**TABLE 1** Characteristics of participants aged 18 to 35 by inclusion criteria, NHANES, 2011-2016

|  |  |  |  |
| --- | --- | --- | --- |
|  | Include(*n* = 4667)*n* (%) | Non-include(*n* = 973)*n* (%) | *P* value\* |
| Age, mean ( SD)  | 26.33 (0.14) | 27.05 (0.25) | 0.006 |
| Waist circumference (cm), mean ( SD)  | 94.00 (0.50) | 94.08 (0.82) | 0.927 |
| BMI (kg/m2) | 27.89 (0.20) | 28.58 (0.37) | 0.080 |
| Race, *n* (%)a |  |  | <0.001 |
|  Hispanic | 1196 (86) | 262 (14) |  |
|  Non-Hispanic White | 1592 (90) | 157 (10) |  |
|  Non-Hispanic Black | 1052 (83) | 241 (17) |  |
|  Others | 827 (85) | 213 (15) |  |
| Biological sex, *n* (%)a |  |  | <0.001 |
|  Male | 2385 (90) | 410 (10) |  |
|  Female | 2282 (85) | 563 (15) |  |
| Country of birth, *n* (%)a |  |  | <0.001 |
|  US |  3521 (89) | 662 (11) |  |
|  Other countries |  1146 (84) | 311 (16) |  |
| Food insecurity, *n* (%)a |   |  | 0.343 |
|  0 (secure) | 2787 (90) | 518 (10) |  |
|  1 (insecure) | 1880 (89) | 330 (11) |  |
| Diet healthfulness, *n* (%)a |  |  | 0.258 |
|  Excellent/ very good | 1071 (86) | 257 (14) |  |
|  Good | 1988 (88) | 414 (12) |  |
|  Fair/ poor | 1608 (89) | 301 (11) |  |
| General health, *n* (%)a |  |  | 0.110 |
|  Excellent/ very good | 2020 (96) | 87 (4) |  |
|  Good | 1941 (97) | 64 (3) |  |
|  Fair/ poor | 706 (95) | 37 (5) |  |
| Income to poverty ratio, *n* (%)a |  |  |  |  <0.001 |
|  <1.3 | 2059 (82) | 568 (18) |  |
|  ≥1.3 |  2608 (91) | 405 (9) |  |

NHANES: National Health and Nutrition Examination Survey.

aThe weighted % uses the analytic weights to generate population-based estimates of prevalence for the included sample. Numbers may not sum to 100% due to rounding.

\**P* values were generated using chi-square tests or t-tests.

**TABLE 2** Weighted multiple linear regression analysis stratified by sex predicting the association between FI and BMI, and FI and WC a

|  |  |  |  |
| --- | --- | --- | --- |
|  | Total (n = 3242) | Male (n = 1740) | Female (n = 1502) |
| *β* (95% CI) | *β* (95% CI) | *β* (95% CI) |
| BMI |  0.72(0.10, 1.43) | 0.30(-0.56, 1.16) | 1.15(0.33, 1.97) |
| WC  | 1.44(0.05, 3.84) | 0.88(-1.07, 2.83) | 1.98(0.10, 3.86) |

aAll the regression models were adjusted for age, race, country of birth, general health, income to poverty ratio, educational status and marital status. Biological sex was additionally adjusted for the total model.