

Appendix
Dietary Approaches to Stop Hypertension Diet Concordance and Incident Heart Failure: The Multi-Ethnic Study of Atherosclerosis
Campos et al.

Appendix Table 1. Average Food Servings per Day of DASH Dietary Components per DASH Quintile (N=4,478)

DASH quintile	Fruits n (SD)	Vegetables n (SD)	Whole grain n (SD)	Nuts n (SD)	Legumes n (SD)	Dairy n (SD)	Red meat n (SD)	Sweets n (SD)	Sodium n (SD)
1	1.5 (1.2)	2.2 (1.6)	0.4 (0.5)	0.4 (0.5)	0.4 (0.5)	0.6 (0.9)	1.1 (0.7)	1.5 (1.9)	1.5 (0.3)
2	2.3 (1.6)	2.5 (1.5)	0.6 (0.6)	0.5 (0.6)	0.5 (0.6)	0.9 (1.2)	0.8 (0.5)	1.0 (1.5)	1.5 (0.3)
3	2.6 (1.7)	2.7 (1.6)	0.8 (0.7)	0.6 (0.7)	0.6 (0.7)	1.2 (1.6)	0.6 (0.5)	0.7 (1.2)	1.4 (0.3)
4	3.3 (2.1)	2.9 (1.7)	1.0 (0.8)	0.6 (0.6)	0.6 (0.6)	1.6 (0.5)	0.5 (0.3)	0.5 (0.9)	1.4 (0.3)
5	4.1 (2.1)	3.2 (1.6)	1.3 (0.8)	0.7 (0.7)	0.7 (0.7)	1.6 (1.4)	0.2 (0.5)	0.2 (0.5)	1.3 (0.3)

DASH, Dietary Approaches to Stop Hypertension.

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Appendix Table 2. Unadjusted Heart Failure Incidence Rate, per 1,000 Person-years, According to DASH Diet Score Quintiles and Age Categories (N=4,478)

Variable	Q1 (95% CI)	Q2 (95% CI)	Q3 (95% CI)	Q4 (95% CI)	Q5 (95% CI)
Entire population	3.0 (2.1, 4.2)	4.1 (3.0, 5.5)	3.8 (2.8, 5.2)	3.1 (2.3, 4.4)	3.0 (2.1, 4.4)
Age 45–74 years	2.7 (1.8, 3.9)	3.8 (2.8, 5.3)	2.6 (1.8, 3.9)	2.2 (1.5, 3.4)	1.4 (0.8, 2.6)
Age 75–84 years	8.3 (3.5, 20.0)	7.7 (3.2, 18.6)	15.1 (9.2, 24.6)	8.6 (5.1, 14.5)	10.9 (6.8, 17.6)

DASH, Dietary Approaches to Stop Hypertension; Q, quintile.

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Appendix Table 3. Heart Failure Incidence Rate for Those Aged 45–74 Years at Baseline, per 1,000 Person-years, According to DASH Diet Score Quintiles and Selected Participant Characteristics (N=3,809)

Variable	Q1 (95% CI)	Q2 (95% CI)	Q3 (95% CI)	Q4 (95% CI)	Q5 (95% CI)	p-trend
Sex						
Male	2.8 (1.7, 4.4)	5.3 (3.6, 7.8)	3.2 (1.9, 5.2)	3.3 (1.8, 5.9)	2.0 (0.8, 5.2)	0.144
Female	1.5 (0.6, 3.5)	2.3 (1.2, 4.3)	2.0 (1.0, 3.8)	3.0 (1.7, 3.0)	0.9 (0.4, 2.3)	0.485
Race						
White	2.4 (1.1, 4.9)	4.5 (2.7, 7.3)	2.0 (1.0, 3.9)	3.0 (1.7, 5.2)	1.0 (0.4, 2.7)	0.039
Chinese American	1.3 (0.3, 5.0)	1.5 (0.4, 6.0)	0.7 (0.1, 4.9)	0.0	2.1 (0.3, 10.9)	0.513
African American	3.4 (1.9, 6.1)	3.2 (1.5, 6.7)	5.0 (2.7, 9.3)	3.4 (1.6, 7.1)	0.7 (0.1, 5.1)	0.231
Hispanic American	1.4 (0.5, 4.4)	5.1 (2.8, 9.2)	2.8 (1.2, 6.1)	0.5 (0, 3.4)	2.0 (0.6, 6.1)	0.027
Age, years						
45–54	1.1 (0.4, 2.5)	1.1 (0.4, 2.9)	0.8 (0.3, 2.5)	0.3 (0.0, 2.7)	1.1 (0.3, 4.6)	0.737
55–64	2.1 (1.0, 4.4)	4.3 (2.5, 7.4)	2.1 (1.0, 4.4)	2.6 (1.3, 4.0)	0.8 (0.2, 3.5)	0.139
65–74	5.8 (3.3, 12.0)	7.3 (4.7, 11.0)	5.6 (3.4, 9.3)	3.7 (2.1, 6.7)	1.5 (0.6, 3.6)	0.005
BMI						
<30	2.2 (1.3, 3.7)	4.0 (2.7, 5.8)	2.6 (1.7, 3.2)	1.8 (1.1, 3.3)	0.7 (0.3, 1.9)	0.008
≥30	2.5 (1.3, 4.9)	3.6 (1.9, 6.6)	2.5 (1.1, 5.2)	3.1 (1.5, 6.2)	3.1 (1.6, 7.9)	0.928
Diabetes						
No	2.0 (1.2, 3.1)	2.8 (1.8, 4.2)	2.0 (1.3, 3.2)	1.6 (1.0, 2.7)	0.7 (0.3, 1.8)	0.043
Yes	6.2 (2.6, 15.0)	12.4 (7.2, 21.4)	6.9 (3.5, 13.8)	7.8 (3.7, 16.3)	6.6 (2.5, 17.5)	0.601

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Appendix Table 4. Adjusted (Model 4) Hazard Ratios of Selected DASH Food Groups With Incident HF in the Entire Population and Those Aged <75 Years

Variable	Q1	Q2	Q3	Q4	Q5	<i>p</i> -trend
	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)	HR (95% CI)	
Low fat dairy						
Entire population (N=4,436)	ref	1.0 (0.7, 1.6)	0.8 (0.5, 1.2)	0.6 (0.4, 1.2)	0.6 (0.4, 1.0)	0.109
Age 45–74 years (N=3,874)	ref	1.4 (0.8, 2.4)	0.8 (0.5, 1.5)	0.6 (0.3, 1.1)	0.5 (0.2, 0.9)	0.002
Meat						
Entire population	ref	1.2 (0.7, 1.8)	0.9 (0.7, 1.8)	0.8 (0.5, 1.3)	0.6 (0.4, 1.1)	0.172
Age 45–74 years	ref	1.2 (0.7, 2.1)	1.2 (0.7, 2.0)	0.8 (0.4, 1.4)	0.5 (0.2, 1.0)	0.092
Nuts and legumes						
Entire population	ref	1.8 (1.0, 3.2)	1.6 (0.9, 2.8)	1.2 (0.6, 2.1)	2.1 (1.2, 3.6)	0.03
Age 45–74 years	ref	1.6 (0.9, 3.0)	1.4 (0.7, 2.7)	0.9 (0.5, 1.9)	1.6 (0.8, 3.1)	0.243

DASH, Dietary Approaches to Stop Hypertension; HF, heart failure; HR, hazard ratio; Q, quintile.

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Appendix List 1. Food items.

apples, orange and other juice, lettuce, spinach, potato, dark bread, crackers, chips, cheddar and cottage cheese, yogurt, hamburger, ham, chili, sausage, chocolate and white doughnuts