

Supplemental Table S1: Associations between household food security (using the four-category variable) and cumulative biological risk: National Health and Nutrition Examination Surveys 2007-2010

	Cumulative biological dysregulation score				Elevated biological dysregulation (score ≥ 3)				
	Age- and gender-adjusted		Multivariable-adjusted		Age- and gender-adjusted		Multivariable-adjusted		
		95% CI		95% CI	OR	95% CI	OR	95% CI	
All adults									
Food secure	Ref.	-	Ref.	-	Ref.	-	Ref.	-	
Marginal food secure	0.18	-0.02, 0.38	0.13	-0.05, 0.30	1.24	0.96, 1.59	1.22	0.97, 1.55	
Low food security	0.25	0.11, 0.39	0.16	0.04, 0.28	1.27	1.04, 1.55	1.20	0.98, 1.46	
Very low food security	0.16	0.01, 0.31	0.09	-0.06, 0.23	1.24	1.01, 1.53	1.20	0.98, 1.49	
<i>P-trend</i>		0.0005		0.008		0.0006		0.004	
Men									
Food secure	Ref.	-	Ref.	-	Ref.	-	Ref.	-	
Marginal food secure	0.13	-0.21, 0.47	0.08	-0.25, 0.39	1.25	0.77, 2.02	1.16	0.72, 1.88	
Low food security	0.07	-0.16, 0.29	0.01	-0.20, 0.23	1.03	0.73, 1.46	0.98	0.69, 1.38	
Very low food security	-0.06	-0.29, 0.16	-0.09	-0.30, 0.11	0.89	0.66, 1.20	0.86	0.66, 1.13	
<i>P-trend</i>		0.9		0.67		0.85		0.5	
Women									
Food secure	Ref.	-	Ref.	-	Ref.	-	Ref.	-	
Marginal food secure	0.23	0.04, 0.42	0.18	0.01, 0.35	1.30	0.94, 1.80	1.31	0.95, 1.79	
Low food security	0.43	0.23, 0.63	0.31	0.11, 0.51	1.64	1.26, 2.15	1.53	1.14, 2.05	
Very low food security	0.37	0.11, 0.63	0.28	0.03, 0.53	1.82	1.28, 2.59	1.74	1.21, 2.49	
<i>P-trend</i>		<0.0001		0.001		<0.0001		<0.0001	

Multivariable model further adjusted for race/ethnicity, educational attainment, household income, and marital status. P-interaction for multivariable-adjusted model of cumulative allostatic load by gender was 0.08, and for multivariable-adjusted model of elevated allostatic load by gender was 0.02.