

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 3: Anticipated likelihood of improving health behaviors in response to low-risk genetic susceptibility for chronic diseases

		Diet		Physical activity	
		OR (95% CI)	AOR (95% CI)	OR (95% CI)	AOR (95% CI)
Race	Non-Hispanic white	ref	ref	ref	ref
	Non-Hispanic black	1.64 (0.47, 5.73)	1.65 (0.49, 5.53)	1.60 (0.47, 5.46)	1.58 (0.44, 5.62)
	Hispanic	1.64 (0.64, 4.16)	1.60 (0.63, 4.11)	0.82 (0.28, 2.40)	0.82 (0.26, 2.54)
	Non-Hispanic other	3.19 (1.07, 9.49)	3.31 (1.13, 9.68)	2.71 (0.80, 9.16)	3.27 (0.94, 11.33)
Current diet	Poorer than average	0.86 (0.34, 2.21)	0.82 (0.29, 2.26)	2.21 (0.76, 6.37)	2.59 (0.77, 8.70)
	Average	0.91 (0.37, 2.24)	0.97 (0.41, 2.28)	0.93 (0.31, 2.85)	0.90 (0.28, 2.86)
	Better than average	ref	ref	ref	ref
Current physical activity	Poorer than average	1.65 (0.63, 4.32)	2.00 (0.73, 5.43)	1.17 (0.43, 3.24)	1.09 (0.38, 3.15)
	Average	1.48 (0.53, 4.16)	1.61 (0.58, 4.50)	0.97 (0.32, 2.93)	1.03 (0.33, 3.26)
	Better than average	ref	ref	ref	ref
BMI category	<25 kg/m ²	ref	ref	ref	ref
	25-30 kg/m ²	3.08 (1.23, 7.73)	3.49 (1.34, 9.08)	1.94 (0.76, 4.94)	2.00 (0.74, 5.43)
	≥30 kg/m ²	1.83 (0.72, 4.69)	2.23 (0.83, 5.97)	1.16 (0.42, 3.16)	1.14 (0.41, 3.22)
Family history of chronic disease	No	ref	ref	ref	ref
	Yes	1.92 (0.90, 4.09)	2.05 (0.91, 4.63)	1.42 (0.63, 3.22)	1.39 (0.60, 3.22)
ADA diabetes risk	Low	ref	ref	ref	ref
	Medium or High	0.79 (0.33, 1.88)	0.79 (0.30, 2.06)	0.80 (0.29, 2.15)	0.71 (0.25, 2.00)

Odds ratios (OR) and 95% confidence intervals (CI) correspond to weighted logistic regression models predicting being “much less likely” or “somewhat less likely” to improve diet or physical activity in response to hypothetical low-risk genetic susceptibility to chronic disease. Adjusted OR (AOR) are adjusted for sex, race, educational attainment, and baseline diet or PA, respectively in each column.