Supplementary Materials: Socio-Demographic Determinants of Diet Quality in Australian Adults Using the Validated Healthy Eating Index for Australian Adults (HEIFA-2013)

Amanda Grech, Zhixian Sui, Hong Ying Siu, Miaobing Zheng, Margaret Allman-Farinelli and Anna Rangan

Table S1. Mean (SD) for individual components of Healthy Eating Index for Australian Adults (HEIFA-2013) score (discretionary food, vegetable, fruit, grain, meat, dairy, water, unsaturated fat, sodium, and added sugar and alcohol scores) for demographic and socio-economic characteristics for all respondents of the National Nutrition and Physical Activity Survey–2011/2012.

Score	Mean (SD)	Grain	Veg.	Fruit	Dairy	Meat	Water	D.F.	Fat	Sodium	A.S.	Alcohol
Gender												
	Male	2.4 (2.4)	4.1 (2.7)	3.3 (4)	4 (3.7)	5.4 (4.1)	4.2 (1.5)	4.2 (4.3)	3.4 (2.6)	3.4 (4.1)	5.0 (4.3)	3.9 (2.1)
	Female	1.8 (2.2)	4.3 (2.8)	3.6 (4)	3.8 (3.5)	5 (3.8)	4.6 (1)	5.5 (4.2)	3.9 (2.8)	5.3 (4.3)	5.1 (4.3)	4.5 (1.5)
Age (years)												
	18–24	2.2 (2.2)	3.7 (2.6)	2.5 (3.6)	3.9 (3.8)	5.2 (4)	4.2 (1.5)	4.5 (4.3)	3.6 (2.7)	3.4 (4.2)	3.8 (4.2)	4.6 (1.4)
	25–34	2.3 (2.3)	4.1 (2.7)	3.1 (3.8)	4.1 (3.7)	5.2 (4)	4.3 (1.4)	4.5 (4.3)	3.6 (2.7)	3.8 (4.2)	4.4 (4.3)	4.4 (1.6)
	35–44	2.1 (2.2)	4.1 (2.7)	3.1 (3.9)	4.1 (3.6)	5.3 (4)	4.4 (1.3)	4.7 (4.3)	3.7 (2.8)	4.1 (4.3)	4.9 (4.3)	4.1 (1.9)
	45–54	2 (2.3)	4.1 (2.8)	3.5 (4)	3.9 (3.6)	5.4 (4)	4.4 (1.2)	4.9 (4.3)	3.8 (2.7)	4.4 (4.4)	5.6 (4.3)	4.1 (1.9)
	55–64	1.9 (2.3)	4.4 (2.9)	3.8 (4)	3.7 (3.5)	5.3 (4)	4.5 (1.2)	5 (4.3)	3.8 (2.7)	4.9 (4.3)	5.7 (4.2)	4 (2)
	65–74	2 (2.4)	4.5 (2.8)	4.2 (4.1)	3.6 (3.4)	5 (4)	4.6 (1)	5.6 (4.2)	3.7 (2.7)	5.3 (4.3)	5.7 (4.2)	4.2 (1.8)
	75+	1.9 (2.4)	4.4 (2.8)	4.3 (4)	3.5 (3.4)	4.4 (3.8)	4.6 (1)	5.7 (4.1)	3.4 (2.8)	5.7 (4.2)	5 (4.2)	4.5 (1.5)
BMI												
	<18.5	2.1 (2.4)	4.1 (2.9)	3.2 (4)	4.2 (3.9)	4.6 (3.8)	4.2 (1.6)	4.7 (4.5)	4.1 (2.9)	4.2 (4.5)	4.1 (4.3)	4.5 (1.6)
	18.5–24.9	2.3 (2.4)	4.4 (2.8)	3.8 (4.1)	4.1 (3.7)	5.1 (4)	4.5 (1.2)	4.8 (4.3)	3.7 (2.8)	4.4 (4.3)	5 (4.3)	4.2 (1.8)
	25.0–29.9	2.2 (2.4)	4.2 (2.7)	3.6 (4)	3.9 (3.6)	5.3 (4)	4.4 (1.3)	4.7 (4.3)	3.7 (2.7)	4.2 (4.3)	5.2 (4.2)	4.1 (1.9)
	≥30.0	1.7 (2)	4.1 (2.8)	3.1 (3.8)	3.8 (3.6)	5.4 (4)	4.4 (1.3)	4.8 (4.3)	3.5 (2.7)	4.4 (4.4)	4.8 (4.3)	4.3 (1.8)
SEIFA												
	1-Lowest	1.8 (2.2)	4.0 (2.8)	2.8 (3.8)	3.7 (3.6)	4.8 (4)	4.3 (1.4)	4.9 (4.3)	3.6 (2.8)	4.6 (4.4)	4.8 (4.4)	4.3 (1.7)
	2	1.9 (2.3)	4.2 (2.8)	3 (3.8)	3.8 (3.7)	5.2 (4)	4.4 (1.3)	4.9 (4.3)	3.5 (2.6)	4.6 (4.3)	4.8 (4.3)	4.3 (1.8)
	3	2.1 (2.3)	4.2 (2.7)	3.5 (4)	3.9 (3.6)	5.2 (4)	4.4 (1.3)	4.7 (4.3)	3.6 (2.8)	4.4 (4.4)	4.8 (4.2)	4.2 (1.8)
	4	2.1 (2.3)	4.2 (2.7)	3.9 (4.1)	3.9 (3.5)	5.3 (4)	4.5 (1.2)	5.1 (4.3)	3.6 (2.8)	4.3 (4.3)	5.3 (4.2)	4.2 (1.8)
	5-Highest	2.3 (2.4)	4.3 (2.7)	4 (4.2)	4 (3.6)	5.4 (4)	4.5 (1.1)	5 (4.3)	3.8 (2.7)	4.4 (4.3)	5.6 (4.2)	4.1 (1.9)
COB												
	Australia	1.9 (2.2)	4.2 (2.8)	3.3 (3.9)	4 (3.6)	5.2 (4)	4.4 (1.3)	4.6 (4.3)	3.5 (2.7)	4.2 (4.3)	4.8 (4.3)	4.2 (1.9)
	English	2 (2.3)	4.2 (2.8)	3.7 (4.1)	4.1 (3.6)	5.1 (4)	4.4 (1.2)	4.8 (4.3)	3.6 (2.8)	4.5 (4.3)	5.3 (4.2)	4 (2)
	Others	2.8 (2.5)	4.4 (2.7)	4.1 (4.1)	3.2 (3.5)	5.3 (4)	4.7 (1)	6.6 (4)	4.4 (2.7)	5.3 (4.4)	6.1 (4.2)	4.7 (1.3)

Veg: Vegetables, D.F. Discretionary foods, A.S.: Added sugars, R: Referent, BMI: Body Mass Index., UW: Under-weight, OW: Over-weight, SEIFA: Socio-Economic Index for Area of disadvantage, COB: Country of Birth; [1] English: English speaking countries including New Zealand, United Kingdom, Ireland, United States of America, Canada or South Africa.