|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Supplemental Table 2.** Association between dietary fiber intake and risk of prediabetes when further adjusting for waist circumference or body mass index + waist circumference (n=18,085) 1 | | | | | |
|  | Quartile category of intake | | | | *P* for trend 2 |
| Quartile 1 | Quartile 2 | Quartile 3 | Quartile 4 |
| **Multivariable model 1** |  |  |  |  |  |
| Total fiber | 1.00 (reference) | 0.94 (0.86, 1.03) | 0.93 (0.85, 1.02) | 0.90 (0.82, 0.98) | 0.03 |
| Soluble fiber | 1.00 (reference) | 0.94 (0.86, 1.04) | 0.87 (0.78, 0.97) | 0.86 (0.76, 0.97) | <0.01 |
| Insoluble fiber | 1.00 (reference) | 1.04 (0.95, 1.15) | 1.07 (0.97, 1.19) | 1.09 (0.97, 1.24) | 0.17 |
| Fruit fiber | 1.00 (reference) | 0.91 (0.84, 1.00) | 0.90 (0.82, 0.98) | 0.89 (0.82, 0.98) | 0.01 |
| Vegetable fiber | 1.00 (reference) | 1.06 (0.97, 1.15) | 0.99 (0.90, 1.09) | 1.04 (0.94, 1.14) | 0.78 |
| Bean fiber | 1.00 (reference) | 0.97 (0.89, 1.06) | 0.96 (0.87, 1.05) | 0.96 (0.87, 1.06) | 0.43 |
| Cereal fiber | 1.00 (reference) | 0.97 (0.89, 1.06) | 0.97 (0.88, 1.06) | 0.95 (0.86, 1.05) | 0.34 |
| **Multivariable model 2** |  |  |  |  |  |
| Total fiber | 1.00 (reference) | 0.94 (0.86, 1.03) | 0.93 (0.85, 1.02) | 0.89 (0.81, 0.97) | 0.02 |
| Soluble fiber | 1.00 (reference) | 0.95 (0.86, 1.04) | 0.87 (0.79, 0.97) | 0.86 (0.76, 0.97) | <0.01 |
| Insoluble fiber | 1.00 (reference) | 1.04 (0.94, 1.14) | 1.06 (0.96, 1.18) | 1.07 (0.95, 1.22) | 0.25 |
| Fruit fiber | 1.00 (reference) | 0.91 (0.84, 1.00) | 0.90 (0.82, 0.98) | 0.89 (0.81, 0.97) | <0.01 |
| Vegetable fiber | 1.00 (reference) | 1.05 (0.96, 1.15) | 0.99 (0.90, 1.08) | 1.03 (0.93, 1.13) | 0.94 |
| Bean fiber | 1.00 (reference) | 0.98 (0.89, 1.07) | 0.96 (0.87, 1.05) | 0.97 (0.87, 1.07) | 0.43 |
| Cereal fiber | 1.00 (reference) | 0.96 (0.88, 1.05) | 0.97 (0.88, 1.06) | 0.94 (0.85, 1.04) | 0.30 |
| 1 Values are hazard ratios (95% confidence interval) unless otherwise indicated. | | | | | |
| 2 Test for trend based on variable containing median value for each quartile. | | | | | |
| **Multivariable model 1:** adjusted for age, sex, baseline waist circumference, smoking status, alcohol drinking status, educational level, occupation, household income per month, physical activity, metabolic syndrome, family history of disease (including cardiovascular disease, hypertension, hyperlipidemia, and diabetes), long-term use of medications, total energy intake, total protein intake, total fat intake, refined grain intake, and added sugar intake. Models for soluble and insoluble fibers were additionally adjusted for total fruit intake and the other type of fiber. Models for cereal fiber, bean fiber, vegetable fiber, and fruit fiber were additionally adjusted for the other three sources of fiber. | | | | | |
| **Multivariable model 2:** model 1 + baseline body mass index. | | | | | |