

ESM Table 1. Characteristics of Participants Included vs. Excluded in this Multi-Ethnic Study of Atherosclerosis Study Sample 2000-2012^a

Characteristic ^a	Included n=5,348	Excluded n=583	p-value ^b
Age	61.9 (10.3)	61.0 (10.0)	p=0.06
Race			
non-Hispanic white, %	42.6	30.7	
Chinese American, %	12.6	3.6	
African American, %	24.2	43.7	
Hispanic American, %	20.6	22.0	p<0.01
Female, %	53.5	54.0	p=0.81
Education \geq bachelor's degree, %	37.8	27.4	p<0.01
Employed, % full time	39.4	45.3	p=0.03
Current smoking, %	14.0	19.0	p<0.01
Current alcohol use, %	58.3	53.8	p<0.01
Exercise, physical activity MET min/week ^c	1603 (2410)	1359 (1765)	p=0.02
Body-mass index (kg/m ²)	27.9 (5.3)	29.4 (5.9)	p<0.01
eGFR CKD-EPI, ml min ⁻¹ 1.73 m ⁻² ^d	78 (16)	78 (17)	p=0.41
Systolic blood pressure, mmHg	125 (21)	127 (23)	p=0.06
Diastolic blood pressure, mmHg	72 (10)	73 (10)	p=0.05
Fasting plasma glucose, mmol/L (mg/dL)	5.00 (0.61), 89 (10)	5.05 (0.62), 91 (11)	p<0.01
Total cholesterol, mmol/L (mg/dL)	5.1 (0.9), 195 (35)	5.1 (0.9), 196 (34)	p=0.59
Ideal cardiovascular diet score, 0-5 ^e	1.5 (0.9)	2.8 (0.7)	p<0.01
Incident Diabetes ^f	11.1 (10.3, 12.1)	14.7 (11.7, 18.4)	p=0.03

^a Values are mean (SD) or percentages unless otherwise indicated

^b p values calculated using χ^2 (categorical variables), ANOVA (continuous variables)

^c Adapted for MESA: MET (metabolic equivalent of task) min/week

^d eGFR CKD-EPI = Estimated glomerular filtration rate based on the Chronic Kidney Disease Epidemiology Collaboration

^e Adapted for MESA: fruits and vegetables, ≥ 1.08 L (4.5 cups)/day; fish, two or more 98 g (3.5 ounce) servings per week (non-fried); fibre-rich whole grains, three or more 28 g (1 ounce)-equivalent servings/day; sodium, <1,500 mg/day; sugar-sweetened beverages, $\leq 1,884$ kJ (1008 g)/week

^f Rate per 1000 person-years (95% CI)