Supplement 1: Analytic Framework

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

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

3. Behavioral Outcomes
   Physical activity, dietary intake

4. Harms

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

BMI = body mass index; CVD = cardiovascular disease