

WEB MATERIAL

Web Table 1. Major Experiences of Discrimination and Everyday Discrimination Scales

Scale	Range	Modeled	Items
Major Experiences of Discrimination^a	0-6	Continuous Categorical: 0, 1, ≥ 2	<ol style="list-style-type: none"> 1. Being fired or denied a promotion 2. Not hired for a job 3. Unfair treatment by the police 4. Discouraged by a teacher or advisor from continuing one's education 5. Prevented from moving into a neighborhood by a landlord or realtor 6. Having life made difficult by neighbors
Everyday Discrimination	1-6	Continuous Categorical: none (score = 1), low (score >1 and <1.5), moderate (score 1.5-2), or high (score >2)	<ol style="list-style-type: none"> 1. You are treated with less courtesy than other people 2. You are treated with less respect than other people 3. You receive poorer service than other people at restaurants or stores 4. People act as if they think you are not smart 5. People act as if they are afraid of you 6. People act as if they think you are dishonest 7. People act as if they're better than you 8. You are called names or insulted 9. You are threatened or harassed

^aIf participants answered 'yes' to any of the situations on the major experiences of discrimination scale, they were asked to indicate why they believed they were treated unfairly (race/ethnicity, gender, age, religion, physical appearance, sexual orientation, income level/social class or other).

Web Table 2: Associations of Major Experiences of Discrimination Attributed to Race/Ethnicity and Risk of Incident Type 2 Diabetes, by Race/Ethnicity Group, The Multi-Ethnic Study of Atherosclerosis (MESA) 2000-2013

Risk of Diabetes	Number of Experiences of Race/Ethnicity Discrimination											
	Continuous ^a			None			One			≥ Two		
	No.	HR	95% CI	No.	HR	95% CI	No.	HR	95% CI	No.	HR	95% CI
African American												
N at risk	1,300			718			297			285		
N events	189			105			42			42		
Person-years	9,537			5,143			2,222			2,171		
Incidence rate ^b		19.8			20.4			18.9			19.3	
Model ^c												
Model 1		0.98	0.85, 1.12		1.00	Referent		0.95	0.65, 1.37		1.01	0.69, 1.49
Model 2		0.98	0.85, 1.13		1.00	Referent		0.93	0.63, 1.35		1.03	0.69, 1.53
Model 3		0.95	0.82, 1.10		1.00	Referent		0.87	0.58, 1.30		0.93	0.61, 1.43
Model 4		0.94	0.81, 1.10		1.00	Referent		0.82	0.54, 1.24		0.92	0.60, 1.41
Chinese												
N at risk	641			565			55			21		
N events	80			69			5			6		
Person-years	4,969			4,321			482			166		
Incidence rate ^b		16.1			16.0			10.4			36.1	
Model ^c												
Model 1		1.37	0.93, 2.02		1.00	Referent		0.72	0.28, 1.83		2.64	1.10, 6.35
Model 2		1.40	0.94, 2.10		1.00	Referent		0.73	0.29, 1.85		2.73	1.12, 6.64
Model 3		1.53	1.00, 2.35		1.00	Referent		0.71	0.27, 1.85		3.05	1.23, 7.56
Model 4		1.27	0.80, 2.01		1.00	Referent		0.62	0.23, 1.65		1.96	0.73, 5.27
Hispanic												
N at risk	1,103			880			145			78		
N events	179			132			31			16		
Person-years	8,251			6,613			1,055			584		
Incidence rate ^b		21.7			20.0			29.4			27.4	
Model ^c												
Model 1		1.18	0.98, 1.43		1.00	Referent		1.48	0.99, 2.20		1.52	0.89, 2.59
Model 2		1.19	0.98, 1.44		1.00	Referent		1.47	0.99, 2.19		1.55	0.90, 2.67
Model 3		1.22	1.00, 1.47		1.00	Referent		1.50	1.00, 2.26		1.68	0.97, 2.91
Model 4		1.19	0.97, 1.45		1.00	Referent		1.48	0.98, 2.23		1.52	0.87, 2.67

Risk of Diabetes	Number of Experiences of Race/Ethnicity Discrimination											
	Continuous ^a			None			One			≥ Two		
	No.	HR	95% CI	No.	HR	95% CI	No.	HR	95% CI	No.	HR	95% CI
Non-Hispanic white												
N at risk	2,266			2,174			84			8		
N events	206			190			14			2		
Person-years	17,799			17,086			646			68		
Incidence rate ^b		11.6			11.1			21.7			29.4	
Model ^c												
Model 1		2.07	1.36, 3.13		1.00	Referent		2.35	1.35, 4.07		3.55	0.87, 14.45
Model 2		1.83	1.19, 2.82		1.00	Referent		2.01	1.13, 3.57		2.94	0.71, 12.10
Model 3		1.91	1.24, 2.95		1.00	Referent		2.07	1.15, 3.71		3.72	0.90, 15.39
Model 4		1.68	1.09, 2.58		1.00	Referent		1.98	1.10, 3.57		2.20	0.52, 9.39

Abbreviations: No., number; HR, hazard ratio; CI, confidence interval

^aContinuous variable for the number of items selected on the Major Experiences of Discrimination Scale that were attributed to race/ethnicity, with values ranging from 0-6.

^bValues are expressed as incidence rate per 1,000 person-years.

^cModel 1 included covariates for age, gender, race/ethnicity, marital status, family income, education, and study field center. Model 2 additionally adjusted for depressive symptoms and chronic stress burden. Model 3 additionally adjusted for alcohol use, smoking status, moderate and vigorous physical activity and diet quality. Model 4 additionally adjusted for BMI and waist circumference.