

Table S1. Cardiovascular health: Ideal, intermediate, and poor thresholds of the Life's Simple 7 targets.

Data source: Add Health (Wave IV)			
	<i>Ideal</i>	<i>Intermediate</i>	<i>Poor</i>
Diet	<4 sugary beverages/week	5-7 sugary beverages per week	8+ sugary beverages per week
Physical activity	5+ activities weekly	1-4 activities weekly	0 activities
Smoking	Never smoked regularly	Smoked in the past year	Current smoker
Body mass index	<25 kg/m ²	25 - 29.9 kg/m ²	30+ kg/m ²
Blood pressure	<120 SBP and <80 DBP (no medication use/no prior diagnosis)	SBP 120-139 or DBP 80-89 or treated to ideal level	> 140 SBP or > 90 DBP or treated to less than ideal
Total cholesterol	Bottom seven deciles (no medication use/no prior diagnosis)	8th and 9th deciles or treated to ideal	Top decile
Glucose	HbA1c<5.7% and fasting glucose <100 mg/dL or non-fasting glucose<200 mg/dL and no medication use/no prior diagnosis	5.7 - 6.4% HbA1c or 100-125 mg/dL fasting glucose	6.5+ HbA1c or 126+ fasting glucose or 200+ non-fasting glucose or diabetic medications