

Appendix 4: Definition of categories and exposure levels for variables used in the Population Health Model for cardiovascular disease

Variables	Category	Definition
Total and HDL cholesterol (mmol/L)	Low	Total <4.15 or HDL <0.90
	Low-medium	4.15-5.17 or 0.90-1.16
	Medium	5.18-6.21 or 1.17-1.29
	Medium-high	6.22-7.24 or 1.30-1.54
	High	>7.25 or >1.55
Blood pressure (mm Hg)	Optimal	Systolic <120 and Diastolic <80
	Normal	120-130 or 80-85
	High-normal	130-140 or 86-90
	Hypertensive stage I	140-160 or 90-100
	Hypertensive stage II-IV	>160 or >100
BMI (kg/m²)	Underweight	<18.5
	Normal	18.5-25
	Overweight	25.1-30
	Obese	>30
Diabetes	Yes	Physician diagnosed diabetes
	No	
Smoking status	Light smoker	Less than 20 cigarettes a day
	Heavy smoker	At least 20 cigarettes a day
	Non-smoker	Never/former smoker
Age	Multiple age groups	Defined as needed
Sex	Male	
	Female	
Region	Atlantic	New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador
	Quebec	Quebec
	Ontario	Ontario
	Prairies	Manitoba, Saskatchewan, Alberta
	British Columbia	British Columbia
Ethnicity	White	Self-reported ethnicity
	Non-white	
Immigration	Non-immigrant	Self-reported immigrant status
	Immigrant	
Income	Low	Self-reported income
	Medium-low	
	Medium	
	High	
Education	Low	Self-reported education
	Medium-low	
	Medium	
	High	
Heart disease	Yes	Self-reported heart disease
	No	

Notes: BMI= body mass index, CVD= cardiovascular disease, HDL= high-density lipoprotein.