# APPENDIX 1

|  |
| --- |
| **Table 1. Daily dietary, energy, and alcohol Intake by gender and Med-style diet score group** |
| Dietary Variable |  | Men1,2(n=9351) |  | Women1,2(n=11905) |
|  | All | Diet Score of 0-3(N=2827) | Diet Score of 4-5 (N=3893) | Diet Score of 6-9 (N=2631) |  | All | Diet Score of 0-3(N=3970) | Diet Score of 4-5 (N=5047) |
| **Vegetables** |  |  |  |  |  |  |  |  |
|  Median (g/day) | 178.2 |  |  |  | 182.4 |  |  |  |
|  >Median |  | 797 (18.2) | 1957 (50.3) | 707 (26.9) |  | 1123 (28.3) | 2647 (52.5) | 2182 (75.6) |
|  <Median |  | 2030 (71.8) | 1936 (49.7) | 1924 (73.1) |  | 2847 (71.7) | 2400 (47.6) | 706 (24.5) |
| **Legumes** |  |  |  |  |  |  |  |  |
|  Median (g/day) | 35.7 |  |  |  | 27.5 |  |  |  |
|  >Median |  | 761 (26.9) | 1961 (50.4) | 1956 (74.3) |  | 1106 (27.9) | 2607 (51.7) | 2248 (77.8) |
|  <Median |  | 2066 (73.1) | 1932 (49.6) | 675 (25.7) |  | 2864 (72.1) | 2440 (48.4) | 640 (22.2) |
| **Fruits and nuts** |  |  |  |  |  |  |  |  |
|  Median (g/day) | 229.7 |  |  |  | 228.9 |  |  |  |
|  >Median |  | 866 (30.6) | 1956 (50.2) | 1852 (70.4) |  | 1312 (33.1) | 2604 (51.6) | 2036 (70.5) |
|  <Median |  | 1961 (69.4) | 1937 (49.8) | 779 (29.6) |  | 2658 (67.0) | 2443 (48.4) | 852 (29.5) |
| **Dairy Products** |  |  |  |  |  |  |  |  |
|  Median (g/day) | 159.8 |  |  |  | 138.7 |  |  |  |
|  >Median |  | 1774 (62.8) | 1881 (48.3) | 1021 (38.8) |  | 2437 (61.4) | 2433 (48.2) | 1080 (37.4) |
|  <Median |  | 1053 (37.3) | 2012 (51.7) | 1610 (61.2) |  | 1533 (38.6) | 2614 (51.8) | 1808 (62.6) |
| **Cereals\*** |  |  |  |  |  |  |  |  |
|  Median (g/day) | 130.0 |  |  |  | 113.5 |  |  |  |
|  >Median |  | 1010 (35.7) | 1923 (49.4) | 1741 (66.2) |  | 1553 (39.1) | 2541 (50.4) | 1859 (64.4) |
|  <Median |  | 1817 (64.3) | 1970 (50.6) | 890 (33.8) |  | 2417 (60.9) | 25063 (49.7) | 1029 (35.6) |
| \*Cereals included bars power, milk rice, corn, rice, bread, bagels, biscuits, pasta, tortilla, etc.1 Values are expressed as n (%) unless otherwise specified2 Row percentages may not add to 100 due to rounding |

|  |
| --- |
| **Table 1 (continued). Daily dietary, energy, and alcohol Intake by gender and Med-style diet score group** |
| Dietary Variable |  | Men1,2(n=9351) |  | Women1,2(n=11905) |
|  | All | Diet Score of 0-3(N=2827) | Diet Score of 4-5 (N=3893) | Diet Score of 6-9 (N=2631) | All | Diet Score of 0-3(N=3970) | Diet Score of 4-5 (N=5047) | Diet Score of 6-9 (N=2888) |
| **Meat** |  |  |  |  |  |  |  |  |
|  Median (g/day) | 91.2 |  |  |  | 69.6 |  |  |  |
|  >Median |  | 1632 (57.7) | 1966 (50.5) | 1077 (40.9) |  | 2310 (58.2) | 2515 (49.8) | 1135 (39.3) |
|  <Median |  | 1195 (42.3) | 1927 (49.5) | 1554 (59.1) |  | 1660 (41.8) | 2532 (50.2) | 1753 (60.7) |
| **Fish** |  |  |  |  |  |  |  |  |
|  Median (g/day) | 18.6 |  |  |  | 15.9 |  |  |  |
|  >Median |  | 879 (31.1) | 1971 (50.6) | 1816 (69.0) |  | 1348 (34.0) | 2568 (50.9) | 2034 (70.4) |
|  <Median |  | 1948 (68.9) | 1922 (49.4) | 815 (31.0) |  | 2622 (66.1) | 2479 (49.1) | 854 (29.6) |
| **Energy Intake** |  |  |  |  |  |  |  |  |
|  Median (kcal/day) | 1743.9 |  |  |  | 1460.6 |  |  |  |
|  >Median |  | 1349 (47.7) | 1913 (49.1) | 1414 (53.7) |  | 1945 (49.0) | 2478 (49.1) | 1530 (53.0) |
|  <Median |  | 1478 (52.3) | 1980 (50.9) | 1217 (42.3) |  | 2025 (51.0) | 2569 (50.9) | 1358 (47.0) |
| **Alcohol Intake** |  |  |  |  |  |  |  |  |
|  Moderate (drinks/ week) | 1-14  |  |  |  | 1-7 |  |  |  |
|  Heavy/ None |  | 816 (28.9) | 1759 (45.2) | 1685 (64.0) |  | 558 (14.1) | 1466 (29.1) | 1335 (46.2) |
|  Moderate |  | 2011 (71.1) | 2134 (54.8) | 946 )36.0) |  | 3412 (85.9) | 3581 (71.0) | 1553 (53.8) |
| **Ratio of monosaturated lipids to saturated lipids** |  |  |  |  |  |  |  |  |
|  Median | 1.3 |  |  |  | 1.3 |  |  |  |
|  >Median |  | 650 (23.0) | 2123 (54.5) | 2242 (85.2) |  | 806 (20.3) | 2797 (55.4) | 2427 (84.0) |
|  <Median |  | 2177 (77.0) | 1770 (45.5) | 389 (14.8) |  | 3164 (79.7) | 2250 (44.6) | 461 (16.0) |
| \*Cereals included bars power, milk rice, corn, rice, bread, bagels, biscuits, pasta, tortilla, etc.1 Values are expressed as n (%) unless otherwise specified2 Row percentages may not add to 100 due to rounding |

Table 2. Detailed definitions for sociodemographics, health behaviors, and comorbidities.

|  |  |
| --- | --- |
| **Variable** | **Definition** |
|  |  |
| **Sociodemographics** |  |
|  Age | Age in years |
|  Gender | Male, female |
|  Race | African American, white  |
|  Education | Participant reported:* Less than high school
* High school graduate
* Some college
* College or higher
* Missing
 |
|  Income | Participant reported:* <$20k
* $20k-$34k
* $35k-$74k
* ≥$75k
* Missing (not reported)
 |
|  Geographic Region | Participant residence:* Stroke Buckle (coastal plains of North Carolina, South Carolina and Georgia)
* Stroke Belt (remainder of North Carolina, South Carolina and Georgia, plus Tennessee, Mississippi, Alabama, Louisiana and Arkansas)
* Non-Belt/Buckle (other states)
 |
|  |  |
| **Health Behaviors** |  |
|  Current Smoker | Participant reported:* Yes
* No
 |
|  Sedentary Behavior | Participant reported:* 4+ hours/day of watching TV and no physical activity
 |
| **Comorbid Conditions** |  |
|  Diabetes | Fasting glucose >126 mg/dL, non-fasting glucose >200 mg/dL, or insulin/oral hypoglycemic agent usage |
|  Hypertension | Systolic blood pressure >140 mmHg, diastolic blood pressure >90mmHg, or antihypertensive agent usage  |
|  Stroke | Participant self-reported history of stroke |
|  Atrial Fibrillation | Participant self-report or baseline electrocardiographic evidence |
|  Obesity Status | BMI:* Obese: > 30.0
* Overweight: 25.0-29.9
* Normal 18.5-24.9
* Underweight <18.5
 |