

Association between normal triglyceride and insulin resistance in US adults without other risk factors: a cross-sectional study from the US National Health and Nutrition Examination Survey, 2007-2014

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| Supplement Table 1 | Univariate analysis for the prevalence of insulin resistance in IRRF-Free and IRRF-Optimal among U.S. adult, 2007-2014 |
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Supplement Table 1 Univariate analysis for the prevalence of insulin resistance in IRRF-Free and IRRF-Optimal among U.S. adult, 2007-2014^a

| Baseline characteristics | IRRF-Free (N=2478) | | | IRRF-Optimal (N=1414) | | |
|--|--------------------|-------|---------------|-----------------------|-------|----------------|
| | P | OR | 95%CI | P | OR | 95%CI |
| Age ^b | 0.038 | 1.013 | [1.001-1.025] | 0.187 | 1.013 | [0.993-1.034] |
| Gender ^c | <0.001 | | | 0.011 | | |
| Male | <0.001 | 2.229 | [1.376-3.612] | 0.004 | 2.322 | [1.202-4.485] |
| Female | — | | | — | | |
| Race | 0.034 | | | 0.047 | | |
| Mexican American | 0.016 | 2.363 | [1.178-4.740] | 0.006 | 3.295 | [1.424-7.626] |
| other Hispanics | 0.119 | 1.933 | [0.840-4.448] | 0.665 | 1.208 | [0.449-3.251] |
| non-Hispanic whites | 0.396 | 1.384 | [0.648-2.956] | 0.152 | 1.792 | [0.507-2.881] |
| non-Hispanic black | 0.039 | 2.374 | [1.047-5.385] | 0.011 | 2.964 | [1.293-6.792] |
| non-Hispanic multiracial | — | | | — | | |
| Marital status | 0.635 | | | 0.331 | | |
| married | 0.467 | 1.367 | [0.582-3.215] | 0.776 | 1.189 | [0.354-3.993] |
| widowed | 0.220 | 2.211 | [0.625-7.943] | 0.558 | 0.580 | [0.091-3.679] |
| divorce | 0.651 | 1.336 | [0.374-4.777] | 0.695 | 0.671 | [0.089-5.068] |
| separation | 0.558 | 1.506 | [0.375-6.039] | 0.343 | 0.339 | [0.035-3.257] |
| unmarried | 0.129 | 1.817 | [0.837-3.944] | 0.245 | 1.871 | [0.644-5.436] |
| live with your partner | — | | | — | | |
| Educational level | <0.001 | | | 0.015 | | |
| less than grade 9 education | 0.293 | 1.560 | [0.675-3.601] | 0.690 | 1.242 | [0.423-3.646] |
| grade 9-11 education | <0.001 | 3.465 | [1.655-7.212] | 0.001 | 5.134 | [1.971-13.369] |
| high school graduate /GED or equivalent | 0.002 | 2.594 | [1.454-4.659] | 0.076 | 2.559 | [0.903-7.252] |
| some college students or | 0.017 | 2.187 | [1.157-4.133] | 0.042 | 2.308 | [1.030-5.171] |

| joint AA degrees | | | | | | |
|--------------------------|--------|-------|---------------|--------|-------|---------------|
| bachelor degree or above | — | | | — | | |
| Weight(kg) | <0.001 | 1.056 | [1.040-1.073] | <0.001 | 1.059 | [1.034-1.084] |
| Height(cm) | <0.001 | 1.031 | [1.011-1.053] | 0.054 | 1.031 | [0.999-1.064] |
| BMI (kg/m ²) | <0.001 | 1.344 | [1.244-1.452] | <0.001 | 1.322 | [1.174-1.487] |
| WC (cm) | <0.001 | 1.102 | [1.078-1.126] | <0.001 | 1.108 | [1.070-1.148] |
| Total cholesterol(mg/dL) | 0.441 | 1.003 | [0.995-1.012] | 0.757 | 1.002 | [0.989-1.015] |
| Triglycerides(mg/dL) | <0.001 | 1.017 | [1.013-1.021] | <0.001 | 1.027 | [1.015-1.040] |
| LDL-c(mg/dL) | 0.065 | 1.009 | [0.999-1.019] | 0.154 | 1.012 | [0.995-1.029] |
| HDL-c(mg/dL) | <0.001 | 0.946 | [0.923-0.969] | 0.002 | 0.933 | [0.892-0.976] |
| HbA1c (%) | <0.001 | 4.333 | [2.617-7.173] | <0.001 | 4.197 | [2.154-8.176] |
| Fasting glucose(mg/dL) | <0.001 | 1.114 | [1.083-1.145] | <0.001 | 1.135 | [1.096-1.175] |
| Insulin(μU/mL) | <0.001 | 4.666 | [3.436-6.336] | <0.001 | 3.999 | [2.864-5.584] |
| SBP (mm Hg) | <0.001 | 1.035 | [1.018-1.051] | 0.005 | 1.035 | [1.001-1.061] |
| DBP (mm Hg) | 0.189 | 1.020 | [0.989-1.052] | 0.209 | 1.027 | [0.984-1.071] |

^a Data are from the National Health and Nutrition Examination Surveys. All data except for sample size are weighted accounting for the complex study design according to the directions of the National Center for Health Statistics.

^b Continuous variables (medians and 95% confidence intervals).

^c Categorical variables (counts and weighted percentages).