

Supplementary Table 5. Risk of cardio-cerebrovascular mortality in according to the Q range of each PUFAs

Variable	Model 1		Model 2		Model 3		Model 4	
	HR (95% CI)	p-value	aHR (95% CI)	p-value	aHR (95% CI)	p-value	aHR (95% CI)	p-value
Total PUFA Q1	Reference		Reference		Reference		Reference	
Total PUFA Q2	0.96 (0.85–1.08)	0.47	0.89 (0.79–1.00)	0.046	0.93 (0.82–1.05)	0.23	0.90 (0.78–1.04)	0.15
Total PUFA Q3	1.06 (0.94–1.19)	0.36	0.94 (0.84–1.05)	0.29	0.91 (0.80–1.04)	0.16	0.93 (0.81–1.08)	0.37
Total PUFA Q4	1.02 (0.91–1.15)	0.75	0.86 (0.76–0.97)	0.01	0.86 (0.76–0.98)	0.03	0.86 (0.74–1.00)	0.04
C 18:2 Q1	Reference		Reference		Reference		Reference	
C 18:2 Q2	0.92 (0.82–1.04)	0.18	0.87 (0.78–0.98)	0.02	0.90 (0.79–1.02)	0.10	0.87 (0.75–1.01)	0.07
C 18:2 Q3	1.02 (0.91–1.15)	0.68	0.91 (0.81–1.02)	0.10	0.88 (0.78–1.00)	0.06	0.90 (0.78–1.04)	0.14
C 18:2 Q4	0.99 (0.88–1.12)	0.92	0.85 (0.76–0.96)	0.008	0.85 (0.75–0.97)	0.01	0.85 (0.73–0.99)	0.03
C 18:3 Q1	Reference		Reference		Reference		Reference	
C 18:3 Q2	1.11 (0.99–1.25)	0.09	0.95 (0.85–1.07)	0.43	0.93 (0.82–1.06)	0.28	0.98 (0.85–1.14)	0.84
C 18:3 Q3	1.19 (1.06–1.34)	0.003	0.96 (0.85–1.08)	0.45	0.99 (0.87–1.13)	0.91	1.03 (0.89–1.19)	0.71
C 18:3 Q4	1.19 (1.05–1.34)	0.005	0.85 (0.76–0.96)	0.01	0.87 (0.77–0.99)	0.04	0.92 (0.79–1.07)	0.29
C 18:4 T1	Reference		Reference		Reference		Reference	
C 18:4 T2	0.78 (0.66–0.92)	0.004	0.90 (0.76–1.07)	0.23	0.95 (0.79–1.15)	0.62	0.98 (0.78–1.22)	0.84
C 18:4 T3	0.84 (0.75–0.94)	0.002	0.98 (0.88–1.10)	0.74	1.04 (0.92–1.17)	0.53	1.10 (0.96–1.26)	0.16
C 20:4 Q1	Reference		Reference		Reference		Reference	
C 20:4 Q2	0.81 (0.72–0.91)	<0.001	0.95 (0.85–1.07)	0.43	0.95 (0.83–1.08)	0.42	0.94 (0.81–1.09)	0.39
C 20:4 Q3	0.82 (0.73–0.92)	0.001	0.98 (0.87–1.10)	0.68	0.98 (0.86–1.11)	0.74	0.94 (0.81–1.09)	0.44
C 20:4 Q4	1.01 (0.90–1.13)	0.83	1.10 (0.98–1.23)	0.11	1.00 (0.88–1.13)	0.94	0.95 (0.82–1.10)	0.49
C 20:5 Q1	Reference		Reference		Reference		Reference	
C 20:5 Q2	0.87 (0.77–0.99)	0.03	0.83 (0.74–0.94)	0.003	0.87 (0.77–0.99)	0.04	0.81 (0.69–0.94)	0.005
C 20:5 Q3	0.84 (0.75–0.94)	0.002	0.89 (0.80–1.00)	0.05	0.90 (0.79–1.01)	0.08	0.85 (0.74–0.98)	0.03
C 20:5 Q4	0.85 (0.76–0.95)	0.005	0.81 (0.72–0.91)	<0.001	0.82 (0.73–0.93)	0.002	0.81 (0.70–0.93)	0.004
C 22:5 Q1	Reference		Reference		Reference		Reference	
C 22:5 Q2	0.77 (0.68–0.88)	<0.001	0.89 (0.78–1.01)	0.07	0.95 (0.83–1.09)	0.45	0.92 (0.78–1.08)	0.32
C 22:5 Q3	0.68 (0.61–0.77)	<0.001	0.85 (0.76–0.96)	0.008	0.90 (0.79–1.02)	0.096	0.88 (0.75–1.02)	0.09
C 22:5 Q4	0.87 (0.78–0.97)	0.01	1.00 (0.90–1.11)	0.97	1.00 (0.89–1.12)	0.99	1.00 (0.88–1.15)	0.97
C 22:6 Q1	Reference		Reference		Reference		Reference	
C 22:6 Q2	0.84 (0.74–0.95)	0.006	0.86 (0.76–0.98)	0.03	0.90 (0.79–1.04)	0.15	0.90 (0.76–1.05)	0.19
C 22:6 Q3	0.88 (0.79–0.99)	0.03	0.87 (0.78–0.98)	0.02	0.88 (0.78–0.99)	0.04	0.87 (0.76–1.01)	0.06
C 22:6 Q4	1.01 (0.90–1.13)	0.90	0.91 (0.82–1.02)	0.097	0.91 (0.81–1.02)	0.11	0.91 (0.79–1.05)	0.18
Omega-3 FA Q1	Reference		Reference		Reference		Reference	
Omega-3 FA Q2	1.14 (1.02–1.29)	0.02	1.00 (0.89–1.12)	0.94	1.01 (0.89–1.14)	0.93	1.02 (0.88–1.18)	0.84
Omega-3 FA Q3	1.18 (1.04–1.32)	0.008	0.96 (0.86–1.09)	0.54	1.01 (0.89–1.15)	0.88	1.05 (0.90–1.22)	0.51
Omega-3 FA Q4	1.19 (1.06–1.35)	0.004	0.84 (0.75–0.95)	0.005	0.88 (0.77–1.00)	0.05	0.92 (0.79–1.07)	0.26
Omega-6 FA Q1	Reference		Reference		Reference		Reference	
Omega-6 FA Q2	0.93 (0.83–1.04)	0.21	0.88 (0.78–0.99)	0.03	0.89 (0.79–1.01)	0.08	0.88 (0.76–1.02)	0.08
Omega-6 FA Q3	1.03 (0.91–1.15)	0.67	0.92 (0.82–1.03)	0.15	0.89 (0.78–1.01)	0.06	0.91 (0.78–1.05)	0.19
Omega-6 FA Q4	0.99 (0.88–1.11)	0.87	0.86 (0.76–0.96)	0.01	0.85 (0.75–0.97)	0.01	0.85 (0.73–0.99)	0.04

aHR, adjusted hazard ratio; CI, confidence interval; FA, fatty acid; HR, hazard ratio; PUFA, polyunsaturated fatty acid; Q, quartile; T, tertile.

Model 1: non-adjusted. Model 2: adjusted with age and sex. Model 3: adjusted with variables in model 2 and ethnicity, education, household income, body mass index, and total energy intake. Model 4: adjusted with variables in model 3 and alcohol drinking, smoking, systolic blood pressure, serum glucose, serum albumin, total cholesterol, uric acid, urine albumin-to-creatinine ratio, consumption of fatty acid supplements, and Health Eating Index-2020 score excluding fatty acid components.