

## Supplementary Online Content

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### **eTable.** Metabolic Risk Factors: Sample Characteristics

This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable. Metabolic Risk Factors: Sample Characteristics**

N=150	
<b><u>Obesity</u></b>	N (%)
Normal Weight (<25)	42 (28)
Overweight (25-29.9)	64 (42)
Obese (30-34.9)	27 (18)
Morbidly obese $\geq 3$	17 (11.3)
<b><u>High blood pressure at time of visit</u></b> (Systolic blood pressure >140mmHg or diastolic blood pressure > 80mmHg)	N (%)
No	105 (70)
yes	45 (30)
<b><u>Hypercholesterolemia at Lab visit</u></b>	N (%)
Optimal levels (<200mg/dL)	74 (49)
High ( $\geq 200$ mg/dL)	76 (51)
<b><u>HDL at Lab visit</u></b>	N (%)
Optimal levels ( $\geq 40$ mg/dL)	133 (89)
Sub-optimal (<40mg/dl)	17 (11)
<b><u>Framingham 10 year Risk assessment for Cardiovascular Disease</u></b>	N (%)
Low Risk (<.10)	68 (45)
Intermediate Risk (>.10-.19)	59 (39)
High risk ( $\geq 2.0$ )	23 (15)
<b><u>Self-reported conditions</u></b>	N (%)
<b><u>High cholesterol*</u></b>	
No	80 (53)
Yes	67 (45)
I don't know	3 (2)
<b><u>Hypertension*</u></b>	
No	120 (80)
Yes	30 (20)
I don't know	0
<b><u>Diabetes*</u></b>	
No	145 (97)
Yes	5 (3)
I don't know	0
<b><u>Sleep apnea*</u></b>	
No	135 (90)
Yes	10 (7)
I don't know	5 (3)
<b><u>Have you ever smoked cigarettes?</u></b>	
No	86 (57)
Yes	64 (42)

\*Answer to question: "Has your health Provider ever told you that you have any of the following conditions?"