|  |  |
| --- | --- |
|  | **n = 14,693** |
| **Age (y) mean ± SD** | 54.3 ± 5.8 |
| **Current smoker n (%)\*** |  |
| **No** | 10733 (73%) |
| **Yes** | 3960 (27%) |
|  |  |
| **Education n (%)** |  |
| **< HS** | 1469 (10%) |
| **High School Graduate** | 2113 (14%) |
| **>HS** | 11,111 (76%) |
|  |  |
| **Current Drinker n (%)** |  |
| **No** | 3680 (25%) |
| **Yes** | 11013 (75%) |
|  |  |
| **Race n (%)** |  |
| **Black** | 3898 (25%) |
| **White** | 10,795 (73%) |
|  |  |
| **Sex n (%)** |  |
| **Female** | 8163 (66%) |
| **Male** | 6530 (44%) |
|  |  |
| **BMI (kg/m2) mean ± SD** | 27.7 ± 5.4 |

**Supplemental Table 1**: Baseline demographic characteristics of ARIC study participants (n=14,693)

**Supplemental Table 2**: Hazard ratios (and 95% confidence intervals) for the relations between % energy from individual dietary fatty acid intakes and incident isolated impaired fasting glucose, and impaired fasting glucose with impaired glucose tolerance.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **IFG only** | Model | Tertiles of exposure | Hazard ratios  (Tertile I = 1.0) | p value (different from Tertile I) |
| **Models with n = 5600** |  |  |  |  |
| SFA | Model 5 | II | 1.03 (0.94 - 1.13) | 0.96 |
|  |  | III | 1.05 (0.96 - 1.15) | 0.96 |
| MUFA | Model 5 | II | **0.92 (0.84 - 1.01)** | **0.04\*** |
|  |  | III | *0.91 (0.83 - 1.04)* | *0.07* |
| PUFA | Model 4 | II | 1.04 (0.95 - 1.15) | 0.43 |
|  |  | III | 1.03 (0.94 - 1.13) | 0.85 |
| Omega-3\* | Model 4 | II | **1.10 (1.10 - 1.21)** | **0.05\*** |
|  |  | III | **1.08 (0.99 - 1.19)** | **0.05\*** |
| Omega-6 | Model 4 | II | 1.03 (0.94 - 1.13) | 0.77 |
|  |  | III | 1.04 (0.95 - 1.15) | 0.65 |
| **Models with V1 diet alone** | **(n = 5288)** |  |  |  |
| SFA | Model 5 | II | 1.00 (0.91 - 1.10) | 0.95 |
|  |  | III | 1.01 (0.93 - 1.11) | 0.84 |
| MUFA | Model 5 | II | **0.93 (0.86 - 1.05)** | **0.05\*** |
|  |  | III | 1.02 (0.91 - 1.10) | 0.69 |
| PUFA | Model 4 | II | 0.97(0.87 - 1.08) | 0.21 |
|  |  | III | 0.96 (0.86 - 1.07) | 0.93 |
| Omega-3 | Model 4 | *II* | *1.08 (0.99 - 1.17)* | *0.06* |
|  |  | III | 1.07 (0.99 - 1.16) | 0.11 |
| Omega-6 | Model 4 | II | 1.02 (1.01 - 1.03) | 0.93 |
|  |  | III | 0.99(0.90 - 1.07) | 0.78 |
| **IFG and IGT** | Model | Tertiles of exposure | Hazard ratios  (Tertile I = 1.0) | p value (different from Tertile I) |
| **Models with n = 5600** |  |  |  |  |
| SFA | Model 5 | II | 1.00 (0.91 - 1.10) | 0.96 |
|  |  | III | 0.96 (0.92 - 1.08) | 0.90 |
| MUFA | Model 5 | II | 1.02 (0.94 - 1.11) | 0.62 |
|  |  | III | 1.00 (0.92 - 1.09) | 0.98 |
| PUFA | Model 4 | II | 0.92 (0.83 - 0.99) | 0.43 |
|  |  | III | 0.96 (0.86 - 1.09) | 0.32 |
| Omega-3 | Model 4 | II | 1.01 (0.95 - 1.12) | 0.45 |
|  |  | III | 1.03 (0.99 - 1.10) | 0.95 |
| Omega-6 | Model 4 | II | 1.02(0.91 - 1.12) | 0.78 |
|  |  | III | *0.84 (0.78 - 0.96)* | *0.07* |
| **Models with V1 diet alone** | **(n = 5288)** |  |  |  |
| SFA | Model 5 | II | 1.01 (0.95 - 1.12) | 0.81 |
|  |  | III | 1.03 (0.99 - 1.10) | 0.65 |
| MUFA | Model 5 | II | 0.95 (0.85 - 1.05) | 0.06 |
|  |  | III | 0.97(0.87 - 1.08) | 0.72 |
| PUFA | Model 4 | II | 1.05 (0.95 - 1.16) | 0.38 |
|  |  | III | 1.08 (0.94 - 1.24) | 0.26 |
| Omega-3 | Model 4 | II | 1.01 (0.98 - 1.12) | 0.31 |
|  |  | III | 1.02 (0.99 - 1.17) | 0.51 |
| Omega-6 | Model 4 | *II* | 0.95 (0.85 - 1.05) | 0.17 |
|  |  | III | **0.93 (0.83 - 1.00)** | **0.05\*** |

***Bold italicized*** with “**\***” indicates significantly different hazard ratio from tertile I of % energy fromindividual fatty acid intake at p ≤ 0.05). Italicized underlined p values indicate a trend (p = 0.05 – 0.10).

Model 4 -Adjusted for age, sex, race and study center, education, leisure time physical activity, smoking, alcohol consumption, and BMI

Model 5 - Adjusted for age, sex, race and study center, education, leisure time physical activity, smoking, alcohol consumption, BMI and dairy intake