

Box 1. Selection criteria

Inclusion criteria

Reviews must focus on at least one of the populations or outcomes below:

- 1) Adult populations with cardiovascular disease (e.g., coronary heart disease, stroke, heart failure); or
- 2) Adult populations with conditions that are major risk factors for cardiovascular disease (i.e., hypertension, high blood cholesterol, diabetes, or obesity); or
- 3) Primary outcomes that related to cardiovascular disease (e.g., risk of stroke) or the change in major risk factors for cardiovascular disease (e.g., reduction in blood pressure).

Reviews must focus on one of the interventions below:

- 1) Lifestyle interventions, defined as changes in dietary patterns (including intake of food-related dietary supplements), alcohol intake, general exercise, smoking, or other health behaviors that are carried out by individuals in daily life and outside explicitly medical contexts; or
- 2) Interventions designed to support lifestyle changes (e.g., interventions to promote smoking cessation).

Exclusion criteria

We are excluding the following reviews:

- 1) Reviews that cover multiple lifestyle and non-lifestyle interventions (e.g., both pharmacological and non-pharmacological interventions);
- 2) Reviews of interventions that are delivered by a credentialed provider (e.g., exercise supervised by a physical therapist, psychological interventions provided by a psychologist);
- 3) Reviews of studies in which people are assigned to make changes in the very short term;
- 4) Reviews of policy or public health interventions in which changes are population wide and would not be under the control of individuals (e.g., mineral supplementation of the water supply).