

Appendix 2 Association between number of ideal cardiovascular health metrics and cardiovascular health categories, and educational level – sensitivity and stratum analysis

	Low vs. medium educational level (OR; P*)							
	All years (Table 3)	All years (categories)	≥20years	≥25 years	≤60 years	>60 years	Men	Women
No. of ideal CVH metrics	0.99; 0.802	0.98; 0.713	0.98; 0.728	0.99; 0.886	0.95; 0.298	1.03; 0.606	1.13; 0.016[†]	0.92; 0.086 [‡]
No. of ideal behaviour metrics	1.03; 0.560	1.03; 0.576	1.01; 0.809	1.01; 0.818	1.02; 0.662	0.97; 0.797	1.18; 0.018[†]	0.91; 0.166
No. of ideal health factor metrics	1.01; 0.746	1.01; 0.823	1.02; 0.729	1.03; 0.490	0.94; 0.251	1.15; 0.150	1.09; 0.185	0.99; 0.957
Category of CVH								
Ideal CVH								
Intermediate CVH	1	1	1	1	1	1	1	1
Poor CVH ^{**}	1.22; 0.242	1.23; 0.208	1.29; 0.137	1.26; 0.188	1.12; 0.554	1.59; 0.175	1.14; 0.640	1.13; 0.548
	Low vs. high educational level (OR; P*)							
	All years	All years (categories)	≥20years	≥25 years	≤60 years	>60 years	Men	Women
No. of ideal CVH metrics	0.88; 0.033	0.86; 0.020	0.86; 0.016	0.89; 0.092	0.81; 0.005	1.06; 0.6637	1.12; 0.167	0.70; 0.000[†]
No. of ideal behaviour metrics	0.94; 0.453	0.92; 0.397	0.90; 0.238	0.91; 0.327	0.89; 0.286	1.03; 0.844	1.08; 0.483	0.75; 0.043[†]
No. of ideal health factor metrics	0.81; 0.012	0.78; 0.004	0.80; 0.009	0.85; 0.079	0.70; 0.000	1.10; 0.542	1.04; 0.664	0.64; 0.001[†]

Category of CVH								
Ideal CVH ^{ll}								
Intermediate CVH ^{ll}	1	1	1	1	1	1	1	1
Poor CVH ^{**}	1.93; 0.004	1.74; 0.032	1.68; 0.047	1.64; 0.074	1.69; 0.073	1.30; 0.693	1.73; 0.138	1.18; 0.663
	Medium vs. high educational level (OR; P*)							
	All years	All years (categories)	≥20years	≥25 years	≤60 years	>60 years	Men	Women
No. of ideal CVH metrics	0.88; 0.009	0.88; 0.010	0.87; 0.007	0.89; 0.025	0.86; 0.005	1.05; 0.649	0.99; 0.933	0.79; 0.003[†]
No. of ideal behaviour metrics	0.92; 0.198	0.92; 0.199	0.91; 0.154	0.91; 0.219	0.90; 0.155	1.07; 0.634	1.01; 0.992	0.81; 0.049[§]
No. of ideal health factor metrics	0.77; 0.000	0.77; 0.000	0.76; 0.000	0.78; 0.000	0.72; 0.000	1.08; 0.608	0.86; 0.089	0.72; 0.001[†]
Category of CVH								
Ideal CVH ^{ll}								
Intermediate CVH ^{ll}	1	1	1	1	1	1	1	1
Poor CVH ^{**}	1.54; 0.015	1.54; 0.016	1.57; 0.012	1.61; 0.014	1.62; 0.011	0.86; 0.790	1.72; 0.350 [†]	1.29; 0.310

CVH, cardiovascular health; OR, odds ratio

*According to logistic regression analysis. All comparisons of low (1) vs. medium education group (0) were adjusted to age, sex, type of settlement and employment status. All comparisons of low (1) vs. high education group (0) were adjusted to age, sex, type of settlement, marital status and employment status. Comparisons of medium (1) vs. high education group (0) were adjusted to age, type of settlement and employment status; [†]Also over 20 and 25 years of age; [‡]Over 20 years 0.90; 0.039 and over 25 years 0.89;0.034; [§]Also over 20 years of age.

^{ll}Ideal CVH is all 7 health metrics at ideal levels. ^{ll}Intermediate CVH is at least 1 health metric at intermediate level, but no poor health metrics.

^{**}Poor CVH is at least 1 of 7 health metrics at a poor level.