

Table. Definitions of lifestyle modifications

Behavior	Healthy People 2010 objective	NHANES definition
Daily fruit intake	19-5: consumed at least 2 servings of fruit	At least 2 to 4 servings of fruit
Daily vegetable intake	19-6: consumed at least 3 servings of vegetables	At least 3 to 5 servings of vegetables
Daily sodium intake	19-10: consumed 2,400 mg or less of sodium	2,400 mg or less of sodium
Daily saturated fat intake	19-8: consumed less than 10% of total calories from saturated fat	Less than 10% of total calories from saturated fat
Physical activity	22-2: moderate physical activity daily, at least 30 minutes per day	Moderate or vigorous leisure-time physical activity for 150 minutes or more per week
Smoking abstention or cessation	27-1: did not smoke cigarettes	Never smoked or not currently smoking
Moderate or no alcohol consumption	26-13: did not exceed the guidelines for low-risk drinking	1 drink or less per day for women and 2 drinks or less per day for men
Cholesterol screening	12-15: blood cholesterol measured in past 5 years	Blood cholesterol measured in past 5 years
Blood pressure screening	12-12: blood pressure measured in past 2 years and can state whether it was normal or high	Blood pressure measured in past 2 years