Supplement 1: Analytic Framework

BMI = body mass index; CVD = cardiovascular disease

Adults and older adults with known CVD risk factors (e.g., hypertension, dyslipidemia, impaired fasting glucose, metabolic syndrome)

Counseling intervention

Intermediate Outcomes
CVD risk factors (e.g., blood pressure, lipids, glucose, BMI)

Behavioral Outcomes
Physical activity, dietary intake

Health Outcomes
Decreased cardiovascular and related morbidity, and/or mortality

Harms