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### **CONFLICT OF INTEREST**

The authors declare that they have no conflicts of interest.

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## APPENDIX

**Table A1**  
**Characteristics of individuals included in the analytic sample versus those excluded due to missing information on depressive symptoms at follow up**

	Analytic Sample <i>N</i> = 1100	Missing CES-D score and not taking antidepressants at follow up <sup>a</sup> <i>n</i> = 384
	n (%) or mean (SD)	
<b>Male</b>	469 (43)	206 (54)
<b>Age, years</b>		
15-25	252 (23)	96 (25)
26-45	476 (43)	138 (36)
46-65	290 (26)	100 (26)
66-90	82 (7)	49 (13)
Missing	0	1 (<1)
<b>Education, years</b>		
0-11	258 (23)	108 (28)
12-15	701 (64)	235 (61)
16-20	137 (12)	39 (10)
Missing	4 (<1)	2 (1)
<b>Smoking status</b>		
Never	474 (43)	141 (37)
Former	250 (23)	110 (29)
Current	376 (34)	133 (35)
<b>Smokeless tobacco use, current</b>	80 (7)	28 (7)
Missing	12 (1)	5 (1)
<b>Alcohol use status</b>		
Never	136 (12)	41 (11)
Former	325 (30)	124 (32)
Current	638 (58)	219 (57)
Missing	1 (<1)	0
<b>BMI category<sup>b</sup></b>		
Underweight	13 (1)	4 (1)
Normal	197 (17)	73 (19)
Overweight	325 (30)	118 (31)
Obese	560 (50)	186 (48)
Missing	5 (<1)	3 (1)
<b>Pedometer average steps/day</b>		
<5,000	462 (42)	173 (45)
5,000-9,999	435 (40)	129 (34)
≥10,000	141 (13)	50 (13)
Missing	62 (6)	32 (8)

*continued on next page*

**Table A1**  
**Characteristics of individuals included in the analytic sample versus those excluded due to missing information on depressive symptoms at follow up**

	Analytic Sample <i>N</i> = 1100	Missing CES-D score and not taking antidepressants at follow up <sup>a</sup> <i>n</i> = 384
	n (%) or mean (SD)	
<b>Diabetes diagnosis<sup>c</sup></b>		
Known diabetes	170 (15)	79 (21)
Impaired glucose tolerance	241 (22)	84 (22)
Normal glucose tolerance	685 (62)	215 (56)
Missing	4 (<1)	6 (2)
<b>Social support score (0-49)</b>	40.9 (5.2)	38.1 (6.8)
<b>Health Locus of Control scores</b>		
Internal (0-18)	12.6 (2.4)	12.8 (2.3)
External: Chance (0-18)	7.7 (2.5)	8.0 (2.5)
External: Powerful others (0-18)	8.4 (2.8)	8.9 (2.9)
<b>Identify with own tribal traditions (yes)</b>	782 (71)	260 (68)
Missing	25 (2)	7 (2)
<b>AHEI score (no alcohol), quartiles</b>		
1 <sup>st</sup> : 19.6-34.2	275 (25)	96 (25)
2 <sup>nd</sup> : 34.3-39.6	291 (26)	80 (21)
3 <sup>rd</sup> : 39.7-46.1	261 (24)	110 (29)
4 <sup>th</sup> : 46.1-74.0	273 (25)	98 (26)
<b>Depressive symptoms (CES-D scale, baseline)</b>		
None	779 (71)	279 (73)
Mild	321 (29)	105 (27)

<sup>a</sup>Individuals who did not answer any questions on the CES-D questionnaire: *n* = 262; individuals who skipped >4 questions on the CES-D questionnaire: *n* = 122. Individuals with missing CES-D scores, but who were taking antidepressants at follow up are included in the study population (*n* = 13). Individuals not shown in this table are those who, at baseline, had current or recent ( $\leq 12$  months) pregnancies, CES-D scores  $\geq 16$  or missing CES-D scores, or reported taking antidepressants.

<sup>b</sup>Body mass index (BMI): underweight <18.5 kg/m<sup>2</sup>; normal 18.5-24.9 kg/m<sup>2</sup>; overweight 25-29.9 kg/m<sup>2</sup>; obese  $\geq 30$  kg/m<sup>2</sup>.

<sup>c</sup>Known diabetes (DM) defined as  $\geq 126$  mg/dL fasting blood glucose, or reported history of DM and any of the following: on insulin treatment, hypoglycemic agent, renal dialysis or had kidney transplantation. Impaired glucose tolerance: fasting blood glucose 110-125mg/dL and no DM treatment. Normal glucose tolerance: fasting blood glucose <110mg/dL and no DM treatment.

Data are pooled across three field centers in Arizona, Oklahoma, and South Dakota.

AHEI: Alternative Healthy Eating Index; a dietary index based on absolute intake of 10 nutrients and foods; the total AHEI score ranges from 0 (least healthy) to 100 (most healthy).

CES-D: Center for Epidemiologic Studies Depression Scale. Scores reflect depressive symptoms: none = <10; mild = 10-15; moderate = 16-24; severe = >24.

**Table A2**  
***The Alternative Health Eating Index-2010 (AHEI) scoring method (Chiuve et al. 2012, Kauffman et al. 2019, Jacobs et al. 2017)***

<b>Component</b>	<b>Criteria for Min. Score (0)</b>	<b>Criteria for Max. Score (10)</b>
Vegetables (serv/day)	0	≥5
Fruit (serv/day)	0	≥4
Whole grains (grams/day)		
Males	0	90
Females	0	75
Sugar-sweetened beverages and fruit juice (serv/day)	≥1	0
Nuts and legumes (serv/day)	0	≥1
Red/processed meat (serv/day)	≥1.5	0
<i>trans</i> fat (% of energy)	≥4	≤0.5
Long-chain n-3 fats (EPA and DHA) (mg/d)	0	250
Polyunsaturated fatty acids (% of energy)	≤2	≥10
Sodium (mg/d)	Highest decile	Lowest decile
Total	0	100

Alcohol use was excluded from the AHEI score calculations and was instead included as a separate covariate in analyses. Therefore, the maximum score possible was 100, not 110.

**Table A3**  
**Baseline AHEI diet quality scores overall and for each component stratified by those who did and did not develop probable depression at follow up**

AHEI components	Outcome at follow up	
	No probable depression <sup>a</sup> n = 893	Probable depression <sup>a</sup> n = 207
	mean (SD)	
Vegetables (serv/day)	2.6 (2.1)	2.7 (2.2)
Fruit (serv/day)	0.9 (1.0)	1.0 (1.3)
Whole grains (g/day)		
Males	19.9 (25.2)	20.8 (30.6)
Females	20.0 (26.2)	18.2 (19.0)
Sugar-sweetened beverages and fruit juice (serv/day)	2.9 (2.6)	3.0 (2.9)
Nuts and legumes (serv/day)	0.7 (1.0)	0.8 (1.1)
Red/processed meat (serv/day)	1.4 (1.1)	1.4 (1.1)
trans fat (% of energy)	1.6 (0.5)	1.6 (0.6)
Long-chain n-3 fatty acids (EPA and DHA) (mg/d)	67.7 (113.6)	65.0 (104.0)
Polyunsaturated fatty acids (% of energy)	8.6 (2.6)	8.8 (2.7)
Sodium (mg/d)	3114 (1891)	3230 (1892)
Total calories <sup>b</sup>	2322 (1254)	2436 (1327)
AHEI score	40.5 (9.0)	40.8 (9.4)

AHEI: Alternative Healthy Eating Index; a dietary index based on absolute intake of 10 nutrients and foods each scored 0-10 using standardized serving sizes and cut points associated with increased or decreased chronic disease risk. Alcohol use was excluded from the AHEI score calculations and was included as a separate covariate in analyses.

CES-D: Center for Epidemiologic Studies Depression Scale. Scores reflect depressive symptoms: none = <10; mild = 10-15; moderate = 16-24; severe = >24.

<sup>a</sup>Probable depression is defined as having a CES-D score  $\geq 16$  or taking antidepressants. All participants were free of probable depression at baseline.

<sup>b</sup>Total calories are not included in AHEI score calculation; shown for descriptive purposes only.