

Supplementary Appendix

Adherence to a healthy dietary pattern mitigates the detrimental associations between osteosarcopenic adiposity and both all-cause mortality and life expectancy: a cohort study

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Table
abnorm

nposition

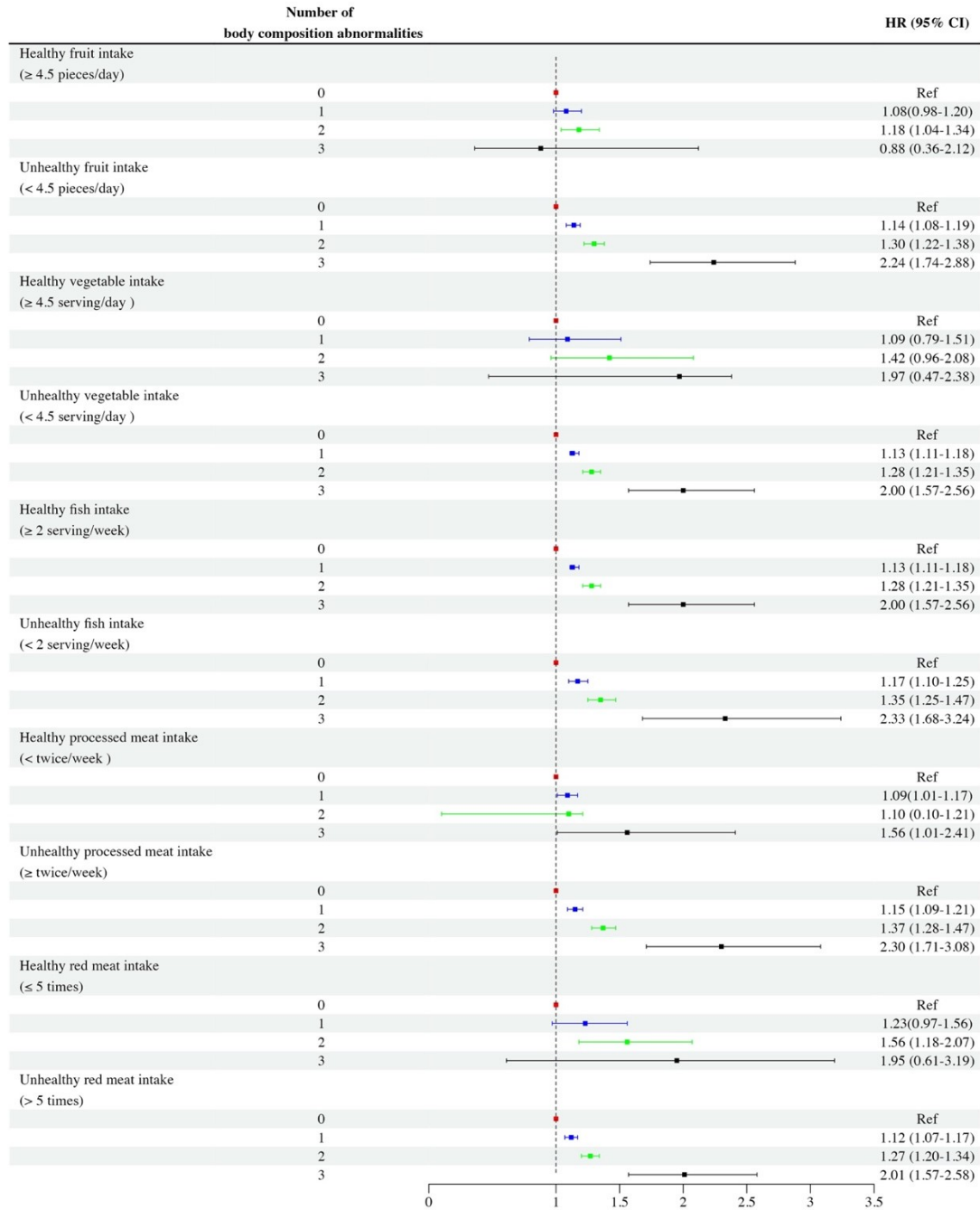


Fig Supplementary 1. The associations between the number of body composition abnormalities and the risk of all-cause mortality according to major food groups intake (n= 201,223). Adjusted for age, sex, body mass index, smoking status, drinking status, educational level, race, Townsend deprivation index, morbidities, and physical activity. P for interaction of fruit = 0.23; P for interaction of vegetable = 0.25; P for interaction of fish = 0.04; P for interaction of processed meat < 0.001; P for interaction of red meat = 0.44.

| | Life expectancy (95% CI) | | | |
|--------------------------------|--------------------------------|-------------------|-------------------|-------------------|
| | Body composition abnormalities | | | |
| | 0 | 1 | 2 | 3 |
| All participants | | | | |
| Age at 45 years | 41.7 (40.7, 42.7) | 41.4 (40.4, 42.3) | 41.1 (40.1, 42.0) | 38.6 (36.6, 40.7) |
| Age at 55 years | 32.2 (31.1, 33.2) | 31.8 (30.8, 32.8) | 31.5 (30.5, 32.6) | 29.1 (26.9, 31.2) |
| Age at 65 years | 22.8 (21.7, 23.9) | 22.5 (21.4, 23.5) | 22.2 (21.1, 23.2) | 19.7 (17.7, 21.8) |
| Poor dietary pattern | | | | |
| Age at 45 years | 42.6 (40.2, 45.0) | 42.2 (39.9, 44.5) | 41.1 (38.7, 43.4) | 35.5 (31.2, 39.8) |
| Age at 55 years | 33.1 (30.7, 35.5) | 32.7 (30.4, 35.1) | 31.6 (29.2, 34.0) | 26.0 (21.7, 30.3) |
| Age at 65 years | 23.9 (21.5, 26.3) | 23.5 (21.2, 25.9) | 22.4 (20.0, 24.9) | 16.9 (12.8, 21.1) |
| Medium dietary pattern | | | | |
| Age at 45 years | 41.7 (40.6, 42.8) | 41.3 (40.2, 42.4) | 41.2 (40.1, 42.3) | 39.8 (37.3, 42.3) |
| Age at 55 years | 32.2 (31.0, 33.3) | 31.8 (30.7, 32.9) | 31.7 (30.5, 32.8) | 30.2 (27.7, 32.8) |
| Age at 65 years | 22.8 (21.6, 24.0) | 22.4 (21.2, 23.6) | 22.3 (21.1, 23.5) | 20.9 (18.4, 23.4) |
| Healthy dietary pattern | | | | |
| Age at 45 years | 41.7 (38.4, 45.1) | 41.9 (38.6, 45.2) | 41.8 (38.4, 45.3) | 39.6 (31.3, 47.9) |
| Age at 55 years | 32.1 (28.9, 35.4) | 32.3 (29.1, 35.5) | 32.2 (28.9, 35.5) | 30.0 (21.7, 38.3) |
| Age at 65 years | 22.7 (19.5, 26.0) | 22.9 (19.7, 26.1) | 22.8 (19.5, 26.1) | 20.7 (12.6, 28.8) |

Models were adjusted for age, sex, body mass index, education level, Townsend deprivation index, race, smoking status, drinking status, morbidities, and physical activity.