Genetic susceptibility testing for chronic disease and intention for behavior change in healthy young adults

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Running title: Chronic disease genetic testing in young adults

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Supplemental Table 2: Anticipated timing of improvement in diet or physical activity from high-risk genetic results

		Diet				Physical activity			
		Now	≥5 years	OR	AOR	Now	≥5 years	OR	AOR
Current diet	Poorer than average	86	14	0.37 (0.13, 1.11)	0.35 (0.09, 1.44)	90	10	0.34 (0.10, 1.21)	0.63 (0.17, 2.33)
	Average	95	5	1.01 (0.33, 3.08)	0.74 (0.20, 2.78)	95	5	0.76 (0.21, 2.76)	0.77 (0.19, 3.11)
	Better than average	94	6	ref	ref	96	4	ref	ref
Current physical activity	Less than average	88	12	0.41 (0.13, 1.27)	0.48 (0.15, 1.60)	91	9	0.34 (0.09, 1.28)	0.28 (0.07, 1.23)
	Average	95	5	0.97 (0.29, 3.29)	0.96 (0.26, 3.58)	96	4	0.76 (0.18, 3.28)	0.69 (0.16, 3.07)
	More than average	95	5	ref	ref	97	3	ref	ref
BMI	<25 kg/m^2	93	7	ref	ref	97	3	ref	ref
	25-30 kg/m^2	95	5	1.45 (0.49, 4.29)	1.75 (0.52, 5.90)	94	6	0.49 (0.14, 1.68)	0.52 (0.12, 2.16)
	≥30 kg/m^2	90	10	0.65 (0.25, 1.70)	1.07 (0.33, 3.46)	92	8	0.36 (0.12, 1.08)	0.57 (0.17, 1.97)
FmHx DM	No	92	8	ref	ref	94	6	ref	ref
	Yes	93	7	0.85 (0.34, 2.10)	0.65 (0.25, 1.71)	96	4	0.71 (0.24, 2.11)	0.57 (0.17, 1.86)
ADA Risk	Low	93	7	ref	ref	95	5	ref	ref
	Medium to High	90	10	0.67 (0.27, 1.64)	0.97 (0.34, 2.79)	93	7	0.71 (0.27, 1.87)	1.18 (0.40, 3.49)

Odds ratios (OR) correspond to weighted logistic regression models predicting anticipated timing of improvement in health behaviors (now vs. 5 or more years from now) among respondents anticipating improvement in diet (n=411) or physical activity (n=419) in response to high-risk genetic susceptibility results. Adjusted ORs (AOR) adjusted for sex, race, education, and baseline diet or physical activity.