

SUPPLEMENTARY DATA

Supplementary Table 1. Lifestyle behaviors among US adults without diabetes Aged 20+ years, overall and by prediabetes status, NHANES 2007-2012

Goal	Total Population 3,679	Prediabetes 1,985	No Prediabetes 1,694	p-value
MyPlate Recommendations 2015				
Fruits, cup-equivalents ¹	0.69 (0.02)	0.72 (0.04)	0.67 (0.03)	0.73
Vegetables, cup-equivalents ²	1.58 (0.03)	1.60 (0.04)	1.57 (0.05)	0.41
Dairy, cup-equivalents	1.24 (0.03)	1.17 (0.03)	1.30 (0.03)	0.003
Total grains, ounce-equivalents ³	5.92 (0.07)	5.80 (0.11)	6.01 (0.09)	0.13
Whole grains, ounce-equivalents	0.83 (0.03)	0.80 (0.04)	0.85 (0.03)	0.13
Meat and beans, ounce-equivalents ^{2 4}	5.51 (0.09)	5.52 (0.13)	5.51 (0.12)	0.42
Oils, g	4.56 (0.06)	4.49 (0.12)	4.61 (0.07)	0.51
Saturated fat, % of calories	10.18 (0.07)	10.29 (0.09)	10.10 (0.09)	0.05
Added sugars, % of calories	6.6 (0.01)	6.6 (0.02)	6.6 (0.02)	0.61
National Cholesterol Education Program Step 1 diet				
Total fat, % of calories	32.2 (0.13)	32.5 (0.21)	32.0 (0.18)	0.03
Cholesterol, mg	226 (3.4)	236 (4.4)	219 (4.8)	0.01
Healthy Eating Index 2010	53.5 (0.43)	53.1 (0.61)	53.8 (0.54)	0.27
Trying to lose or maintain weight, %	58.7 (1.36)	51.2 (1.54)	64.2 (1.80)	<0.001
Leisure-time Physical Activity, %				<0.001
Active	37.8 (1.33)	31.7 (1.79)	42.3 (1.66)	
Insufficiently active	19.8 (0.91)	18.1 (1.29)	21.0 (1.05)	
Inactive	42.4 (1.31)	50.2 (2.05)	36.8 (1.46)	
Smoking status, % not smoking	81.2 (1.03)	78.3 (1.45)	83.2 (1.32)	0.01
Alcohol Use, drinks per day				0.10
≤1 drinks, % of individuals	78.4 (1.06)	77.5 (1.59)	79.7 (1.92)	
>1 -2 drinks, % of individuals	10.0 (0.68)	10.0 (0.94)	10.0 (1.2)	
>2-3 drinks, % of individuals	5.02 (0.45)	5.0 (0.73)	5.1 (0.78)	
More than 3 drinks, % of individuals	6.5 (0.53)	7.4 (0.79)	5.3 (0.66)	

¹ MyPlate recommendations for fruits, vegetables, and dairy are expressed in cup-equivalents. A cup-equivalent is equal to 1 cup of fruit or fruit juice, 1 cup of raw or cooked vegetables or vegetable juice, and 1 cup of milk.

² Following MyPlate, legumes were first allocated to the meat and beans group; any amount remaining after the meat and beans group recommendation was met counted toward the total vegetables and legumes groups.

³ MyPlate recommendations for grains and meat and beans are expressed in ounce-equivalents. An ounce-equivalent of grains is equal to 1 slice of bread and an ounce-equivalent of meat and beans is equal to 1 ounce of cooked meat, poultry, or fish.

⁴ Includes meat poultry, seafood, beans, eggs, soy, nuts, seeds

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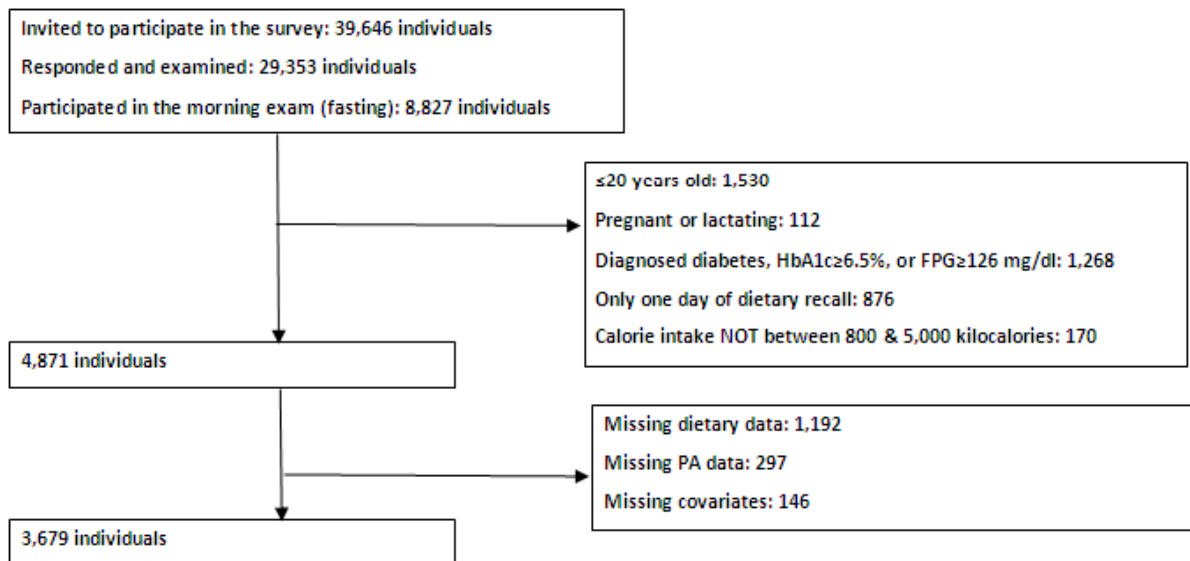
Supplementary Table 2. Adjusted prevalence of meeting the majority of type 2 diabetes prevention goals

	Adjusted Prevalence (95% CI)	Prevalence Ratio (95% CI)	<i>p</i> -value
Total population	3.1 (2.4 – 4.0)	--	--
Sex			0.07
Men	2.6 (1.8 – 3.6)		
Women	3.8 (2.7 – 5.3)	1.00 (ref)	
Age, y			0.002
20 – 44	2.0 (1.4 – 3.0)	0.44 (0.28 – 0.70)	
45 – 64	4.6 (3.2 – 6.6)	1.00 (ref)	
65+	3.5 (2.2 – 5.5)	0.76 (0.38 – 1.51)	
Ethnicity/race			0.45
Non-Hispanic white	2.9 (2.2 – 3.9)	1.00 (ref)	
Non-Hispanic black	2.7 (1.7 – 4.5)	0.94 (0.53 – 1.66)	
Mexican American	3.9 (2.5 – 6.0)	1.32 (0.89 – 1.97)	
Educational attainment			<0.001
Less than high school	1.1 (0.6 – 1.9)	0.27 (0.14 – 0.53)	
High school	1.6 (0.8 – 3.1)	0.40 (0.20 – 0.81)	
At least some college	3.9 (3.0 – 5.1)	1.00 (ref)	
Body-mass index			0.10
Underweight	9.4 (2.4 – 30.9)	2.42 (0.62 – 9.45)	
Normal	3.9 (2.4 – 6.0)	1.00 (ref)	
Overweight/obese	2.6 (1.8 – 3.5)	0.66 (0.38 – 1.13)	
Hypertension			0.10
Yes	1.8 (0.8 – 3.6)	0.55 (0.26 – 1.14)	
No	3.2 (2.5 – 4.2)	1.00 (ref)	
Dyslipidemia			0.81
Yes	2.9 (1.8 – 4.7)	0.94 (0.57 – 1.56)	
No	3.1 (2.4 – 4.1)	1.00 (ref)	
History of gestational diabetes			0.07
Yes	6.3 (2.9 – 13.2)	2.21 (0.96 – 5.10)	
No	2.8 (2.2 – 3.8)	1.00 (ref)	
Family history of diabetes			0.71
Yes	2.9 (2.0 – 4.1)	0.92 (0.58 – 1.45)	
No	3.1 (2.3 – 4.3)	1.00 (ref)	
Prediabetes			0.37
A	2.6 (1.7 – 3.9)	0.78 (0.44 – 1.37)	
No	3.4 (2.4 – 4.8)	1.00 (ref)	
Smoking status (current)			0.10
Yes	1.3 (0.4 – 3.7)	0.38 (0.12 – 1.21)	
No	3.4 (2.6 – 4.5)	1.00 (ref)	

Notes: The dependent variable was defined as meeting the majority of diabetes prevention goals – at least 4 MyPlate recommendations, at least 3 maximum allowances, and meeting the physical activity goal of 150 minutes of moderate-intensity leisure-time physical activity per week. The reference category was meeting fewer than 4 MyPlate recommendations, fewer than 3 maximum allowances, **and** not meeting the physical activity goal of 150 minutes of moderate-intensity leisure-time physical activity per week. SE=Standard Error, CI=Confidence Interval. “Other” race/ethnicity was also included in the analysis but results are not shown here. Body mass index was categorized as underweight (≤ 18.5 kg/m²), normal (>18.5 to <25 kg/m²), or overweight/obese (≥ 25 kg/m²). Hypertension was defined as systolic blood pressure ≥ 140 mmHg or diastolic blood pressure ≥ 90 mmHg or on hypertension meds (self-reported). Dyslipidemia was defined as non-HDL cholesterol ≥ 160 mg/dL or on cholesterol meds (self-reported). Prediabetes was categorized as yes ($5.7\% \leq \text{HbA1c} \leq 6.4\%$ or 100 mg/dl $\leq \text{FPG} < 126$ mg/dl) or no ($\text{HbA1c} < 5.7\%$ and $\text{FPG} < 126$ mg/dl).

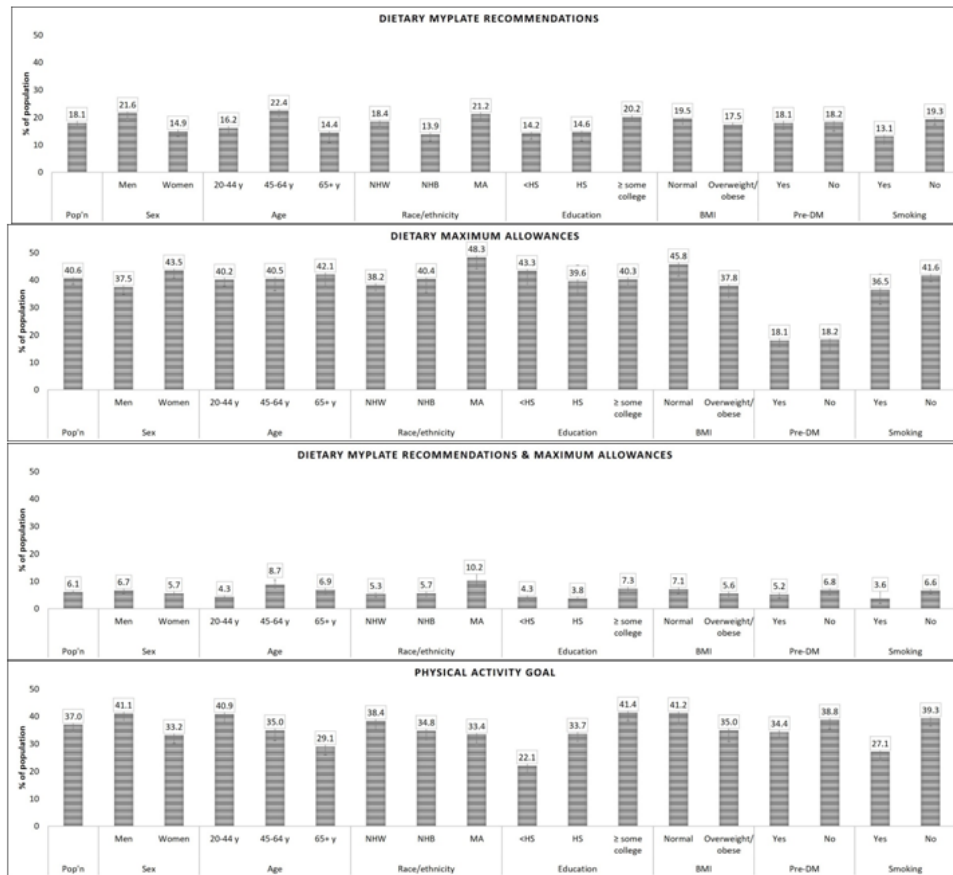
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Supplementary Figure 1. Participant Flowchart



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Supplementary Figure 2. Adjusted prevalence of meeting each of the type 2 diabetes prevention goals



Notes: From top to bottom, the dependent variable was defined as (1) at least 4 MyPlate recommendations, (2) at least 3 maximum allowances, (3) meeting both (1) and (2), and (4) meeting the physical activity goal of 150 minutes of moderate-intensity leisure-time physical activity per week. The reference category was meeting fewer than 4 MyPlate recommendations, fewer than 3 maximum allowances, not meeting either dietary goal, and not meeting the physical activity goal of 150 minutes of moderate-intensity leisure-time physical activity per week, respectively. SE=Standard Error, CI=Confidence Interval. "Other" race/ethnicity was also included in the analysis but results are not shown here. Body mass index was categorized as underweight (not shown, $\leq 18.5 \text{ kg/m}^2$), normal (>18.5 to $<25 \text{ kg/m}^2$), or overweight/obese ($\geq 25 \text{ kg/m}^2$). Prediabetes was categorized as yes ($5.7\% \leq \text{HbA1c} \leq 6.4\%$ or $100 \text{ mg/dl} \leq \text{FPG} < 126 \text{ mg/dl}$) or no ($\text{HbA1c} < 5.7\%$ and $\text{FPG} < 126 \text{ mg/dl}$).