

SUPPLEMENTARY DATA

Supplementary Table 1. Spearman correlation coefficients between log-FABP4, non-esterified free fatty acids and various risk factors in the Cardiovascular Health Study

	logFABP4	NEFA
NEFA	0.24	
Body mass index	0.38	0.04
Waist circumference	0.28	0.02
Log-CRP	0.28	0.09
Log-HOMA-IR	0.29	0.04
HDL-cholesterol	0.01	0.22
LDL-cholesterol	0.11	-0.02
Triglycerides	0.27	0.11
Insulin	0.30	0.03
Glucose	0.07	0.06
Cystatin C	0.36	-0.02

Supplementary Table 2. Influence of individual potential mediators on the multivariable adjusted hazard ratio of the association between standard deviation of log-FABP4 (0.44) and diabetes in the Cardiovascular Health Study.

	Hazard ratio (95% CI) for diabetes	
	Men	Women
Fully adjusted model	1.45 (1.13-1.85)	1.35 (1.10-1.65)
Triglycerides alone	1.36 (1.06-1.75)	1.29 (1.05-1.59)
LDL alone	1.45 (1.14-1.86)	1.38 (1.13-1.69)
HDL alone	1.42 (1.11-1.82)	1.30 (1.05-1.60)
CRP-alone	1.44 (1.12-1.85)	1.29 (1.04-1.58)
HOMA-IR alone	1.24 (0.96-1.61)	1.36 (1.11-1.67)
All five mediators together	1.17 (0.90-1.53)	1.25 (1.01-1.55)

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Supplementary Table 3. Baseline characteristics of CHS participants (n=3740) by tertiles of non-esterified fatty acids.

	Tertiles of NEFA ¹			
	T1 (low)	T2	T3 (high)	
Range (mEq/L)	≤0.39	>0.39-0.54	>0.54	p-value ²
Characteristics				
NEFA (mEq/L)	0.29 ± 0.07	0.47 ± 0.04	0.71 ± 0.15	<0.001
FABP4 (ng/mL)	29.3 ± 15.3	33.2 ± 16.9	36.5 ± 17.3	<0.001
Age (y) ± SD	74.0 ± 4.8	74.9 ± 5.3	75.6 ± 5.5	<0.001
Male, n (%)	704 (56.0)	478 (38.5)	299 (24.1)	<0.001
Black Race, n (%)	180 (14.3)	167 (13.5)	195 (15.7)	0.33
< HS education, n (%)	286 (22.8)	309 (24.9)	324 (26.1)	0.05
Smoking, n (%)				
Former	611 (48.6)	533 (43.0)	495 (39.9)	
Current	130 (10.3)	142 (11.4)	103 (8.3)	<0.001
Alcoholic consumption, n (%) ³				
None	628 (50.0)	640 (51.6)	686 (55.2)	
Low	459 (36.5)	428 (34.5)	366 (29.5)	
Medium	82 (6.5)	77 (6.2)	70 (5.6)	
High	88 (7.0)	96 (7.7)	120 (9.7)	0.003
Body mass index (kg/m ²)	26.1 ± 3.9	26.5 ± 4.6	26.7 ± 5.1	<0.001
Waist circumference (cm)	95.7 ± 11.2	96.1 ± 13.4	96.5 ± 13.7	0.10
Physical activity (kcal/wk)	1687.4 ± 1877.2	1481.0 ± 1779.1	1299.5 ± 1664.6	<0.001
Systolic BP (mmHg)	132.4 ± 20.6	134.9 ± 21.3	140.0 ± 21.1	<0.001
Diastolic BP (mmHg)	71.2 ± 10.7	71.3 ± 11.5	71.9 ± 11.3	0.13

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Total cholesterol (mg/dL)	197.6 ± 36.3	203.2 ± 36.2	208.2 ± 39.8	<0.001
HDL cholesterol (mg/dL)	51.1 ± 13.4	53.9 ± 13.7	58.7 ± 15.5	<0.001
Triglycerides (mg/dL)	128.7 ± 69.3	139.8 ± 76.7	145.3 ± 80.3	<0.001
Fasting glucose (mg/dL)	96.6 ± 9.8	97.4 ± 10.1	97.9 ± 9.8	0.001
CRP (mg/L)	4.1 ± 7.7	5.2 ± 9.8	5.4 ± 8.6	<0.001
Serum albumin (g/dL)	3.9 ± 0.3	4.0 ± 0.3	4.0 ± 0.3	<0.001
Current estrogen use, n(%) ⁴	61 (4.9)	105 (8.5)	173 (13.9)	<0.001
Health Status, n (%)				
Excellent	120 (9.6)	87 (7.0)	57 (4.6)	
Very good	480 (38.2)	407 (32.8)	365 (29.4)	
Good	474 (37.7)	539 (43.4)	563 (45.3)	
Fair	170 (13.5)	190 (15.3)	229 (18.4)	
Poor	13 (1.0)	18 (1.5)	28 (2.3)	<0.001

¹ values shown are mean ± SD unless otherwise noted.

² p for trend, except smoking status, alcohol consumption, and health status, where the p-value is from a chi-square test

³ Low= <0.5 drinks/d for women, <1 drink/d for men; Medium= 0.5-1 drink/d for women, 1-2 drinks/d for men; High= >1 drink/d for women, >2 drinks/d for men.

⁴ Among women