Supplement 1: Analytic Framework

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

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

3. Behavioral Outcomes
   Physical activity, dietary intake

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

Harms

BMI = body mass index; CVD = cardiovascular disease