Supplemental Tables

Table 1b: Participant Characteristics (Complete Data at Both Visit 1 and 3)

	Overall	By Sex			By Age			
		Females	Males	p-value[1]	21-44	45-64	65+	p-value[2]
N	2711	1730	981		759	1473	479	
Demographics								
Age, Mean (SD)	53.2 (12.1)	53.6 (12.2)	52.5 (11.8)	**0.0249**	38.5 (5.6)	55.1 (5.9)	70.5 (4.4)	**<.0001**
Sex (% Female)	63.8	-	-	-	63.2	62.6	68.5	0.0618
SES/Lifestyle factors								
Education (%)								
< High School	12.3	11.9	13.1	0.2725	3.3	10.2	33.2	**<.0001**
High School 4 – College 3	48.7	49.9	46.7		58.5	47.2	38.0	
College 4+	38.9	38.2	40.2		38.2	42.6	28.8	
Income (%)								
Poor	11.1	13.6	6.6	**<.0001**	14.2	8.4	14.1	**<.0001**
Lower-middle	21.4	23.8	17.3		18.7	18.2	35.5	
Upper-middle	31.2	32.6	28.7		38.5	29.4	24.8	
Affluent	36.4	30.1	47.4		28.6	44.0	25.6	
Cigarette smoking (AHA categorization) (%)								
Never smoked/quit ≥ 12 month ago	87.7	90.1	83.4	**<.0001**	87.0	86.6	92.3	**0.0071**
Quit < 12 month ago	0.6	0.5	0.8		1.1	0.5	0.4	
Current smoker	11.7	9.4	15.8		12.0	13.0	7.3	
Alcohol consumption								
Alcohol drinking in the past 12 months (%)	50.1	42.9	62.7	**<.0001**	61.6	50.4	30.7	**<.0001**
Average number of drinks per week, Mean (SD)	1.7 (5.8)	0.7 (3.0)	3.6 (8.6)	**<.0001**	2.3 (7.3)	1.7 (5.5)	0.9 (3.8)	**0.0002**
Nutrition (AHA categorization) (%)								
Ideal health	0.8	0.9	0.6	0.0822	0.2	0.8	1.8	**<.0001**
Intermediate health	38.6	40.0	36.1		28.7	41.3	45.5	
Poor health	60.6	59.0	63.4		71.2	57.9	52.7	
Physical Activity (AHA categorization) (%)								
Ideal health	21.9	19.3	26.3	**0.0001**	25.2	22.1	15.9	**<.0001**
Intermediate health	34.2	35.6	31.6		38.9	33.4	29.2	
Poor health	44.0	45.1	42.0		36.0	44.5	54.9	

Discrimination, Mean (SD)								
Everyday discrimination	2.11 (0.99)	2.04 (1.00)	2.17 (1.06)	**0.0004**	2.31 (1.01)	2.13 (1.00)	1.77 (0.81)	**<.0001**
Median (IQR)	1.89 (1.33, 2.67)	1.89 (1.33, 2.56)	2.00 (1.44, 2.78)		2.11 (1.56, 2.89)	1.89 (1.33, 2.67)	1.56 (1.11, 2.06)	
Lifetime discrimination	3.10 (2.09)	2.86 (2.09)	3.24 (2.16)	**<.0001**	3.13 (2.03)	3.28 (2.11)	2.49 (2.02)	**<.0001**
Median (IQR)	3 (1, 5)	3 (1, 4)	3 (2, 5)		3 (2, 5)	3 (2, 5)	2 (1, 4)	
Discrimination burden	2.34 (0.76)	2.31 (0.77)	2.36 (0.76)	0.0707	2.20 (0.72)	2.39 (0.76)	2.37 (0.79)	**<.0001**
Median (IQR)	2.17 (1.83, 2.83)	2.17 (1.83, 2.83)	2.33 (1.83, 2.83)		2.17 (1.67, 2.83)	2.33 (1.83, 2.83)	2.33 (1.67, 2.83)	
Health Measures, Mean (SD)								
BMI	31.2 (7.0)	32.3 (7.4)	29.4 (5.9)	**<.0001**	31.9 (7.8)	31.2 (6.9)	30.1 (5.8)	**<.0001**
Waist Circumference	98.5 (15.7)	98.1 (16.1)	99.4 (14.9)	**0.0333**	97.4 (17.3)	98.9 (15.3)	99.2 (14.0)	0.0622
SBP	125.4 (15.7)	124.4 (15.6)	127.2 (15.6)	**<.0001**	118.5 (12.8)	126.3 (14.9)	133.6 (17.3)	**<.0001**
DBP	76.1 (8.5)	74.6 (8.1)	78.8 (8.5)	**<.0001**	75.9 (8.5)	77.1 (8.2)	73.6 (8.8)	**<.0001**
Triglycerides	98.0 (55.9)	93.9 (50.1)	105.3 (64.3)	**<.0001**	87.7 (60.9)	101.6 (54.8)	103.1 (48.5)	**<.0001**
HDL	52.3 (14.5)	55.5 (14.5)	46.6 (12.5)	**<.0001**	50.1 (13.0)	52.3 (14.4)	55.6 (16.1)	**<.0001**
Glucose	90.2 (8.8)	89.6 (8.9)	91.1 (8.5)	**<.0001**	86.6 (7.5)	91.0 (8.8)	93.4 (8.9)	**<.0001**
Cortisol	9.4 (3.9)	8.7 (3.6)	10.7 (3.9)	**<.0001**	9.0 (4.1)	9.4 (3.8)	10.0 (3.6)	**<.0001**
hsCRP	0.46 (0.68)	0.6 (0.7)	0.3 (0.5)	**<.0001**	0.4 (0.7)	0.5 (0.7)	0.5 (0.6)	0.2946[3]
ATP-III MetS Status (%)	20.6	22.3	17.6	**0.0043**	12.5	22.2	28.4	**<.0001**
MetS severity score Z-score	-0.08 (0.71)	-0.08 (0.73)	-0.09 (0.68)	0.7980	-0.27 (0.75)	-0.03 (0.69)	0.06 (0.67)	**<.0001**

[1] t-test for continuous variables, chi-square tests for categorical variables

[2] ANOVA for continuous variables, chi-square tests for categorical variables

[3] P=0.0012 by Kruskal-Wallis test

Table 2b. Linear Mixed Models on MetS Severity (Overall, Complete Data at Both Visit 1 and 3)

	Model 1				Model 2				Model 3			
	Mean Z-score (95% CI)		p-value		Mean Z-score (95% CI)		p-value		Mean Z-score (95% CI)		p-value	
	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction
Everyday Discrimination Tertile n, mean ± SD			0.1644	0.2021			0.2021	0.2167			0.0621	0.1342
Low n=848 1.16 ± 0.17	-0.09 (-0.14, -0.04)	0.10 (0.04, 0.16)			-0.08 (-0.13, -0.03)	0.11 (0.05, 0.17)			-0.13 (-0.20, -0.07)	0.05 (-0.02, 0.13)		
Med n=947 1.90 ± 0.24	-0.10 (-0.14, -0.05)	0.11 (0.05, 0.16)			-0.07 (-0.12, -0.02)	0.13 (0.07, 0.19)			-0.11 (-0.17, -0.04)	0.10 (0.03, 0.17)		
High n=870 3.27 ± 0.81	-0.06 (-0.11, -0.01)	0.18 (0.13, 0.24)			-0.05 (-0.10, 0.00)	0.19 (0.13, 0.25)			-0.08 (-0.14, -0.01)	0.17 (0.10, 0.24)		
Lifetime Discrimination Tertile			**0.0119**	0.1347			**0.0050**	0.1524			**0.0105**	0.1666
Low n=1101 1.10 ± 0.83	-0.11 (-0.15, -0.06)	0.09 (0.04, 0.14)			-0.10 (-0.14, -0.05)	0.09 (0.04, 0.15)			-0.12 (-0.18, -0.06)	0.06 (0.00, 0.13)		
Med n=837 3.46 ± 0.50	-0.04 (-0.08, 0.01)	0.21 (0.15, 0.27)			-0.02 (-0.07, 0.03)	0.23 (0.17, 0.29)			-0.05 (-0.11, 0.01)	0.19 (0.12, 0.27)		
High n=677 5.89 ± 1.01	-0.08 (-0.14, -0.03)	0.11 (0.05, 0.17)			-0.05 (-0.11, 0.01)	0.14 (0.08, 0.21)			-0.08 (-0.15, -0.01)	0.12 (0.04, 0.20)		
Discrimination Burden Tertile			0.5763	0.3030			0.5144	0.3266			0.5751	0.3938
Low n=779 1.52 ± 0.34	-0.10 (-0.15, -0.05)	0.14 (0.08, 0.20)			-0.08 (-0.14, -0.03)	0.16 (0.09, 0.22)			-0.11 (-0.18, -0.04)	0.13 (0.05, 0.21)		
Med n=747 2.33 ± 0.19	-0.06 (-0.11, -0.01)	0.14 (0.08, 0.20)			-0.04 (-0.09, 0.02)	0.15 (0.09, 0.22)			-0.07 (-0.14, 0.00)	0.13 (0.05, 0.21)		
High n=748 3.19 ± 0.38	-0.05 (-0.10, 0.00)	0.16 (0.10, 0.22)			-0.02 (-0.08, 0.03)	0.19 (0.12, 0.25)			-0.05 (-0.12, 0.01)	0.16 (0.08, 0.23)		

Model 1 covariates: Individual discrimination score (by tertile), age, sex; Model 2 covariates: Model 1 covariates + education (<hs/hs-some college/college graduate); Model 3 covariates: Model 2 covariates + nutrition (poor heath/other), physical activity (poor/intermediate/ideal health), smoking status (current smoker/other), alcohol consumption (number of drinks per week)

Table 3b: Linear Mixed Models on MetS Severity by Age (Model 3, Complete Data at Both Visit 1 and Visit 3)

	21 - 44 Year					45 - 64 Year					65+ Year					
	Mean Z-score (95% CI)		p-value			Mean Z-score (95% CI)		p-value			Mean Z-score (95% CI)		p-value			p-value
	N	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction	N	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction	N	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction	Age*disc Interaction
Everyday Discrimination Tertile				0.6915	0.5860				0.1105	0.5912				0.6054	0.1882	**<.0001**
Low 356		-0.12 (-0.29, 0.05)	0.28 (0.09, 0.46)			912	-0.06 (-0.15, 0.02)	0.11 (0.01, 0.21)			428	-0.16 (-0.32, 0.00)	-0.13 (-0.29, 0.04)			
Med 522		-0.16 (-0.32,-0.00)	0.20 (0.03, 0.37)			1028	-0.03 (-0.11, 0.06)	0.17 (0.08, 0.27)			344	-0.13 (-0.29, 0.03)	-0.17 (-0.34, 0.00)			
High 618		-0.15 (-0.30, 0.00)	0.19 (0.03, 0.35)			950	0.02 (-0.06, 0.10)	0.24 (0.14, 0.33)			172	-0.11 (-0.30, 0.08)	-0.02 (-0.23, 0.19)			
Lifetime Discrimination Tertile				0.7331	0.4567				**0.0028**	0.6199				0.4878	0.6170	**<.0001**
Low 608		-0.13 (-0.29, 0.03)	0.22 (0.06, 0.39)			1084	-0.08 (-0.17, 0.00)	0.10 (0.01, 0.19)			510	-0.13 (-0.28, 0.02)	-0.14 (-0.30, 0.02)			
Med 472		-0.15 (-0.31, 0.01)	0.25 (0.08, 0.42)			950	0.05 (-0.03, 0.14)	0.28 (0.18, 0.37)			252	-0.07 (-0.24, 0.10)	-0.03 (-0.22, 0.16)			
High 394		-0.17 (-0.34, 0.00)	0.16 (-0.03, 0.34)			798	0.02 (-0.07, 0.11)	0.21 (0.11, 0.32)			162	-0.17 (-0.37, 0.04)	-0.12 (-0.34, 0.11)			
Discrimination Burden Tertile				0.8326	0.5545				0.5055	0.2547				0.1930	**0.0487**	**<.0001**
Low 548		-0.16 (-0.33, 0.01)	0.21 (0.03, 0.39)			772	-0.06 (-0.15, 0.04)	0.20 (0.10, 0.31)			238	-0.01 (-0.20, 0.18)	-0.11 (-0.31, 0.08)			
Med 412		-0.10 (-0.28, 0.08)	0.23 (0.04, 0.42)			832	0.03 (-0.06, 0.12)	0.21 (0.11, 0.32)			250	-0.15 (-0.32, 0.02)	-0.12 (-0.31, 0.06)			
High 346		-0.17 (-0.34, 0.00)	0.22 (0.03, 0.41)			900	0.03 (-0.06, 0.12)	0.23 (0.12, 0.33)			250	0.00 (-0.19, 0.19)	0.05 (-0.15, 0.25)			

Low=first tertile; median=second tertile; high=third tertile

Model 3 covariates: Individual discrimination score (by tertile), sex, education (<hs/hs-some college/college graduate), nutrition (poor heath/other), physical activity (poor/intermediate/ideal health), smoking status (current smoker/other), alcohol consumption (number of drinks per week)

Table 4b: Linear Mixed Models on MetS Severity by Sex (Model 3, Complete Data at Both Visit 1 and Visit 3)

| | | Female | | | | | | Male | | | | p-value |
| | | Mean Z-score (95% CI) | | p-value | | | | Mean Z-score (95% CI) | | p-value | | |
	N	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction	N	Visit 1	Visit 3	Disc Main Effect	Disc x Visit Interaction	Gender*disc Interaction
Everyday Discrimination Tertile				**0.0377**	0.1792				0.7692	0.4646	0.9684
Low	1140	-0.12 (-0.20, -0.03)	0.09 (0.00, 0.18)			556	-0.10 (-0.20, 0.01)	0.03 (-0.09, 0.16)			
Med	1234	-0.08 (-0.16, 0.00)	0.14 (0.05, 0.23)			660	-0.12 (-0.22, -0.02)	0.05 (-0.06, 0.16)			
High	1028	-0.04 (-0.12, 0.05)	0.24 (0.15, 0.34)			712	-0.09 (-0.19, 0.01)	0.10 (-0.01, 0.21)			
Lifetime Discrimination Tertile				**0.0009**	0.0990				0.4795	0.7726	0.1437
Low	1510	-0.11 (-0.19, -0.03)	0.09 (0.00, 0.18)			692	-0.12 (-0.21, -0.02)	0.03 (-0.08, 0.14)			
Med	1062	0.00 (-0.08, 0.09)	0.29 (0.19, 0.38)			612	-0.07 (-0.18, 0.03)	0.10 (-0.02, 0.22)			
High	770	-0.08 (-0.18, 0.01)	0.15 (0.04, 0.25)			584	-0.06 (-0.17, 0.05)	0.12 (0.00, 0.25)			
Discrimination Burden Tertile				0.3598	0.5738				0.6434	0.7761	0.2725
Low	1026	-0.10 (-0.19, -0.01)	0.16 (0.06, 0.26)			532	-0.07 (-0.18, 0.04)	0.13 (0.00, 0.26)			
Med	944	-0.03 (-0.12, 0.06)	0.19 (0.09, 0.29)			550	-0.10 (-0.21, 0.00)	0.06 (-0.07, 0.18)			
High	914	-0.03 (-0.12, 0.06)	0.21 (0.11, 0.31)			582	-0.06 (-0.17, 0.05)	0.11 (-0.01, 0.24)			

Low=first tertile; median=second tertile; high=third tertile

Model 3 covariates: Individual discrimination score (by tertile), age, education (<hs/hs-some college/college graduate), nutrition (poor heath/other), physical activity (poor/intermediate/ideal health), smoking status (current smoker/other), alcohol consumption (number of drinks per week)