

Supplementary material

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Supplementary Table 1: Participant Characteristics by Duration of Residence in the US and Sex (n=849)

Characteristic	All n=849	Men			Women		
		<10 years n=16	10-19 years n=99	≥20 years n =345	<10 years n=19	10-19 years n=83	≥20 years n=287
Sociodemographic Characteristics							
Age, mean (SD), years	55.4 (9.3)	56.2 (7.6)	51.7 (10.3)	57.5 (9.5) ^b	54.4 (11.3)	49.0 (6.9)	56.0 (8.2) ^b
NWU study site	382 (45.0)	11 (68.8)	49 (49.5)	161 (46.7)	8 (42.1)	30 (36.1)	123 (42.9)
Married, n (%)	780 (91.9)	16 (100)	98 (99.0)	331 (95.9)	14 (73.7)	76 (91.6)	245 (85.4)
Religion, n (%)							
Hinduism/Jainism	633 (74.6)	11 (68.8)	76 (76.8)	256 (74.2)	15 (78.9)	60 (72.3)	215 (74.9)
Other religion	168 (19.8)	5 (31.3)	20 (20.2)	64 (18.6)	4 (21.1)	20 (24.1)	55 (19.2)
No religious affiliation	48 (5.7)	0	3 (3.0)	25 (7.2)	0	3 (3.6)	17 (5.9)
Birthplace, n (%)							
India	724 (85.3)	12 (75.0)	81 (81.8)	300 (87.0)	16 (84.2)	71 (85.5)	244 (85.0)
Other	125 (14.7)	4 (25.0)	18 (18.2)	45 (13.0)	3 (15.8)	12 (14.5)	43 (15)
English language proficiency, n (%)							
Speak English poorly or fairly	109 (12.8)	7 (43.8)	15 (15.2) ^a	26 (7.5) ^b	8 (42.1)	15 (18.1) ^a	38 (13.2)
Speak English well or very well	740 (87.2)	9 (56.3)	84 (84.8) ^a	319 (92.5) ^b	11 (57.9)	68 (81.9) ^a	249 (86.8)
Education, n (%)							
Less than bachelor's degree	97 (11.4)	2 (12.5)	8 (8.1)	36 (10.4)	4 (21.1)	9 (10.8)	38 (13.2)
Bachelor's degree	247 (29.1)	8 (50.0)	30 (30.3)	77 (22.3)	7 (36.8)	26 (31.3)	99 (34.5)
More than bachelor's degree	505 (59.5)	6 (37.5)	61 (61.6)	232 (67.3)	8 (42.1)	48 (57.8)	150 (52.3)
Annual Income, n (%)							
<\$100,000	314 (37)	14 (87.5)	39 (39.4) ^a	118 (34.2) ^b	8 (42.1)	34 (41)	101 (35.2)
\$100,000 to \$200,000	291 (34.3)	2 (12.5)	41 (41.4) ^a	120 (34.8) ^b	5 (26.3)	28 (33.7)	95 (33.1)
>\$200,000	244 (28.7)	0	19 (19.2) ^a	107 (31) ^b	6 (31.6)	21 (25.3)	91 (31.7)

Characteristic	All n=849	Men			Women		
		<10 years n=16	10-19 years n=99	≥20 years n=345	<10 years n=19	10-19 years n=83	≥20 years n=287
Insurance Status, n (%)							
Insured	780 (91.9)	10 (62.5)	87 (87.9) ^a	325 (94.2) ^b	13 (68.4)	75 (90.4) ^a	270 (94.1)
No Insurance	69 (8.1)	6 (37.5)	12 (12.1) ^a	20 (5.8) ^b	6 (31.6)	8 (9.6) ^a	17 (5.9)
Occupation, n (%)							
Unemployed	135 (15.9)	1 (6.3)	7 (7.1)	12 (3.5)	7 (36.8)	25 (30.1)	83 (28.9) ^b
Employed	598 (70.4)	13 (81.3)	83 (83.8)	272 (78.8)	9 (47.4)	58 (69.9)	163 (56.8) ^b
Retired	116 (13.7)	2 (12.5)	9 (9.1)	61 (17.7)	3 (15.8)	0	41 (14.3) ^b
CES-D depression scale, mean (SD)	7.7 (7.1)	9.7 (8.0)	7.6 (7.1)	6.9 (6.3)	9.7 (7.9)	8.0 (8.6)	8.3 (7.2)
Lifestyle and Behavioral Factors							
Total physical activity, mean (SD), MET-min/week	10057 (4031)	9678 (3523)	10522 (4307)	9456 (3411) ^b	10077 (4125)	10682 (4607)	10459 (4384)
Total exercise, mean (SD), MET-min/week	1309.2 (1336.9)	715.9 (939.7)	1287.7 (1301.2)	1368.7 (1324.5)	1308.6 (2416.6)	1013.4 (1248.5)	1363.9 (1302.4) ^b
Total caloric intake, mean (SD), kcals	1670.3 (516.1)	1761.4 (671.1)	1842.8 (542.1)	1726.2 (566.8)	1603.2 (531.9)	1633.2 (399.0)	1553.9 (432.4)
Smoking, n (%)							
Never	701 (82.6)	10 (62.5)	71 (71.7)	244 (70.7)	18 (94.7)	79 (95.2)	279 (97.2)
Former	119 (14.0)	5 (31.3)	24 (24.2)	81 (23.5)	1 (5.3)	3 (3.6)	5 (1.7)
Current	29 (3.4)	1 (6.3)	4 (4.0)	20 (5.8)	0	1 (1.2)	3 (1.0)
Alcohol, n (%)	277 (32.6)	3 (18.8)	37 (37.4) ^a	163 (47.2)	2 (10.5)	13 (15.7)	59 (20.6)
Cardiovascular Risk Factors							
Glycemic status, n (%)							
Normal	348 (41.0)	2 (12.5)	35 (35.4)	124 (35.9)	8 (42.1)	45 (54.2)	134 (46.7)
Prediabetes	282 (33.2)	8 (50.0)	37 (37.4)	118 (34.2)	6 (31.6)	19 (22.9)	94 (32.8)
Diabetes	219 (25.8)	6 (37.5)	27 (27.3)	103 (29.9)	5 (26.3)	19 (22.9)	59 (20.6)

Characteristic	Men				Women			
	All n=849	<10 years n=16	10-19 years n=99	≥20 years n=345	<10 years n=19	10-19 years n=83	≥20 years n=287	
Hemoglobin A1C, mean (SD), %	6.1 (0.9)	6.1 (0.8)	6.1 (0.9)	6.2 (1.0)	6.1 (1.0)	6.0 (0.7)	6.0 (0.8)	
Fasting glucose, mean (SD), mg/dl	103.6 (24.9)	102.9 (15.6)	107.7 (25.1)	107.7 (26.0)	100.5 (23.1)	98.8 (18.7)	98.9 (24.7)	
2-hr glucose, mean (SD), mg/dl	135.7 (53.3)	152.9 (44.2)	137.4 (61.7)	136.0 (52.7)	139.2 (40.3)	130.9 (52.3)	135.1 (52.7)	
HOMA-B, mean (SD)	123.3 (90.2)	146.3	129.0 (106.2)	125.4 (106.1)	112.5 (63.3)	116.8 (65.1)	119.7 (66.7)	
HOMA-IR, mean (SD)	2.9 (2.7)	3.6 (2.1)	3.4 (2.5)	3.2 (2.4)	2.1 (1.1)	2.6 (1.7)	2.6 (3.3)	
Fasting insulin, mean (SD), pmol/L	76.0 (85.0)	84.3 (50.7)	97.8 (179.7)	80.5 (78.1)	66.7 (44.2)	66.6 (37.7)	65.5 (43.1)	
2-hr insulin, mean (SD), pmol/L	721.9 (628.3)	1111.4	759.3 (616.2)	790.5 (699.1)	677.5 (491.9)	713.7 (693.2)	609.6	
Hypertension, n (%)	339 (39.9)	6 (37.5)	46 (46.5)	153 (44.3)	4 (21.1)	23 (27.7)	107 (37.3)	
Systolic BP, mean (SD), mmHg	123.9 (15.5)	119.5 (11.3)	123.8 (14.0)	126.4 (14.4)	120.9 (13.3)	120.0 (15.1)	122.5 (17.2)	
Diastolic BP, mean (SD), mmHg	73.3 (9.8)	74.3 (8.4)	76.3 (8.8)	76.5 (8.8)	71.0 (8.5)	71.0 (8.9)	69.1 (10.0)	
Dyslipidemia, n (%)	435 (51.2)	9 (56.3)	68 (68.7)	207 (60.0)	7 (36.8)	29 (34.9)	115 (40.1)	
Total Cholesterol, mean (SD), mg/dl	187.2 (37.1)	186.1 (35.5)	183.2 (38.0)	181.0 (36.9)	175.5 (40.4)	191.6 (36.8)	195.4 (35.3)	
LDL, mean (SD), mg/dl	111.1 (32.2)	112.9 (31.9)	110.8 (33.5)	107.6 (32.1)	103.1 (39.1)	115.8 (28.8)	114.4 (32.1)	
HDL, mean (SD), mg/dl	49.9 (13.3)	42.1 (4.6)	43.5 (11.0)	45.7 (10.8) ^b	51.7 (11.1)	51.7 (13.9) ^a	56.8 (13.7) ^b	
Triglycerides, mean (SD), mg/dl	131.6 (66.1)	155.3 (50.0)	141.8 (67.1)	140.7 (78.1)	114.8 (42.6)	119.4 (57.7)	120.5 (50.4)	
Weight and Body Composition								
Obesity, n (%)	250 (29.6)	2 (12.5)	29 (29.3)	92 (26.8)	6 (33.3)	32 (38.6)	89 (31.0)	
Weight, mean (SD), Kg	69.9 (12.5)	71.1 (12.9)	76.4 (13.6)	74.2 (11.1)	63.1 (8.4)	65.9 (13.1)	64.1 (10.6)	
BMI, mean (SD), Kg/m ²	25.9 (4.0)	24.4 (3.7)	26.2 (4.2)	25.7 (3.8)	25.6 (3.5)	26.5 (4.5)	26.0 (4.1)	
Waist circumference, mean (SD), cm	92.8 (10.1)	94.1 (8.1)	96.6 (10.5)	95.6 (9.2)	84.6 (8.3)	89.6 (10.2) ^a	89.5 (9.7)	
Hip girth, mean (SD), cm	102.8 (8.4)	100.8 (7.2)	103.4 (8.7)	101.9 (7.2)	101.5 (10.4)	104.5 (10.4)	103.4 (8.7)	
Waist-Hip ratio, mean (SD)	0.9 (0.1)	0.9 (0.0)	0.9 (0.1)	0.9 (0.1)	0.8 (0.1)	0.9 (0.1)	0.9 (0.1)	
Visceral fat area, mean (SD), cm ²	134.2 (55.7)	154.0 (65.7)	148.9 (58.6)	152.3 (58.8)	108.5 (49.7)	113.3 (44.1)	114.9 (44.0)	
Subcutaneous fat, mean (SD), cm ²	234.8 (91.5)	191.7 (73.3)	226.7 (96.8)	211.2 (79.9)	250.1 (64.1)	258.0 (99.6)	260.7 (94.5)	

Characteristic	Men			Women			
	All n=849	<10 years n=16	10-19 years n=99	≥20 years n =345	<10 years n=19	10-19 years n=83	≥20 years n=287
Pericardial fat, mean (SD), cm ²	59.1 (29.7)	57.9 (25.6)	69.6 (32.3)	68.8 (32.5)	51.5 (33.7)	44.5 (17.2)	48.7 (21.8)
Intermuscular fat, mean (SD), cm ²	21.3 (8.6)	21.8 (7.0)	19.6 (8.7)	21.5 (9.3)	21.7 (9.0)	20.8 (8.5)	21.7 (7.6)

Abbreviations: NWU, Northwestern University; BMI, Body Mass Index; BP: Blood Pressure

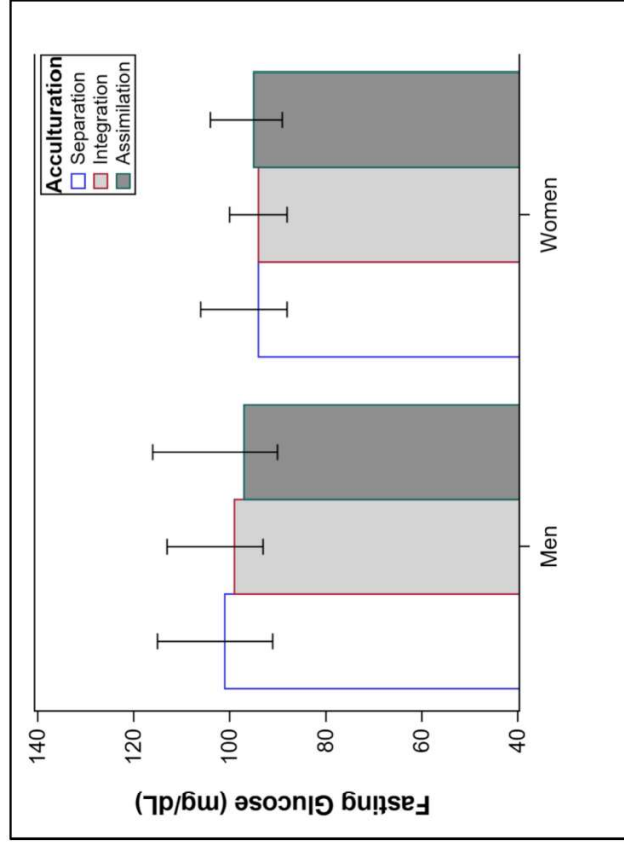
*Differences by length of residence in the US were examined using *t* tests and pairwise comparison (i.e. ≥20 years vs <10 years and ≥20 years vs 10-19 years); categorical variables were examined using chi-squared tests of homogeneity. Testing was performed on log transformed variables when necessary to achieve normality.

^a Statistically significant difference (*p value* < 0.05) between the “10-19 years” and the “<10 years” groups.

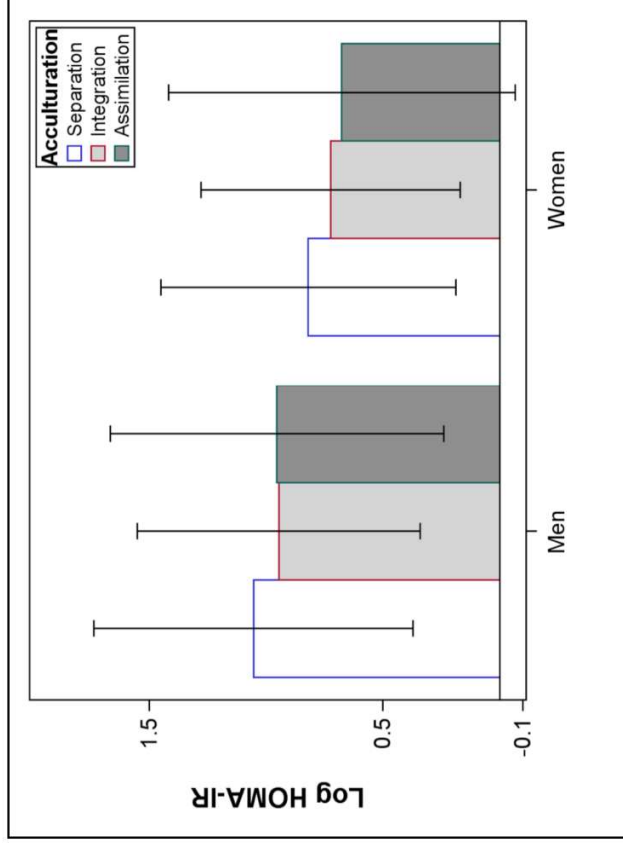
^b Statistically significant difference (*p value* < 0.05) between the “≥20 years” and the “<10 years” groups.

Supplementary Figure 1: Glycemic indices by acculturation class and sex

A) Fasting glucose

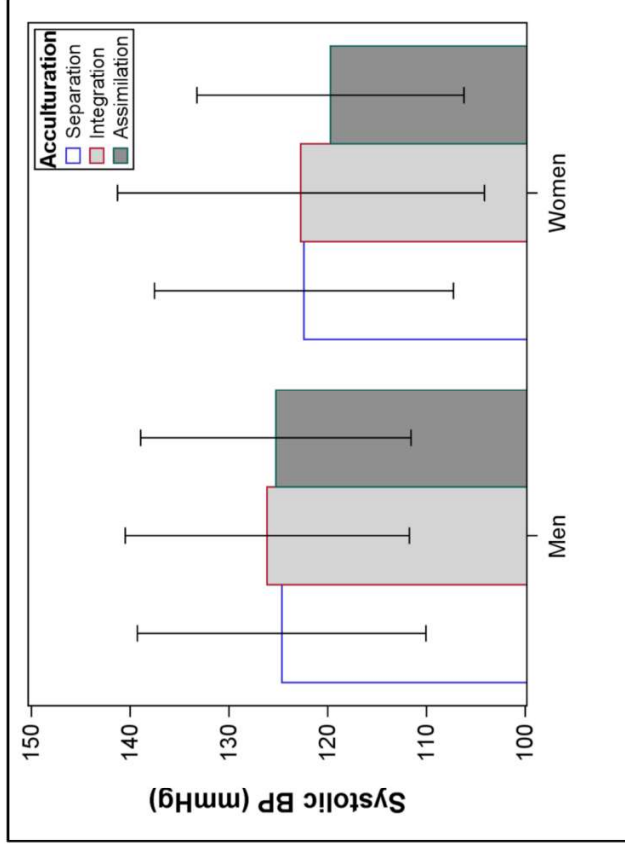


B) Log HOMA-IR

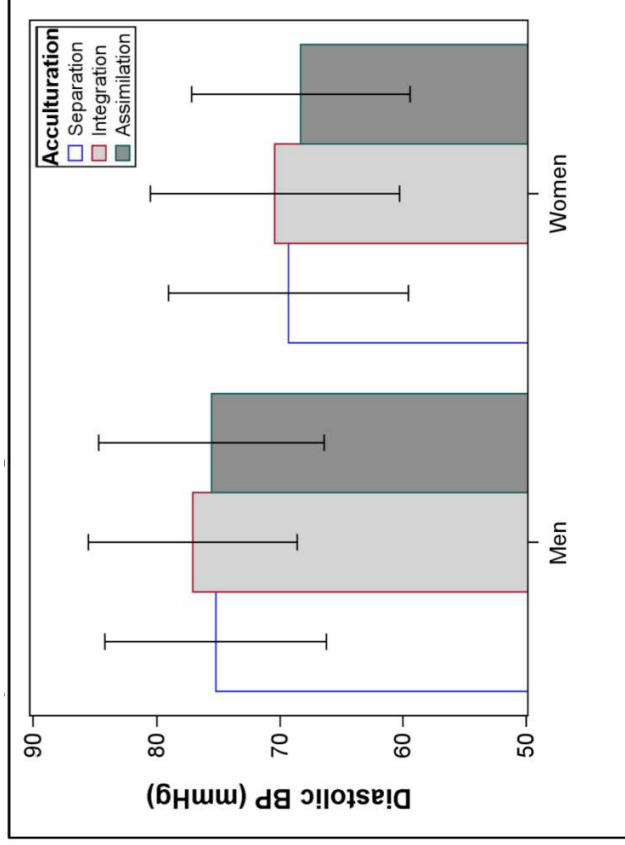


Supplementary Figure 2: Blood pressure parameters and LDL by acculturation class and sex

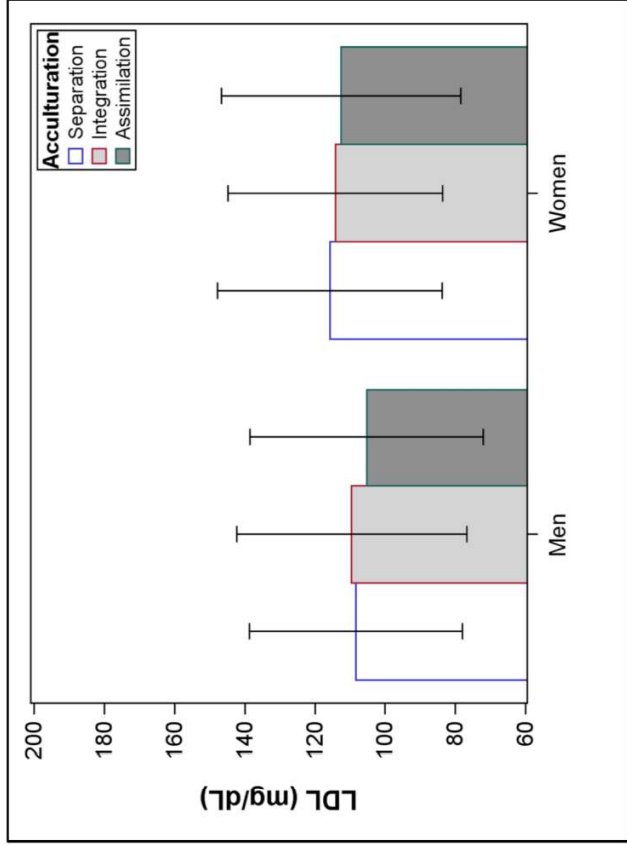
A) Systolic blood pressure



B) Diastolic blood pressure

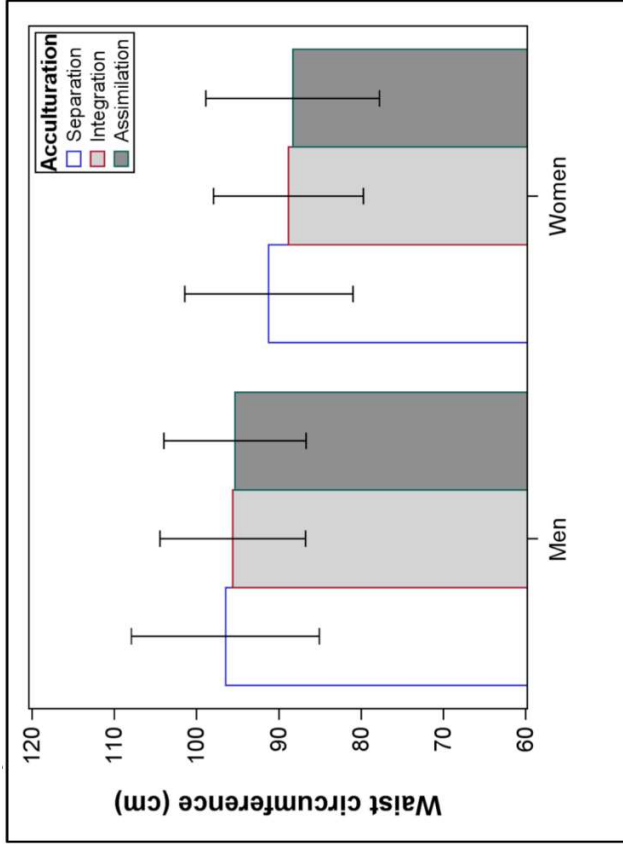


C) LDL

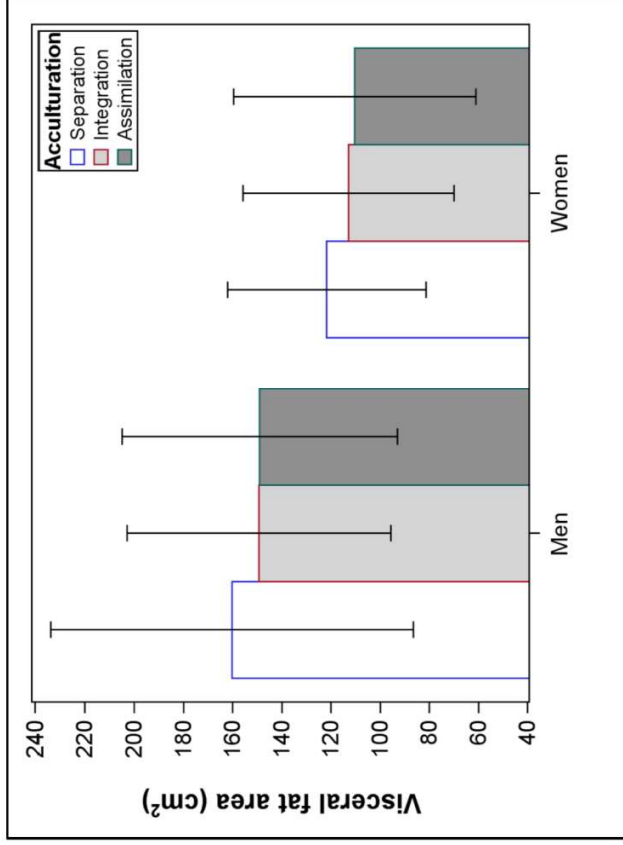


Supplementary Figure 3: Weight and body composition by acculturation class and sex

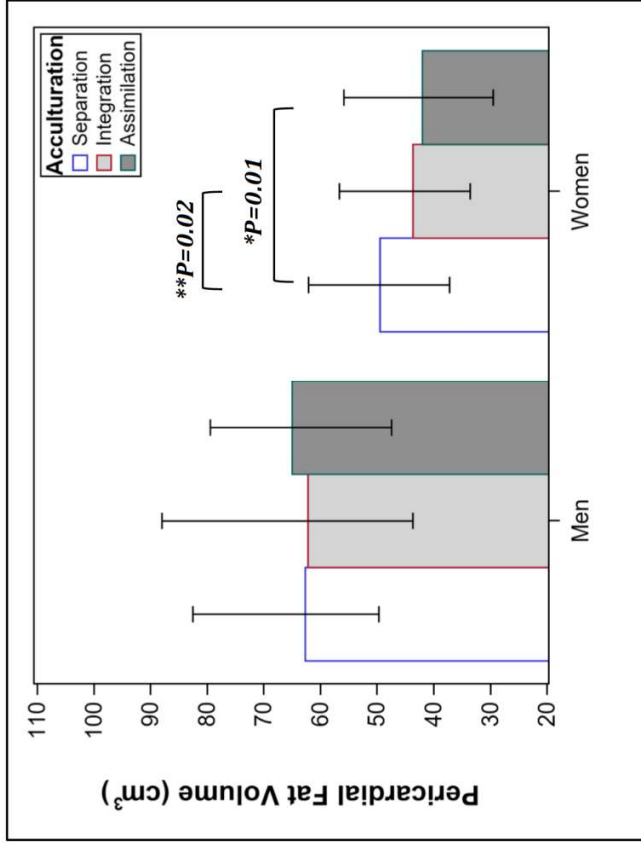
A) Waist Circumference



B) Visceral Fat Area



C) Pericardial Fat Volume



D) Hepatic Fat Attenuation

