**Appendix A: Definitions of Individual Cardiovascular Health Indicators**

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable** | **Ideal** | **Intermediate** | **Poor** |
| Body Mass Index (BMI) | < 25 kg/m2 | 25 – 29.9 kg/m2 | 30+ kg/m2 |
| Smoking | Never smoked regularly | Former Smoker | Current smoker |
| Physical Activity | 5+ Activities per week | 1-4 activities per week | 0 activities per week |
| Blood Pressure | Normal Blood Pressure* systolic <120, diastolic <80, AND
* no medication use/no prior diagnosis
 | Pre-hypertension* systolic 120-139, diastolic <80-89
 | Hypertension* systolic 120+, diastolic 90+
 |
| Total Cholesterol  | Bottom seven deciles | 8th, 9th deciles | 10th decile |
| Glucose | No diabetes* HbA1c (%) less than or equal to 5.6, AND
* no medication use/no prior diagnosis
 | Pre-diabetes* HbA1c (%) 5.7-6.4,
 | Diabetic* HbA1c (%) ≥ 6.5%, OR
* Used anti-diabetic medication in the past four weeks.
 |
| Sugar  | < 4 sugary beverages per week | 5-7 sugary beverages per week | 8+ sugary beverages per week |

**Appendix B: Summary Statistics of Select Variables Stratified by Personal and Area Socioeconomic Status**

|  |
| --- |
| **Panel A: Personal Income** |
|  | **Low** | **Moderate** | **Good**  |
| **Variables** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| Tract Socioeconomic Status (W4) | 2.39 | 1.36 | 1.79 | 1.02 | 1.50 | .91 |
| Personal Income ($) | 15,466 | 7,515 | 35,828 | 5,856 | 72,190 | 22,276 |
| Personal Income (Ln) | 9.44 | .78 | 10.50 | .16 | 11.14 | .28 |
| **Observations** | **3,111** | **2,866** | **2,889** |
| **Panel B: Area Socioeconomic Status** |
|  | **Low** | **Moderate** | **Good**  |
| **Variables** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| Tract Socioeconomic Status (W4) | 3.20 | 1.08 | 1.58 | .22 | .88 | .24 |
| Personal Income ($) | 29,841 | 23,107 | 41,005 | 25,217 | 49,854 | 29146 |
| Personal Income (Ln) | 9.95 | .97 | 10.39 | .77 | 10.61 | .72 |
| **Observations** | **2,966** | **2,965** | **2,965** |

**Appendix C: Multinomial Logistic Regression of Individual Cardiovascular Health Index Items on**

**Food Desert**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Model 1: Bivariate** | **Model 2: With Controls** | **Model 3: With Controls & Mediators** |
|  | **Intermediate vs.** **Ideal** | **Poor vs. Ideal** | **Intermediate vs. Ideal** | **Poor vs. Ideal** | **Intermediate vs. Ideal** | **Poor vs. Ideal** |
| **Outcome** | **RRR** | **95% CI** | **RRR** | **95% CI** | **RRR** | **95% CI** | **RRR** | **95% CI** | **RRR** | **95% CI** | **RRR** | **95% CI** |
| BMI | .980 | (.777, 1.237) | 1.167 | (.966, 1.410) | .981 | (.775, 1.242) | 1.128 | (.933, 1.364) | .962 | (.752, 1.230) | 1.065 | (.868, 1.307) |
| Smoking | 1.375\* | (1.028, 1.839) | 1.337\*\* | (1.124, 1.590) | 1.375\* | (1.038, 1.822) | 1.331\*\* | (1.116, 1.589) | 1.375\* | (1.042, 1.815) | 1.267\* | (1.053, 1.525) |
| Physical Activity | 1.198† | (.982, 1.461) | .939 | (.734, 1.201) | 1.165 | (.957, 1.419) | .887 | (.691, 1.138) | 1.153 | (.947, 1.403) | .874 | (.681, 1.124) |
| Blood Pressure | .942 | (.776, 1.144) | 1.189 | (.919, 1.538) | .923 | (.766, 1.113) | 1.148 | (.875, 1.506) | .904 | (.749, 1.092) | 1.096 | (.846, 1.421) |
| Cholesterol  | 1.115 | (.908, 1.370) | 1.090 | (.824, 1.443) | 1.122 | (.915, 1.375) | 1.106 | (.833, 1.469) | 1.120 | (.906, 1.384) | 1.091 | (.825, 1.443) |
| Glucose | 1.038 | (.856, 1.258) | 1.373\* | (1.003, 1.880) | 1.016 | (.845, 1.222) | 1.281 | (.903, 1.818) | 1.006 | (.837, 1.209) | 1.238 | (.869, 1.765) |
| Sugar  | .921 | (.738, 1.149) | 1.261\*\* | (1.064, 1.493) | .925 | (.737, 1.161) | 1.195\* | (1.004, 1.423) | .902 | (.719, 1.131) | 1.121 | (.949, 1.325) |

*Note:* Control and Mediator variables are the same as in Table 2. Cardiovascular health index ranges from 0-14 (higher scores indicate worse health)

*Abbreviations:* RRR = relative risk ratio; CI = confidence interval

† *p*<.10; *\*p* < .05; \*\**p* < .01; \*\*\**p* < .001