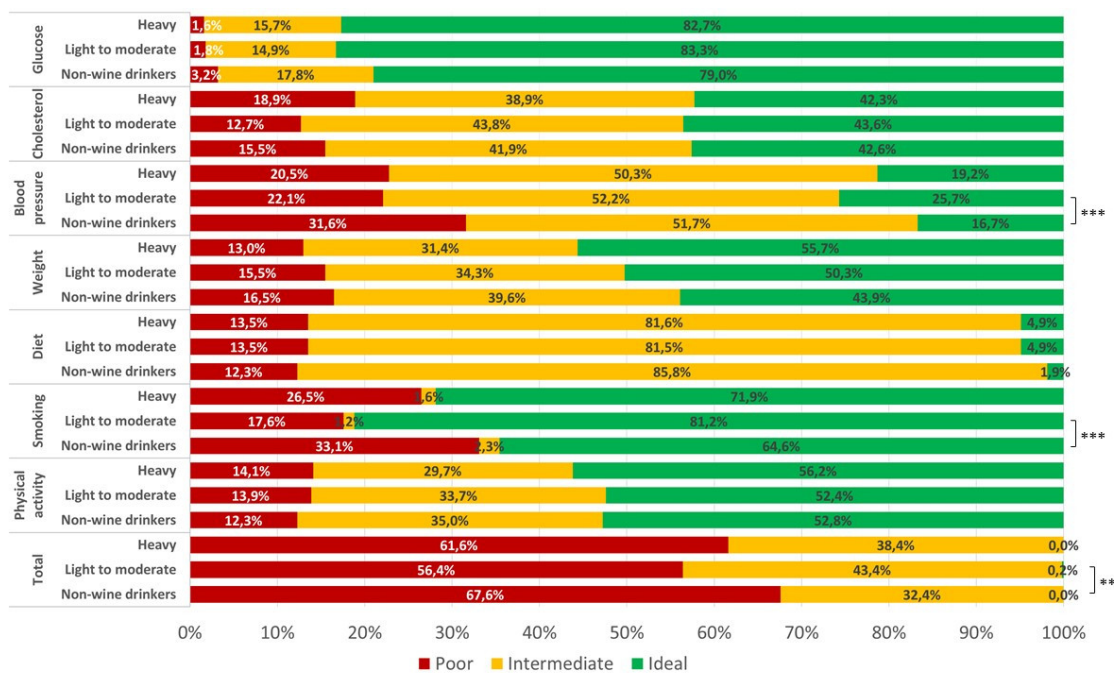
Metric	Definition
Smoking status	Ideal = Never or quit > 12 months Intermediate = Former ≤12 months Poor =Current
BMI	Ideal = <25 Kg/m ² Intermediate = 25-29.9 Kg/m ² Poor = ≥30 Kg/m ²
Physical Activity level^a	Ideal = ≥150 min/week moderate or ≥75 min/ week vigorous or ≥150 min/ week moderate + vigorous Intermediate = 1–149 min/ week moderate or 1–74 min/ week vigorous or 1–149 min/ week moderate + vigorous Poor =None
Diet Score^b	Ideal = 4-5 components Intermediate = 2-3components Poor = 0-1 component
Total Cholesterol	Ideal = <200 mg/dL, without medication or physician diagnosis of Hypercholesterolemia Intermediate = 200–239 mg/dL, or treated to <200 mg/dL Poor = ≥240 mg/dL
Blood pressure	Ideal = <120/<80 mmHg, without medication or physician diagnosis of Hypertension Intermediate = SBP 120–139 or DBP 80–89 mmHg, or treated to <120/<80 mmHg Poor = SBP ≥140 or DBP ≥90mmHg
Fasting glucose	Ideal = <100 mg/dL, without medication or physician diagnosis of Diabetes Intermediate = 100–125 mg/dL, or treated to <100 mg/dL Poor = ≥ 126 mg/dL

^a Physical activity was assessed using the International Physical Activity Questionnaire (Craig CL, Marshall AL, Sjöström M, Bauman AE, Booth ML, Ainsworth BE, Pratt M, Ekelund U, Yngve A, Sallis JF, Oja P. International physical activity questionnaire: 12-country reliability and validity. Med Sci Sports Exerc 2003;35(8):1381-95.)

^b Food and nutrient intakes were assessed by 24-hours recall; we then categorized achievement of the following components: ≥4.5 cups/d of fruits and vegetables (approximated as ≥4.5 servings/day; ≥3.5 oz servings/week of fish (approximated as ≥two 3–5 oz. servings/week); ≥three 1 oz servings/day of whole grains (approximated as ≥three servings/day); sodium (<1,500 mg/d); and ≤36 oz/week of sugar sweetened beverages (approximated as ≤4 glasses/week)

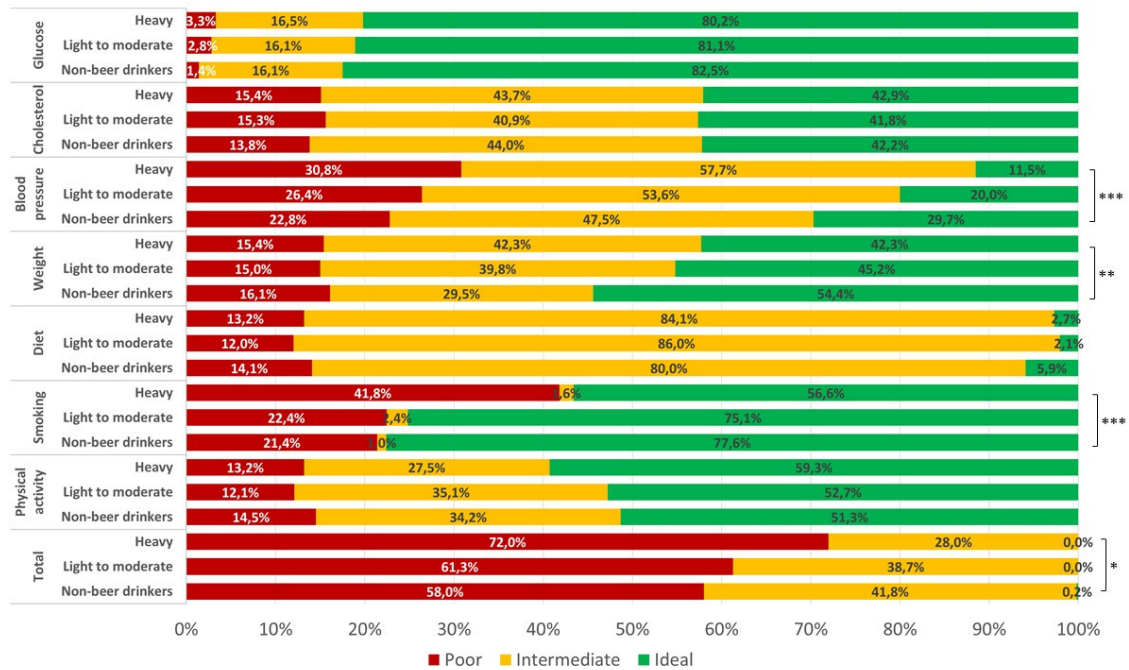
Abbreviations: BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure.

Supplementary Figure S1. Distribution of cardiovascular health metrics according to drinking wine categories.



** p<0.01, *** p<0.001 based on the Chi-Squared test using non-wine drinkers as reference group.

Supplementary Figure S2. Distribution of cardiovascular health metrics according to drinking beer categories.



** p<0.01, *** p<0.001 based on the Chi-Squared test using non-beer drinkers as reference group.

Supplementary Figure S3. Distribution of cardiovascular health metrics according to drinking spirit categories.

