

Table S1. Descriptive Statistics, Mean (sd) or Number (%), Selected Variables by Country, Men and Women Combined, INTERMAP, 1996-1999

Variable	Japan (n=1,145)		P. R. China (n=839)		UK (n=501)		USA (n=2,195)		All (n=4,680)	
	Mean	(sd)	Mean	(sd)	Mean	(sd)	Mean	(sd)	Mean	(sd)
Age (years)	49.4	(5.3)	49.0	(5.8)	49.1	(5.6)	49.1	(5.4)	49.2	(5.5)
Systolic BP (mm Hg)	117.2	(13.8)	121.3	(17.4)	120.4	(14.6)	118.6	(13.9)	118.9	(14.7)
Diastolic BP (mm Hg)	73.6	(10.3)	73.2	(10.2)	77.3	(9.9)	73.4	(9.7)	73.8	(10.0)
Total Omega-3 PFA (% kcal)	1.35	(0.38)	0.55	(0.37)	0.73	(0.26)	0.75	(0.31)	0.86	(0.44)
Linolenic acid (%kcal)	0.81	(0.26)	0.54	(0.37)	0.57	(0.20)	0.67	(0.27)	0.67	(0.30)
Sum, EPA+DHA+DPA (% kcal)	0.50	(0.29)	0.01	(0.02)	0.15	(0.17)	0.08	(0.13)	0.18	(0.26)
Sum, EPA + DHA (% kcal)	0.46	(0.26)	0.01	(0.02)	0.12	(0.15)	0.07	(0.12)	0.16	(0.24)
EPA (%kcal)	0.17	(0.11)	0.01	(0.02)	0.05	(0.07)	0.02	(0.04)	0.06	(0.09)
DHA (%kcal)	0.29	(0.16)	0.002	(0.007)	0.06	(0.08)	0.04	(0.08)	0.10	(0.15)

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DPA (%kcal)	0.05	(0.03)	0.0004	(0.001)	0.04	(0.02)	0.01	(0.01)	0.02	(0.03)
Total Omega-3 PFA (g/24hr)	3.07	(1.12)	1.25	(0.92)	1.76	(0.80)	1.87	(0.93)	2.04	(1.15)
Linolenic acid (g/24hr)	1.84	(0.73)	1.23	(0.91)	1.39	(0.64)	1.69	(0.84)	1.61	(0.84)
Sum, EPA+DHA+DPA (g/24hr)	1.15	(0.73)	0.02	(0.05)	0.36	(0.38)	0.18	(0.31)	0.41	(0.61)
Sum, EPA+DHA (g/24hr)	1.04	(0.66)	0.02	(0.04)	0.27	(0.34)	0.15	(0.28)	0.36	(0.56)
EPA (g/24hr)	0.39	(0.28)	0.02	(0.04)	0.12	(0.16)	0.05	(0.10)	0.13	(0.22)
DHA (g/24hr)	0.66	(0.39)	0.01	(0.02)	0.15	(0.20)	0.10	(0.19)	0.23	(0.35)
DPA (g/24hr)	0.10	(0.08)	0.001	(0.003)	0.09	(0.06)	0.02	(0.04)	0.05	(0.07)
Height (m)	1.61	(0.09)	1.59	(0.08)	1.69	(0.09)	1.68	(0.10)	1.65	(0.10)
Weight (kg)	61.2	(10.2)	58.9	(10.0)	78.2	(15.3)	82.3	(19.6)	72.5	(19.0)
Body Mass Index (kg/m ²)	23.4	(2.9)	23.1	(3.4)	27.5	(4.6)	28.9	(5.9)	26.4	(5.5)
Energy (kcal/24hr)	2038.6	(449.0)	2035.8	(576.8)	2168.0	(631.8)	2244.2	(698.7)	2148.4	(624.5)
Total protein (% kcal)	16.0	(2.3)	12.4	(1.9)	15.8	(3.1)	15.5	(3.2)	15.1	(3.1)

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Vegetable protein (% kcal)	7.1	(1.1)	9.9	(1.3)	6.1	(1.4)	5.2	(1.6)	6.6	(2.2)
Total fat (% kcal)	24.9	(5.0)	20.0	(6.1)	32.8	(6.5)	32.9	(6.9)	28.6	(8.2)
Total SFA (% kcal)	6.6	(1.8)	5.0	(2.0)	12.1	(3.3)	10.7	(2.8)	8.8	(3.6)
Total MFA (%kcal)	9.0	(2.2)	8.1	(2.8)	11.0	(2.5)	12.2	(2.9)	10.5	(3.2)
Oleic acid (%kcal)	8.0	(2.0)	6.7	(2.8)	10.0	(2.3)	11.6	(2.8)	9.6	(3.2)
Total PFA (% kcal)	6.4	(1.5)	5.8	(2.2)	6.2	(1.9)	7.0	(2.2)	6.5	(2.1)
Omega-6 PFA (% kcal)	5.0	(1.3)	5.3	(2.1)	5.5	(1.8)	6.3	(2.0)	5.7	(2.0)
Linoleic acid (%kcal)	4.9	(1.3)	5.3	(2.1)	5.4	(1.8)	6.2	(2.0)	5.7	(2.0)
Arachidonic acid (%kcal)	0.07	(0.02)	0.02	(0.02)	0.08	(0.04)	0.06	(0.04)	0.06	(0.04)
Trans fatty acids (% kcal)	0.44	(0.30)	0.18	(0.34)	1.36	(0.61)	1.94	(0.80)	1.20	(0.98)
Cholesterol (mg/1,000kcal)	197.2	(66.9)	89.0	(85.9)	120.4	(48.3)	131.4	(58.8)	138.7	(75.0)
Total available carbohydrate (% kcal)	54.2	(7.3)	65.0	(10.0)	44.5	(6.6)	49.4	(8.1)	52.9	(10.3)

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Estimated total sugars										
(%kcal)	18.7	(4.7)	8.5	(5.2)	20.3	(6.0)	26.7	(8.2)	20.8	(9.5)
7-Day alcohol* (g/24hr)	17.0	(22.6)	8.6	(21.4)	14.7	(19.2)	7.0	(13.7)	10.5	(18.8)
7-Day alcohol among										
drinkers* (g/24hr)	18.8	(23.0)	18.9	(28.4)	16.6	(19.6)	9.9	(15.4)	14.5	(20.7)
Dietary calcium										
(mg/1,000 kcal)	305.6	(108.7)	149.3	(56.2)	445.4	(118.7)	363.0	(142.0)	319.5	(149.2)
Dietary magnesium										
(mg/1,000 kcal)	134.4	(25.2)	154.6	(46.6)	153.8	(35.2)	148.1	(40.0)	146.5	(38.5)
Dietary phosphorus										
(mg/1,000 kcal)	562.6	(94.4)	438.9	(113.2)	662.0	(125.9)	591.0	(124.6)	564.4	(132.8)
Vitamin E (mg/1,000kcal)	4.95	(1.41)	5.29	(1.62)	4.48	(1.59)	4.48	(1.80)	4.74	(1.69)
Fiber (g/1,000 kcal)	7.9	(2.3)	14.2	(3.8)	12.2	(3.8)	9.0	(3.4)	10.0	(4.0)
Urinary sodium (mmol/24hr)	198.3	(56.2)	227.5	(100.3)	145.2	(49.1)	162.6	(59.4)	181.1	(72.4)

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Urinary potassium										
(mmol/24hr)	48.9	(13.6)	38.3	(12.7)	68.2	(20.1)	57.7	(20.9)	53.2	(20.0)
Urinary Creatinine (mmol/24hr)	11.09	(2.99)	9.20	(2.62)	12.58	(3.45)	13.36	(4.11)	11.97	(3.89)
Ratio of Urinary Na to										
Creatinine (mmol/mmol)	18.74	(5.95)	25.70	(11.09)	12.03	(4.05)	12.60	(4.07)	16.39	(8.12)
Ratio of Urinary K to Creatinine										
(mmol/mmol)	4.67	(1.67)	4.38	(1.70)	5.62	(1.51)	4.51	(1.58)	4.64	(1.66)
	n	(%)	n	(%)	n	(%)	n	(%)	n	(%)
Family history of hypertension										
in any first degree relative										
-Yes	528	(46.1)	298	(35.5)	242	(48.3)	1,491	(67.9)	2,559	(54.7)
-Unknown	406	(35.5)	188	(22.4)	188	(37.5)	489	(22.3)	1,271	(27.2)
Current alcohol drinkers	1,039	(90.7)	382	(45.5)	444	(88.6)	1,533	(69.8)	3,398	(72.6)

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Special diet: weight loss, weight gain, vegetarian, salt reduced, diabetic, fat modified, or any other	76	(6.6)	45	(5.4)	106	(21.2)	401	(18.3)	628	(13.4)
Taking dietary supplement	243	(21.2)	34	(4.1)	191	(38.1)	1,136	(51.8)	1,604	(34.3)
High blood pressure [†]	153	(13.4)	145	(17.3)	116	(23.2)	595	(27.1)	1,009	(21.6)
History of heart attack, other heart disease, stroke, or diabetes	131	(11.4)	59	(7.0)	54	(10.8)	343	(15.6)	587	(12.5)
Taking lipid lowering drugs	37	(3.2)	6	(0.7)	15	(3.0)	146	(6.7)	204	(4.4)
Taking prescribed drug treatment for high BP/CVD	85	(7.4)	66	(7.9)	82	(16.4)	518	(23.6)	751	(16.0)
Taking diuretic for other reason	3	(0.3)	1	(0.1)	5	(1.0)	25	(1.1)	34	(0.7)
Taking prescribed drug treatment for diabetes	18	(1.6)	11	(1.3)	6	(1.2)	128	(5.8)	163	(3.5)

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Taking non-steroidal										
anti-inflammatory drug (NSAID)	48	(4.2)	17	(2.0)	41	(8.2)	235	(10.7)	341	(7.3)

PFA is polyunsaturated fatty acids; EPA is eicosapentaenoic acid; DHA is docosahexaenoic acid; DPA is docosapentaenoic acid, SFA is saturated fatty acids, MFA is monounsaturated fatty acids

*Average daily alcohol intake, from two histories per person of daily alcohol intake during the preceding 7 days

†SBP \geq 140 mm Hg or DBP \geq 90 mmHg or reporting use of medication for high BP