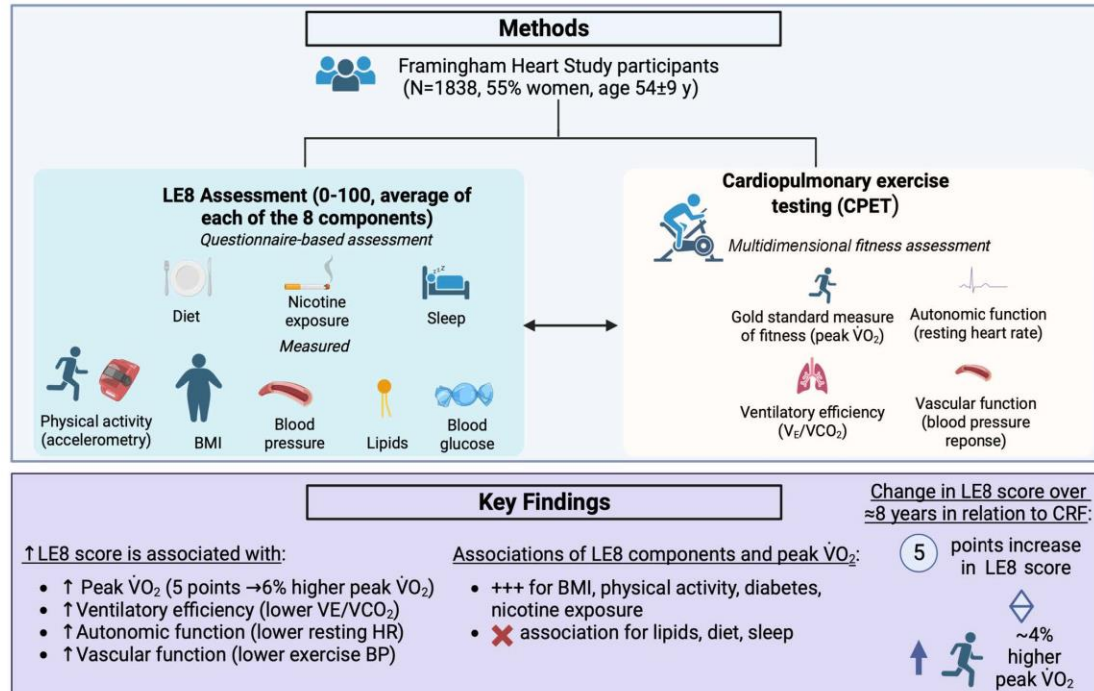


**Study Question:** How is a comprehensive cardiovascular health score based on the AHA's Life's Essential 8 (LE8) factors associated with cardiorespiratory fitness in the community?



## CLINICAL PERSPECTIVE

### What Is New?

- A higher cardiovascular health score, compiled from 8 health behaviors and factors, is associated with greater cardiorespiratory fitness in a large sample of community-dwelling individuals.
- Individual components (physical activity, nicotine exposure, body mass index, blood glucose, and blood pressure) of the cardiovascular health score are associated with cardiorespiratory fitness, with the exception of lipids, diet, and sleep health.

### What Are the Clinical Implications?

- Maintaining favorable cardiovascular health or improving one's cardiovascular health is associated with greater cardiorespiratory fitness, calling for future studies to evaluate whether interventions to target improving cardiovascular health metrics may prevent poor cardiorespiratory fitness and its downstream consequences.

