Supplementary Table 2. Proportion of adults with insulin resistance across quartiles of omega-3 index, adjusted for age and BMI\*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total  (*n*=542†) | | | Males  (*n*=237) | | | Females  (*n*=305) | | | |
| O3I‡ quartiles | Numberof people with Insulin Resistance§  (n=61) | Number of people without Insulin Resistance  (n=481) | OR (95% CI) | Numberof people with Insulin Resistance§  (n=25) | Number of people without Insulin Resistance  (n=212) | OR (95% CI) | Numberof people with Insulin Resistance§  (n=36) | Number of people without Insulin Resistance  (n=269) | | OR (95% CI) |
| 1 | 19 | 116 | 1.0 (reference) | 7 | 59 | 1.0 (reference) | 12 | 57 | 1.0 (reference) | |
| 2 | 18 | 118 | 0.93 (0.47-1.86) | 9 | 56 | 1.17 (0.41-3.33) | 9 | 53 | 0.81 (0.32-2.07) | |
| 3 | 14 | 123 | 0.70 (0.33-1.45) | 4 | 46 | 0.73 (0.20-2.66) | 10 | 77 | 0.62 (0.25-1.53) | |
| 4 | 10 | 124 | 0.49 (0.22-1.10) | 5 | 42 | 1.00 (0.30-3.38) | 5 | 82 | 0.29 (0.10-0.87) | |
| *P*-trend |  |  | - |  |  | - |  |  | <0.05 | |

\* Odds Ratio (OR) were calculated using lowest quartile as reference, adjusted for age and BMI. Trends in proportion are assessed using linear-by-linear association. † Six participants were missing values for fasting plasma insulin therefore not included in this analysis. ‡ O3I: Omega-3 index = erythrocyte EPA% + DPA% of total fatty acids ([19](#_ENREF_19)). § Insulin resistance status determined according to HOMA-IR >3.8 ([21](#_ENREF_21)). HOMA-IR = (fasting plasma glucose x fasting plasma insulin)/22.5. - indicates not significant