Supplementary materials

The association between vegan and vegetarian diets, body mass index and diabetes-related complications in people with type 2 diabetes: a cross-sectional study from the Central Denmark Region

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Figure S1. Directed Acyclic Graph presenting 'vegetarian/vegan diet' as exposure, 'BMI' as outcome, 'diet x duration' as effect modifier, and confounders.

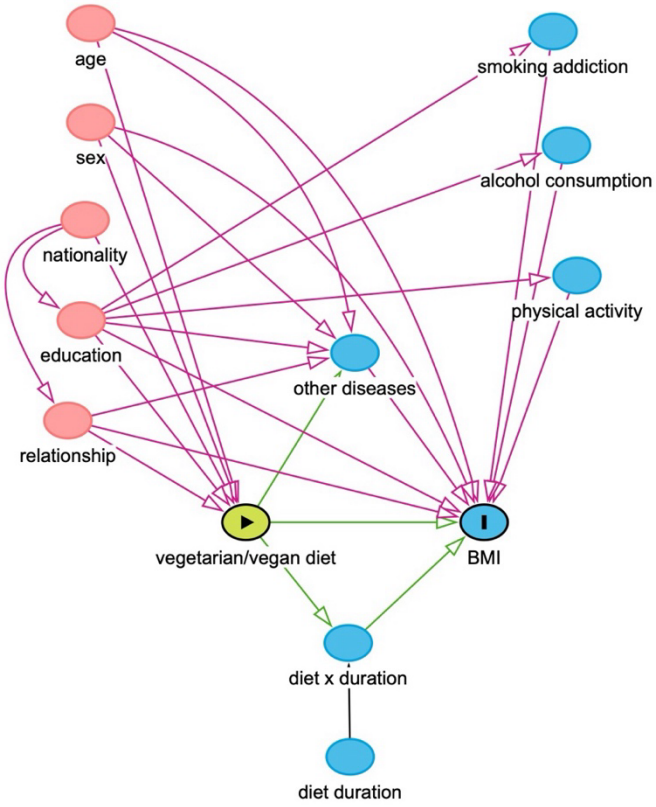

Figure S2. Directed Acyclic Graph presenting 'vegetarian/vegan diet' as exposure, 'diabetes complications' as outcome, 'BMI' as mediator, and confounders.

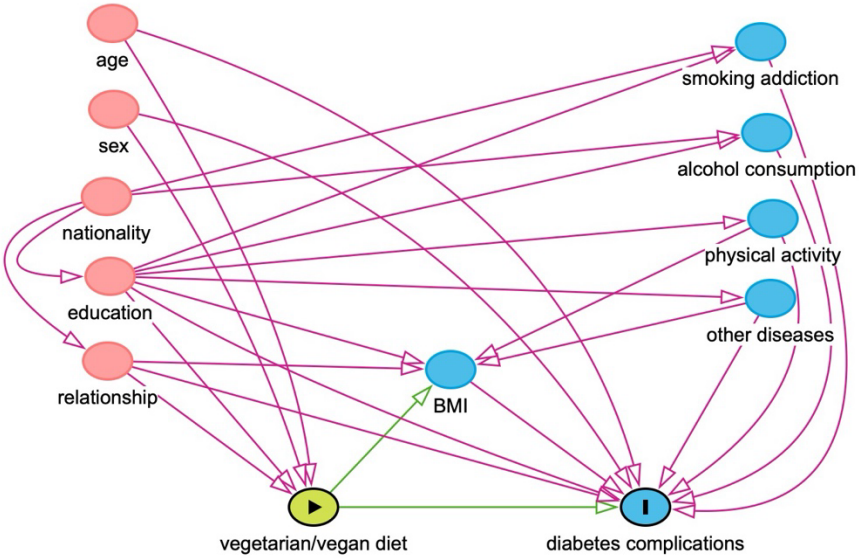

Table S1. Comparison of baseline characteristics between responders and non-responders to the diet questionnaire.[1]

Variables	Total	Responders	Non-responders
Number of participants, n	15,985	**15,264**	**721**
Age mean (SD)	65.8 (9.8)	65.9 (9.7)	65.1 (10.3)
Sex			
Male, n (%)	9,607 (60.1%)	9,159 (60.0%)	448 (62.1%)
Female, n (%)	6,378 (39.9%)	6,105 (40.0%)	273 (37.9)
BMI mean (SD)	30.2 (5.9)	30.2 (5.9)	30.4 (6.2)
Marital status			
Engaged, n (%)	2,473 (15.5%)	2,402 (15.7%)	71 (9.8%)
Single, n (%)	1,097 (6.9%)	1,065 (7.0%)	32 (4.4%)
No response, n (%)	12,415 (77.7%)	11,797 (77.3%)	618 (85.7%)
Nationality			
Danish, n (%)	15,015 (93.9%)	14,389 (94.3%)	626 (86.8%)
Other, n (%)	970 (6.1%)	875 (5.7%)	95 (13.2%)
Education			
Short, n (%)	4,127 (25.8%)	3,881 (25.4%)	246 (34.1%)
Middle, n (%)	8,864 (55.5%)	8,462 (55.4%)	402 (55.8%)
Higher, n (%)	2,994 (18.7%)	2,921 (19.1%)	73 (10.1%)
Smoking			
Never, n (%)	6,162 (38.5%)	5,901 (38.7%)	261 (36.2%)
Past, n (%)	7,443 (46.6%)	7,108 (46.6%)	335 (46.5%)
Current, n (%)	2,380 (14.9%)	2,255 (14.8%)	125 (17.3%)
Alcohol consumption			
Never, n (%)	2,865 (17.9%)	2,692 (17.6%)	173 (24.0%)
Monthly or less, n (%)	4,423 (27.7%)	4,226 (27.7%)	197 (27.3%)
More often than monthly, n (%)	8,697 (54.4%)	8,346 (54.7%)	351 (48.7%)
Activity level			
Sedentary, n (%)	3,806 (23.8%)	3,576 (23.4%)	230 (31.9%)
Some activity, n (%)	9,978 (62.4%)	9,584 (62.8%)	394 (54.6%)
Regular activity, n (%)	2,201 (13.8%)	2,104 (13.8%)	97 (13.5%)
CVDs			
No, n (%)	13,116 (82.1%)	12.526 (82.1%)	590 (81.2%)
Yes, n (%)	2,869 (17.9%)	2,738 (17.9%)	131 (18.2%)
Retinopathy			
No, n (%)	13,759 (86.1%)	13,194 (86.4%)	565 (78.4%)
Yes, n (%)	2,226 (13.9%)	2,070 (13.6%)	156 (21.6%)
Neuropathy			
No, n (%)	13,401 (83.8%)	12,844 (84.1%)	557 (77.3%)
Yes, n (%)	2,584 (16.2%)	2,420 (15.9%)	164 (22.7%)
Other disease(s)[2]			
No, n (%)	10,501 (65.7%)	10,016 (65.6%)	485 (67.3%)
Yes, n (%)	5,484 (34.3%)	5,248 (34.4%)	236 (32.7%)

[1]Key values are indicated in bold.

[2]Other disease(s) includes self-reported hypertension, cardiovascular diseases (myocardial infarction, angina pectoris, cerebral hemorrhage or ischemic cerebral attacks), chronic bronchitis, osteoporosis, cancer, and mental disorders.