Diet items in the Hawaii Personality and Health Cohort: Supplementary Tables

This file contains supplementary tables which contain information that may be useful to readers. These tables were all created during the analyses and the code which generated these tables is available in Supplementary File 2. Some tables have been manually reformatted in order to ease interpretation; however, all numbers and values were generated from the data.

Table 1 contains the labels of the individual food consumption items and the frequency for which each response choice was endorsed for each item. This sample of participants was used to factor analyze the food consumption variables, although some were missing health and covariate data and were excluded from subsequent analyses.

Table 2 shows the result of the two-factor factor analysis, including factor loadings, the communalities (h2), the uniqueness (u2) and the complexities (com) for each item.

Table 3 shows the result of the sensitivity analysis pertaining to the use of the maximum lifetime income as a moderator instead of the SES composite variable.

Table 4 shows the result of the sensitivity analysis pertaining to the use of the education level as a moderator instead of the SES composite variable.

Table 5 shows the result of the additional analyses requested by reviewers examining the use of gender as a moderator.

question	Not at all	1-3 times in the last month	Once a week	2-3 times a week	4-6 times a week	Once a day	2+ times a day	Total responses
chow mein	151	482	63	8	3	0	0	707
spaghetti w/meat or cream sauce	148	483	58	13	3	0	0	705
macaroni,potato..salad w/mayo	116	441	102	42	6	0	1	708
hamburgers/cheeseburgers	133	356	157	54	3	3	1	707
pizza	118	497	77	8	3	2	1	706
steak/roast	116	406	134	45	3	0	1	705
chicken/fish	7	87	166	293	119	18	15	705
tofu	188	312	118	64	17	7	1	707
spam/ham/luncheon meats	161	340	119	61	21	3	1	706
sausage/bacon/hot dogs	104	380	151	63	8	1	0	707
french fries	98	390	153	52	8	1	1	703
vegetables	6	75	86	162	144	122	108	703
fruit	22	119	112	185	104	108	55	705
high fiber cereals	257	147	78	103	53	61	7	706
dark whole grain breads	219	179	68	122	62	45	12	707
skim/1% fat milk	364	98	39	51	40	85	28	705
2% fat/whole milk	344	136	70	61	39	32	16	698
butter/margarine/peanut butter	53	206	138	176	75	42	15	705
doughnuts/pastry..	77	319	154	115	28	12	1	706
potato/corn chips	90	313	168	103	22	8	2	706
ice cream	181	343	100	62	14	7	0	707
poi	386	247	38	17	11	1	8	708
rice	14	48	47	111	153	194	139	706
mayonnaise/regular salad dressings	48	190	134	187	89	53	7	708

Table 1: Food consumption items and frequency of response endorsement

A factor analysis table from the psych package in R

Variable	MR1	MR2	h2	u2	com
HAMBURGERS/CHEESEBURGERS	**0.62**	-0.12	0.43	0.57	1.07
FRENCH FRIES	**0.62**	-0.05	0.40	0.60	1.01
SAUSAGE/BACON/HOT DOGS	**0.57**	-0.12	0.36	0.64	1.09
DOUGHNUTS/PASTRY..	**0.53**	0.10	0.27	0.73	1.08
POTATO/CORN CHIPS	**0.51**	0.06	0.25	0.75	1.03
SPAM/HAM/LUNCHEON MEATS	**0.50**	-0.05	0.26	0.74	1.02
STEAK/ROAST	**0.49**	0.01	0.24	0.76	1.00
ICE CREAM	**0.48**	0.01	0.23	0.77	1.00
MAYONNAISE/REGULAR SALAD DRESSINGS	**0.44**	0.18	0.19	0.81	1.31
BUTTER/MARGARINE/PEANUT BUTTER	**0.42**	**0.24**	0.20	0.80	1.59
PIZZA	**0.35**	0.02	0.12	0.88	1.01
MACARONI,POTATO..SALAD W/MAYO	**0.35**	0.02	0.12	0.88	1.01
SPAGHETTI W/MEAT OR CREAM SAUCE	**0.35**	0.06	0.12	0.88	1.06
CHOW MEIN	**0.30**	-0.11	0.11	0.89	1.25
RICE	**0.28**	-0.04	0.09	0.91	1.04
2% FAT/WHOLE MILK	**0.24**	0.07	0.06	0.94	1.15
POI	0.17	0.08	0.03	0.97	1.44
FRUIT	0.02	**0.77**	0.59	0.41	1.00
VEGETABLES	0.01	**0.71**	0.50	0.50	1.00
HIGH FIBER CEREALS	-0.06	**0.58**	0.35	0.65	1.02
DARK WHOLE GRAIN BREADS	-0.05	**0.51**	0.27	0.73	1.02
SKIM/1% FAT MILK	-0.20	**0.39**	0.22	0.78	1.47
CHICKEN/FISH	0.10	**0.26**	0.07	0.93	1.29
TOFU	0.02	**0.25**	0.06	0.94	1.01
SS loadings	3.4	2.14			
Proportion Var	0.14	0.09			
Cumulative Var	0.14	0.23			
Cum. factor Var	0.61	1			
MR1	1.00	-0.19			
MR2	-0.19	1.00			

Table 2: Factor analysis of food consumption items

Predictor	b	SE_b	t	p	$r_{Lowincome}$	$r_{Highincome}$
Healthy food consumption						
Extraversion	0.04	0.04	1.02	0.31	-0.02	0.07
Agreeableness	-0.04	0.05	-0.90	0.37	0.12	0.03
Conscientiousness	-0.04	0.05	-0.86	0.39	0.15∗	0.06
Neuroticism	-0.01	0.05	-0.25	0.80	-0.11	-0.13
Openness	0.06	0.05	1.36	0.17	0.09	0.21∗∗∗
Self-Rated Health	0.02	0.04	0.51	0.61	0.18∗∗	0.23∗∗∗
BMI	0.01	0.05	0.21	0.83	-0.20∗∗	-0.18∗
Type II Diabetes	0.02	0.05	0.35	0.73	-0.11	-0.07
Unhealthy food consumption						
Extraversion	-0.10∗	0.04	-2.31	0.02	0.13∗	-0.06
Agreeableness	-0.04	0.05	-0.88	0.38	0.00	-0.09
Conscientiousness	-0.06	0.05	-1.14	0.25	-0.03	-0.14∗
Neuroticism	0.09∗	0.05	1.98	0.05	-0.01	0.17∗
Openness	-0.02	0.05	-0.40	0.69	-0.07	-0.11
Self-Rated Health	0.02	0.04	0.50	0.61	-0.16∗	-0.12
BMI	-0.01	0.06	-0.22	0.82	0.11	0.08
Type II Diabetes	0.00	0.05	-0.09	0.93	0.06	0.05

Table 3: Interaction of maximum lifetime income with personality and health variables on diet factors

Predictor	b	SE_b	t	p	r_{LowEDU}	$r_{HighEDU}$
Healthy food consumption						
Extraversion	0.02	0.04	0.60	0.55	0.06	0.10
Agreeableness	0.02	0.04	0.45	0.65	0.04	0.07
Conscientiousness	-0.01	0.04	-0.20	0.84	0.13*	0.11*
Neuroticism	0.00	0.04	-0.12	0.91	-0.10	-0.11*
Openness	0.04	0.04	0.97	0.33	0.07	0.15**
Self-rated Health	-0.02	0.04	-0.55	0.58	0.19**	0.14*
BMI	-0.03	0.04	-0.63	0.53	-0.10	-0.15*
Type II Diabetes	-0.04	0.04	-0.87	0.39	-0.02	-0.09
Unhealthy food consumption						
Extraversion	-0.02	0.04	-0.55	0.58	0.01	-0.03
Agreeableness	-0.06	0.04	-1.54	0.12	-0.01	-0.13*
Conscientiousness	0.02	0.04	0.42	0.68	-0.12*	-0.09
Neuroticism	0.02	0.04	0.40	0.69	0.06	0.09
Openness	0.00	0.04	-0.12	0.91	-0.09	-0.10*
Self-rated Health	-0.04	0.05	-0.92	0.36	-0.05	-0.13*
BMI	0.07	0.04	1.57	0.12	-0.05	0.08
Type II Diabetes	0.01	0.04	0.23	0.82	0.02	0.04

Table 4: Interaction of education with personality and health variables on food consumption factors

Outcome	Predictor	Est	StdError	tvalue	pvalue
Healthy	Extraversion	-0.02	0.08	-0.31	0.76
Healthy	Agreeableness	-0.04	0.08	-0.56	0.57
Healthy	Conscientiousness	-0.07	0.08	-0.94	0.35
Healthy	Neuroticism	0.04	0.08	0.50	0.62
Healthy	Openness	-0.01	0.08	-0.16	0.87
Healthy	Self-Rated Health	0.16	0.09	1.87	0.06
Healthy	BMI	-0.01	0.10	-0.13	0.90
Healthy	Type II Diabetes	0.05	0.09	0.62	0.54
Unhealthy	Extraversion	0.00	0.08	0.05	0.96
Unhealthy	Agreeableness	-0.09	0.08	-1.09	0.28
Unhealthy	Conscientiousness	-0.03	0.08	-0.42	0.67
Unhealthy	Neuroticism	0.12	0.08	1.60	0.11
Unhealthy	Openness	0.00	0.08	0.06	0.95
Unhealthy	Self-Rated Health	-0.09	0.09	-1.04	0.30
Unhealthy	BMI	-0.04	0.10	-0.38	0.70
Unhealthy	Type II Diabetes	-0.03	0.09	-0.31	0.75

Table 5: Interaction of gender with personality and health variables on diet factors