Adherence to the Dutch Healthy Diet index and change in glycemic control and cardiometabolic markers in people with type 2 diabetes

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### Online Resource 2: Baseline characteristics included and excluded participants

**Supplementary table 1 Baseline characteristics of the included and excluded participants presented as mean ± SD, median (IQR), or n (%)**

| Participant characteristic                      | Included participants (n = 1202) | Excluded participants (n = 347) |
|------------------------------------------------|----------------------------------|---------------------------------|
| Sex (male)                                      | 751 (62.5%)                      | 222 (64.0%)                     |
| Age (years)                                     | 68.7 ± 9.0                       | 67.5 ± 10.7                     |
| Diabetes duration (years)                       | 12.8 ± 5.9                       | 13.2 ± 6.6                      |
| Education                                       |                                  |                                 |
| Low                                            | 356 (30.1%)                      | 110 (32.7%)                     |
| Middle                                         | 565 (47.8%)                      | 157 (46.7%)                     |
| High                                           | 260 (22.0%)                      | 69 (20.5%)                      |
| Employment status (employed)                    | 362 (31.8%)                      | 58 (35.4%)                      |
| Smoking                                        |                                  |                                 |
| Current                                        | 123 (10.3%)                      | 64 (18.4%)                      |
| Former                                         | 683 (56.9%)                      | 172 (49.6%)                     |
| Never                                          | 394 (32.8%)                      | 111 (32.0%)                     |
| Physical activity (hours/week)                  | 1.4 (2.3)                        | 1.0 (2.3)                       |
| Glucose-lowering medication                     |                                  |                                 |
| No medication                                   | 199 (16.6%)                      | 54 (15.6%)                      |
| One OHA                                         | 356 (29.6%)                      | 103 (29.7%)                     |
| ≥ Two OHA                                       | 286 (23.8%)                      | 80 (23.1%)                      |
| Only insulin                                    | 59 (4.9%)                        | 24 (6.9%)                       |
| OHA + insulin                                   | 302 (25.1%)                      | 86 (24.7%)                      |
| Total energy intake (kcal/day)                  | 2140 ± 733                       | 2395 ± 1367                     |
| DHD15-index score                               | 72.0 ± 14.9                      | 65.2 ± 14.9                     |
| HbA1c (mmol/mol)                                | 53.8 ± 11.7                      | 55.8 ± 15.8                     |
| Fasting glucose (mmol/L)                        | 8.6 ± 2.1                        | 9.0 ± 3.0                       |
| HDL cholesterol (mmol/L), women                 | 1.4 ± 0.4                        | 1.4 ± 0.5                       |
| HDL cholesterol (mmol/L), men                   | 1.2 ± 0.3                        | 1.2 ± 0.3                       |
| LDL cholesterol (mmol/L)                        | 2.2 ± 0.9                        | 2.2 ± 0.9                       |
| Cholesterol ratio                               | 3.3 (1.5)                        | 3.4 (1.5)                       |
| Systolic blood pressure (mm Hg)                 | 140.7 ± 20.3                     | 139.7 ± 20.2                    |
| Diastolic blood pressure (mm Hg)                | 77.8 ± 8.0                       | 78.6 ± 8.4                      |
| eGFR (ml/min)                                   | 73.9 ± 18.2                      | 75.5 ± 22.9                     |
| BMI (kg/m²)                                     | 29.6 ± 5.2                       | 29.5 ± 5.1                      |

OHA: Oral hypoglycemic agents, DHD15: Dutch Healthy Diet index 2015, HbA1c: hemoglobin A1c, LDL: low-density lipoprotein, HDL: high-density lipoprotein, eGFR: estimated glomerular filtration rate, BMI: body mass index.