Supplement 1: Analytic Framework

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

2. Counseling
   intervention

3. Behavioral Outcomes
   Physical activity, dietary
   intake

4. Harms

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

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

BMI = body mass index; CVD = cardiovascular disease