Supplemental Online Content

Ahmad S, Moorthy MV, Lee I, et al. Mediterranean diet adherence and risk of all-cause mortality in women. *JAMA Netw Open.* 2024;7(5):e2414322. doi:10.1001/jamanetworkopen.2024.14322

This supplemental material has been provided by the authors to give readers additional information about their work.

eTable 1. Association of Mediterranean Diet Adherence Score With All-Cause and CVD Mortality Events After Adjustment for Sets of Potential Mediators (Total Years Follow-Up)

All-cause Mortality				
	Score 0-3	Score 4-5	Score ≥ 6	P for Trend
Age, treatment, and total energy intake- adjusted model	1 [Reference]	0.84 (0.78-0.90)	0.77 (0.70-0.84)	<0.001
Basic model*	1 [Reference]	0.92 (0.85-0.99)	0.89 (0.82-0.98)	0.001
Cancer Mortality				
	Score 0-3	Score 4-5	Score ≥ 6	P for Trend
Age, treatment, and total energy intake- adjusted model	1 [Reference]	0.90 (0.80-1.02)	0.80 (0.69-0.92)	0.002
Basic model*	1 [Reference]	0.98 (0.87-1.10)	0.92 (0.79-1.06)	0.25
CVD Mortality				
	Score 0-3	Score 4-5	Score ≥ 6	P for Trend
Age, treatment, and total energy intake- adjusted model	1 [Reference]	0.86 (0.74-1.01)	0.83 (0.69-0.99)	0.033
Basic model*	1 [Reference]	0.95 (0.81-1.11)	0.96 (0.80-1.16)	0.65

*Basic Model included age, randomized treat assignment; total energy intake (TEI, quintiles), smoking, menopausal status, postmenopausal hormone use, alcohol use, and physical activity. Participants were followed-up upto 25 years from baseline.

eTable 2. Association of Per-Unit Increment in Mediterranean Diet Adherence With All-Cause and CVD Mortality Events After Adjustment for Sets of Potential Mediators (Total Years Follow-Up)

All-cause mortality

	HR (95%CIs)	P for Trend
Age, treatment, and total energy intake- adjusted model	0.94 (0.92-0.95)	<0.001
Basic model*	0.97 (0.95-0.99)	0.002

Cancer-mortality

	HR (95%CIs)	P for Trend
Age, treatment, and total energy intake- adjusted model	0.95 (0.92-0.98)	0.001
Basic model*	0.98 (0.95-1.01)	0.22

CVD-mortality

	HR (95%CIs)	P for Trend
Age, treatment, and total energy intake- adjusted model	0.95 (0.92-0.99)	0.015
Basic model*	0.99 (0.94-1.02)	0.33

*Basic Model included age, randomized treat assignment; total energy intake (TEI, quintiles), smoking, menopausal status, postmenopausal hormone use, alcohol use, and physical activity. Participants were followed-up upto 25 years from baseline.

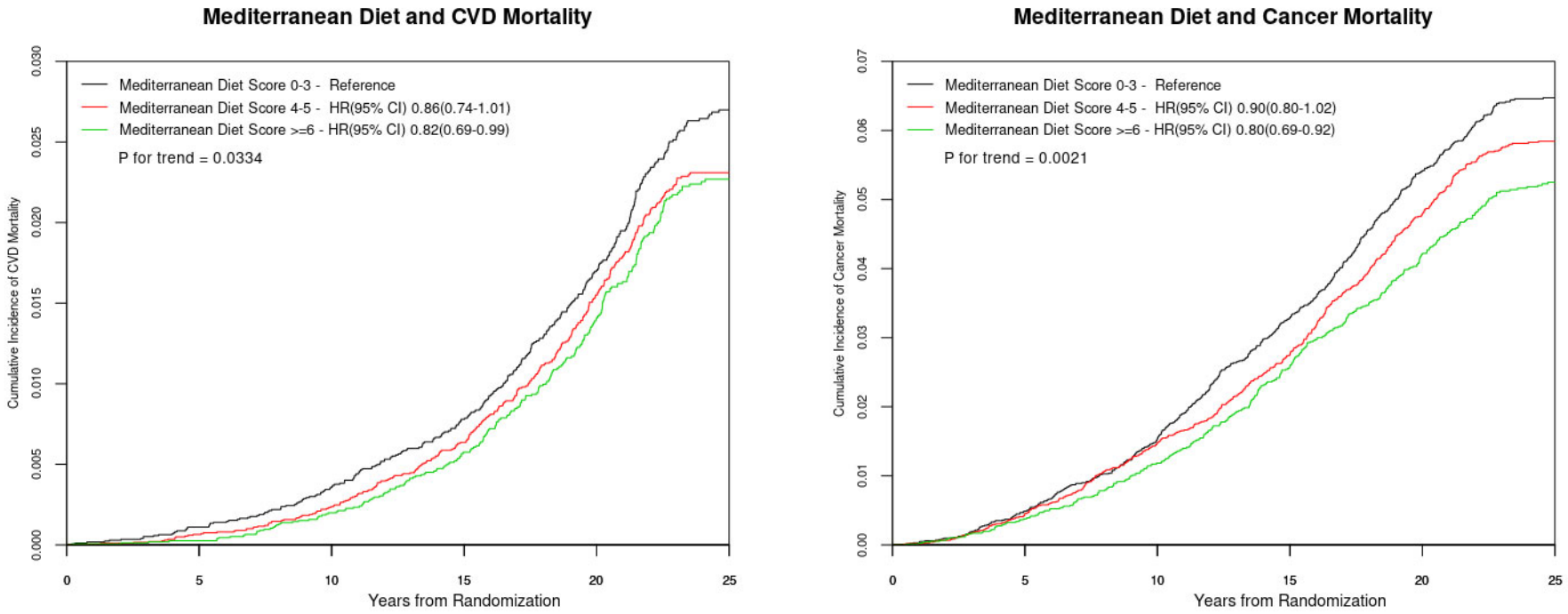
eTable 3. Mediation Effect Explained Through Different Risk Factors Regarding Mediterranean Diet Adherence With All-Cause Mortality Events

Basic Model	% Mediation effect explained through Counterfactual Framework	% Mediation effect explained through standard approach
BMI (kg/m^2)	6.3	10.0
Blood Pressure		
Systolic blood pressure, mmHg	8.2	6.7
Diastolic blood pressure, mmHg	5.0	3.3
Lipids		
LDL cholesterol, mg/dL	0.12	0.0
HDL cholesterol, mg/dL	3.2	3.3
Triglycerides, mg/dL	0.9	3.3
Total cholesterol, mg/dL	0.2	0.0
Apolipoprotein		
Lipoprotein(a), mg/dL	-0.7	0.0
Apolipoprotein A1, mg/dL	1.8	0.0
Apolipoprotein B-100, mg/dL	-0.04	0.0
LDL particles and size		
cLDLP, nmol/L	0.0	0.0
LDLZ, nm	1.8	3.3
HDL particles and size		
cHDLP, µmol/L	0.9	0.0
HDLZ, nm	1.1	3.3
TRL particles and size		
TRLP, nmol/L	-0.7	0.0
TRLZ, nm	5.5	10.0
Glycemic		
Hemoglobin A1c	3.2	3.3
Insulin resistance		
LPIR, Score 1-100	4.3	6.7
DRI, Score 1–100	2.6	6.7
Inflammation pathway		
High-sensitivity CRP, mg/L	6.0	10.0
Fibrinogen, mg/dL	0.7	0.0
Soluble ICAM-1, ng/mL	9.6	13.3
Branched-chain amino acids		
Total BCAA, µmol/L	0.3	0.0
Valine, µmol/L	3.2	0.0
Leucine, µmol/L	0.3	0.0
Isoleucine, µmol/L	2.2	3.3
Small molecule metabolites		
Citrate, µmol/L	-0.3	0.0
Creatinine, mg/dL	-0.1	0.0
Homocysteine, umol/L	6.0	10.0
Alanine, mg/dL	5.5	6.7

*Basic Model included age, randomized treat assignment; total energy intake (TEI, quintiles), smoking, menopausal status, postmenopausal hormone use, alcohol use, physical activity.

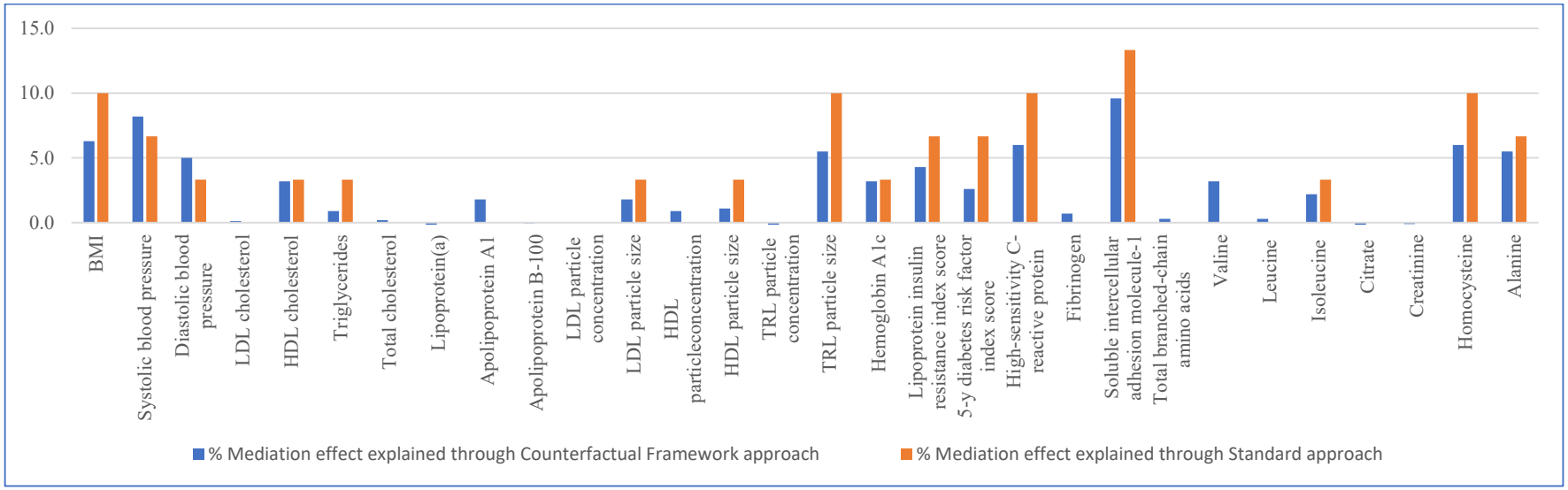
Abbreviations: BMI, body mass index (calculated as weight in kilograms divided by height in 1 meters squared); HDL, high-density lipoprotein; HR, hazard ratio; LDL, low-density 2 lipoprotein; TRL, triglyceride-rich lipoprotein; LPIR, lipoprotein insulin resistence; DRI, 5-years diabetes risk factor index; CRP, C-reactive protein; ICAM-1, Soluble intracellular adhesion molecule 1; BCAA, branched-chain amino acids.

eFigure 1. Cumulative Survival for the Mediterranean Diet Adherence in CVD and Cancer Mortality Confirmed Person-Years



The analyses were adjusted for age, treatment, and total energy intake.

eFigure 2. Mediation Effect Explained for Different Risk Factors Using Counterfactual Framework Approach and Standard Mediation Approach Regarding Mediterranean Diet Adherence With All-Cause Mortality Events



Abbreviations: BMI, body mass index (calculated as weight in kilograms divided by height in 1 meters squared); HDL, high-density lipoprotein; HR, hazard ratio; LDL, low-density 2 lipoprotein; TRL, triglyceride-rich lipoprotein.