

**Supplemental Table.** Gender-specific multivariate ORs<sup>a</sup> and 95% CIs of pre-hypertension and hypertension according to dietary patterns

Dietary patterns		OR (95% CI)					<i>P</i> trend
		Q1	Q2	Q3	Q4	Q5	
<b>Whole food pattern</b>	Median Score (M, F)	(-1.19, -1.12)	(-0.62, -0.50)	(-0.22, -0.04)	(0.23, -0.50)	(1.03, 1.39)	
Pre-hypertension	Men	1.00	1.14 (0.82-1.58)	0.93 (0.66-1.30)	0.98 (0.70-1.37)	1.05 (0.75-1.47)	0.97
	Women	1.00	0.99 (0.74-1.32)	0.89 (0.65-1.20)	0.93 (0.68-1.26)	0.82 (0.59-1.14)	0.20
Hypertension	Men	1.00	1.17 (0.76-1.83)	0.95 (0.61-1.50)	1.04 (0.66-1.63)	0.80 (0.50-1.30)	0.27
	Women	1.00	1.31 (0.86-2.00)	1.32 (0.84-2.10)	1.40 (0.88-2.24)	1.30 (0.76-2.22)	0.26
<b>Western pattern</b>	Median Score (M, F)	(-1.06, -1.16)	(-0.51, -0.62)	(-0.06, -0.22)	(0.47, -0.29)	(1.44, 1.14)	
Pre-hypertension	Men	1.00	1.33 (0.96-1.85)	1.16 (0.82-1.64)	1.12 (0.78-1.61)	1.14 (0.77-1.70)	0.86
	Women	1.00	1.10 (0.80-1.38)	1.02 (0.77-1.37)	0.99 (0.72-1.36)	0.92 (0.63-1.34)	0.64
Hypertension	Men	1.00	1.17 (0.75-1.85)	1.83 (1.17-2.87)	1.45 (0.89-2.37)	1.91 (1.11-3.30)	0.02
	Women	1.00	0.71 (0.48-1.06)	1.09 (0.73-1.63)	1.10 (0.68-1.78)	0.79 (0.39-1.57)	0.95
<b>Drinking pattern<sup>b</sup></b>	Median Score (M, F)	(-0.63, -1.21)	(-0.10, -0.66)	(0.35, -0.37)	(0.89, -0.39)	(1.78, 0.52)	
Pre-hypertension	Men	1.00	1.01 (0.73-1.40)	1.06 (0.75-1.49)	0.94 (0.65-1.35)	1.16 (0.79-1.70)	0.55

	Women	1.00	1.03 (0.75-1.41)	0.98 (0.72-1.34)	1.01 (0.74-1.39)	1.12 (0.81-1.56)	0.54
Hypertension	Men	1.00	1.00 (0.60-1.67)	2.33 (1.42-3.80)	1.85 (1.09-3.14)	2.42 (1.40-4.17)	0.001
	Women	1.00	1.16 (0.70-1.93)	1.03 (0.62-1.70)	0.90 (0.53-1.53)	1.77 (1.04-3.00)	0.07

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Abbreviation: OR, odds ratio; CI, confidence interval.; M, men; W, women

<sup>a</sup>Multivariate-adjusted: adjusted for study phase (2007, 2008), age (years; continuous), total energy (kcal/day; continuous), BMI (kg/m<sup>2</sup>; continuous), educational level (primary school or below, middle school, high school, college or above), marital status (married, divorced, widowed, never married), smoking status (never smoked, former < 15, former ≥ 15, current < 15, current ≥ 15 pack-years), alcohol consumption (do not drink alcohol, 0<-< 2, 2-< 6, 6-<10, ≥10 servings per week), vitamin or mineral supplement use (yes, no), and physical activity (low, medium, high).

<sup>b</sup>Not adjusted for alcohol consumption