

Supplementary material

Tseng T-H, Yeo L-X, Chen W-L, et al. Favorable self-rated health is associated with ideal cardiovascular health: a cohort study. *Pol Arch Intern Med.* 2021; 131: 16082.

[doi:10.20452/pamw.16082](https://doi.org/10.20452/pamw.16082)

Please note that the journal is not responsible for the scientific accuracy or functionality of any supplementary material submitted by the authors. Any queries (except missing content) should be directed to the corresponding author of the article.

Supplementary Table S1. Definition of individual cardiovascular health metrics.

Health Metric	Status	Definition
Smoking	Ideal	never smoked
	Intermediate	former
	Poor	current smoker
Physical activity	Ideal	≥ 210 minutes per week
	Intermediate	60 to 209 minutes per week
	Poor	< 60 minutes per week
Healthy diet score	Ideal	4 to 5 components
	Intermediate	2 to 3 components
	Poor	0 to 1 components
Body mass index	Ideal	< 25 kg/m ²
	Intermediate	25 to 29.9 kg/m ²
	Poor	≥ 30 kg/m ²
Blood pressure	Ideal	SBP < 120 mmHg and DBP < 80 mmHg
	Intermediate	SBP 120- 139 mmHg or DBP 80- 89 mmHg
	Poor	SBP ≥ 140 mmHg or DBP ≥ 90 mmHg
Total cholesterol	Ideal	< 200 mg/dl
	Intermediate	200 to 239 mg/dl
	Poor	≥ 240 mg/dl
Fasting glucose	Ideal	< 100 mg/dl
	Intermediate	100 to 125 mg/dl
	Poor	≥ 126 mg/dl

SBP: systolic blood pressure; DBP: diastolic blood pressure.