

**Table S5. The easiest and the most difficult recommendation to follow according to the presence of CMD (n=2,000)**

Recommendation	Easiest		Second easiest		Combined percentage <sup>a)</sup>		Most difficult		Second most difficult		Combined percentage <sup>b)</sup>	
	Without CMD	With CMD	Without CMD	With CMD	Without CMD	With CMD	Without CMD	With CMD	Without CMD	With CMD	Without CMD	With CMD
Not smoking	538 (42.6)	315 (42.8)	86 (6.8)	34 (4.6)	24.7	23.7	173 (13.7)	126 (17.1)	64 (5.1)	29 (3.9)	9.4	10.5
Drinking less	135 (10.7)	60 (8.2)	335 (26.5)	156 (21.2)	18.6	14.7	117 (9.3)	80 (10.9)	97 (7.7)	82 (11.1)	8.5	11.0
Eating healthy	140 (11.1)	76 (10.3)	170 (13.5)	87 (11.8)	12.3	11.1	177 (14.0)	100 (13.6)	180 (14.2)	109 (14.8)	14.1	14.2
Being physically active	184 (14.6)	129 (17.5)	226 (17.9)	145 (19.7)	16.2	18.6	243 (19.2)	126 (17.1)	190 (15.0)	97 (13.2)	17.1	15.1
Keeping an appropriate BMI	30 (2.4)	14 (1.9)	67 (5.3)	43 (5.8)	3.8	3.9	113 (8.9)	89 (12.1)	194 (15.4)	130 (17.7)	12.1	14.9
Reducing stress	78 (6.2)	37 (5.0)	117 (9.3)	72 (9.8)	7.7	7.4	319 (25.2)	143 (19.4)	277 (21.9)	156 (21.2)	23.6	20.3
Managing biometric measures	88 (7.0)	54 (7.3)	123 (9.7)	93 (12.6)	8.3	10.0	71 (5.6)	28 (3.8)	145 (11.5)	55 (7.5)	8.5	5.6
Treating CMD	21 (1.7)	28 (3.8)	53 (4.2)	69 (9.4)	2.9	6.6	29 (2.3)	22 (3.0)	68 (5.4)	50 (6.8)	3.8	4.9
Timely intervention when MI and stroke	50 (4.0)	23 (3.1)	87 (6.9)	37 (5.0)	5.4	4.1	22 (1.7)	22 (3.0)	49 (3.9)	28 (3.8)	2.8	3.4

CMD, cardiometabolic disease; BMI, body mass index; MI, myocardial infarction.

Combined percentage of <sup>a)</sup>the easiest and the second easiest and <sup>b)</sup>the most difficult and the second most difficult to follow.