

Supplemental Material

Supplemental Table I. Secondary analyses of plasma omega-3 and -6 variables with carotid plaque outcomes were conducted in MESA participants. First quartiles serve as referents. Adjustments were made for age, sex, race/ethnicity, BMI, hypertension medication use, smoking status, systolic blood pressure, diabetes, lipid lowering medication use (as a time dependent variable), HDL-C, and total cholesterol. Values are expressed as relative risk (95% confidence intervals). Carotid plaque outcomes were treated as logistical variables (0 or 1).

		Fatty acid variable quartile			
		1	2	3	4
Baseline carotid plaque (n=3327)					
EPA + DHA	Ref		0.97 (0.89 - 1.06)	0.95 (0.87 - 1.05)	0.93 (0.85 - 1.02)
Total n-3 FAs	Ref		0.97 (0.89 - 1.06)	0.96 (0.88 - 1.05)	0.92 (0.84 - 1.01)
N3/N6 ratio	Ref		0.94 (0.86 - 1.02)	0.96 (0.87 - 1.05)	0.90 (0.82 - 0.99)*
Total n-6 FAs	Ref		1.03 (0.92 - 1.16)	1.05 (0.94 - 1.18)	1.05 (0.93 - 1.18)
Carotid plaque progression (n=3296)					
EPA + DHA	Ref		0.94 (0.88 - 1.02)	0.93 (0.86 - 1.01)	0.90 (0.83 - 0.98)†
Total n-3 FAs	Ref		0.96 (0.89 - 1.03)	0.95 (0.88 - 1.03)	0.90 (0.83 - 0.98)†
N3/N6 ratio	Ref		0.97 (0.90 - 1.05)	0.98 (0.91 - 1.07)	0.93 (0.86 - 1.01)
Total n-6 FAs	Ref		1.00 (0.93 - 1.08)	1.01 (0.93 - 1.09)	1.01 (0.94 - 1.10)

*p<0.05

†<0.02