SUPPLEMENTARY DATA

**SUPPLEMENTAL TABLES**

Supplemental Table 1. Associations of dietary choline intake with odds of hypertension or systolic or diastolic blood pressure and modifications by sex, race, body mass index, or comorbidities among adults aged ≥ 65 y in 2011–14 National Health and Nutrition Examination Survey

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Odds of hypertension (n=2,113) | | Systolic blood pressure (n=843) | | Diastolic blood pressure (n=843) | |
|  | OR1 (95%CI) | *P*-value | β2 ± SEM | *P*-value | β2 ± SEM | *P*-value | |
| Unadjusted model | 0.89 (0.80, 0.98) | 0.03 | -0.65 ± 0.60 | 0.27 | 0.47 ± 0.47 | 0.32 | |
| Overall | 0.98 (0.82, 1.16) | 0.79 | -1.31 ± 0.76 | 0.08 | -0.47 ±0.63 | 0.45 | |
| Subgroup |  |  |  |  |  |  | |
| Sex |  | 0.34 |  | 0.64 |  | 0.73 | |
| Male | 1.02 (0.82, 1.27) |  | -1.50 ± 0.83 |  | -0.58 ± 0.78 |  | |
| Female | 0.90 (0.74, 1.10) |  | -0.94 ± 1.11 |  | -0.28 ± 0.70 |  | |
| Race |  | 0.77 |  | 0.40 |  | 0.90 | |
| Non-Hispanic White | 0.97 (0.81, 1.17) |  | -1.00 ± 0.95 |  | -0.54 ± 0.76 |  | |
| Non-Hispanic Black | 1.06 (0.79, 1.41) |  | -1.41 ± 1.91 |  | -0.53 ± 1.15 |  | |
| Mexican American, Hispanic, Others | 0.97 (0.75, 1.26) |  | -3.06 ± 1.48 |  | -0.09 ± 0.91 |  | |
| Body mass index (kg/m2) |  | 0.06 |  | 0.77 |  | 0.50 | |
| <18.5 | 0.63 (0.34, 1.18) |  | -2.19 ± 1.66 |  | -0.77 ± 1.19 |  | |
| 18.5-24.9 | 0.97 (0.79, 1.19) |  | -0.80 ± 1.22 |  | 0.24 ± 0.88 |  | |
| 25-29.9 | 0.85 (0.70, 1.03) |  | -1.70 ± 0.90 |  | -0.82 ± 0.81 |  | |
| ≥30 | 1.16 (0.97, 1.39) |  | -0.83 ± 1.22 |  | -0.93 ± 0.53 |  | |
| Comorbidity |  | 0.58 |  | 0.40 |  | 0.10 | |
| Presence | 0.92 (0.69, 1.23) |  | -2.35 ± 1.40 |  | 1.03 ± 0.97 |  | |
| Absence | 1.01 (0.82, 1.24) |  | -1.21 ± 0.93 |  | -0.73 ± 0.68 |  | |

1 Odds ratios were based on n= 1,935 due to missing data in the covariates and are expressed per 100 mg of dietary choline. All models were adjusted for complex survey design and the following covariates: age, sex, race, education levels, average calories intake and average sodium intake.

2 βs represent changes in blood pressure per 100-mg increase in dietary choline and were adjusted for complex survey design and the following covariates: age, sex, race, education levels, average calories intake and average sodium intake. Estimates were based on n=767 due to missing values in the covariates

**SUPPLEMENTAL FIGURES**

Supplemental Figure 1. Model prediction of hypertension probabilities for older adults in 2011–14 National Health and Nutrition Examination Survey (n=2,113) for A) underweight, B) normal, C) overweight and D) obese BMI categories. The predicted probabilities were obtained from a complex survey design-adjusted logistic regression that included age, sex, race, education levels, average calories intake and average sodium intake as covariates. Dots represent actual predicted values from each participant. Lines and contours represent trends and 95% CI respectively. P-value < 0.05 is considered statistically significant.

![Chart, scatter chart

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