

Supplementary Table 1. Associations of IFVC with Other Covariates in Multivariable Logistic Regression

Characteristics	aOR (95% CI)*	Characteristics	aOR (95% CI)*
Age (year)		Obesity (BMI≥30kg/m²)	
<65	REF	Not obese	REF
65-74	1.41 (1.02, 1.95)	Obese	1.36 (0.98, 1.90)
≥75	1.15 (0.76, 1.75)	General health	
Gender		Poor or fair	REF
Female	REF	Good, very good, or excellent	0.98 (0.67, 1.43)
Male	2.21 (1.61, 3.03)	Number of comorbidity↓	
Race		0	REF
White	REF	1	1.36 (0.86, 2.14)
Black and others	1.13 (0.59, 2.15)	≥2	1.03 (0.70, 1.52)
Marital status§		Had clinical checkup last year	
Not married	REF	Had no check up	REF
Married	0.63 (0.43, 0.92)	Had check up	0.76 (0.50, 1.15)
Smoking status		Had healthcare coverage	
Never	REF	Had no coverage	REF
Current smoker	1.74 (1.01, 2.99)	Had coverage	1.23 (0.51, 2.94)
Former smoker	1.03 (0.74, 1.43)	Survival time (year)	
Alcohol drinking¶		0-4	REF
Not heavy drinker	REF	5-9	1.33 (0.87, 2.04)
Heavy drinker	1.65 (0.77, 3.54)	≥10	1.23 (0.88, 1.71)
Physical activity 		Number of cancer	
Inactivity	REF	1	REF
Activity	0.44 (0.30, 0.65)	≥2	0.94 (0.67, 1.31)

Note: OR and 95% CI were calculated from logistic regression corrected for sampling weight in BRFSS.

* The multivariable model included education and income simultaneously and adjusted for age, gender, race, marital status, smoking status, alcohol drinking, physical activity, obesity, general health, healthcare coverage, clinical checkup, comorbidity, survival time, and number of cancer.

§ Not married was defined as never married, divorced, widowed, or separated. Respondents who were a member of a married or unmarried couple were defined as married.

¶ Men having more than 14 drinks per week and women having more than 7 drinks per week were considered as heavy drinkers.

|| People who did not participate in any physical activities or exercises (e.g., running, calisthenics, golf, gardening, or walking for exercise) in addition during the past month were considered as inactivity.

↓ Comorbidities were diabetes mellitus, high blood cholesterol, high blood pressure, myocardial infarction, coronary heart disease, stroke, chronic kidney disease, arthritis, asthma, chronic obstructive pulmonary disease (COPD), and depressive disorder.

aOR, adjusted odds ratio; CI, confidence interval; IFVC, insufficient fruit and vegetable consumption.

Supplementary Table 2. Associations of Education and Income with Fruit and Vegetable Consumption as a Continuous Variable

Variable	Mean servings per week (SD)	cMD (95% CI)	aMD (95% CI)*
Overall sample		5,409	5,409
Education level†‡			
Graduated from college	22.7 (12.4)	REF	REF
Attended college	20.5 (12.3)	-1.98 (-3.43, -0.54)	-1.01 (-2.66, 0.63)
High school or less	17.8 (10.9)	-5.54 (-6.68, -4.40)	-3.70 (-5.01, -2.39)
		<i>p-trend<0.01</i>	<i>p-trend<0.01</i>
Household income per year			
≥\$75,000	22.4 (12.8)	REF	REF
\$35,000 to <\$75,000	21.1 (12.1)	-2.48 (-4.01, -0.95)	-0.89 (-2.56, 0.78)
<\$35,000	18.5 (11.2)	-4.19 (-5.70, -2.67)	-0.84 (-2.70, 1.01)
		<i>p-trend<0.01</i>	<i>p-trend=0.39</i>
Only had 1 cancer		4,284	4,284
Education level†‡			
Graduated from college	22.3 (12.0)	REF	REF
Attended college	20.5 (12.6)	-1.54 (-3.21, 0.13)	-0.57 (-2.51, 1.38)
High school or less	17.5 (10.9)	-5.45 (-6.78, -4.13)	-3.44 (-4.99, -1.89)
		<i>p-trend<0.01</i>	<i>p-trend<0.01</i>
Household income per year			
≥\$75,000	22.0 (12.9)	REF	REF
\$35,000 to <\$75,000	20.8 (11.7)	-2.50 (-4.27, -0.73)	-1.09 (-3.05, 0.88)
<\$35,000	18.3 (11.3)	-3.98 (-5.73, -2.23)	-0.87 (-3.05, 1.31)
		<i>p-trend<0.01</i>	<i>p-trend=0.46</i>
Survived for more than 1 year		4,699	4,699
Education level†‡			
Graduated from college	22.7 (12.6)	REF	REF
Attended college	20.5 (11.2)	-2.53 (-3.83, -1.23)	-1.83 (-3.05, -0.62)
High school or less	17.7 (10.3)	-5.83 (-7.03, -4.64)	-4.39 (-5.63, -3.14)
		<i>p-trend<0.01</i>	<i>p-trend<0.01</i>
Household income per year			
≥\$75,000	22.2 (11.8)	REF	REF
\$35,000 to <\$75,000	21.1 (12.2)	-2.09 (-3.43, -0.76)	-0.22 (-1.48, 1.04)
<\$35,000	18.4 (10.7)	-3.84 (-5.14, -2.54)	-0.13 (-1.61, 1.34)
		<i>p-trend<0.01</i>	<i>p-trend=0.88</i>

Note: MD and 95% CI were calculated from linear regression corrected for sampling weight in BRFSS.

* The multivariable model included education and income simultaneously and adjusted for age, gender, race, marital status, smoking status, alcohol drinking, physical activity, obesity, general health, healthcare coverage, clinical checkup, comorbidity, survival time, and number of cancer.

†‡ College-level education also included technical school.

aMD, adjusted mean difference; BRFSS, Behavioral Risk Factor Surveillance System; CI, confidence interval; cMD, crude mean difference; SD, standard deviation.