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This is an author produced version of supplementary material to be published in **Stroke**.

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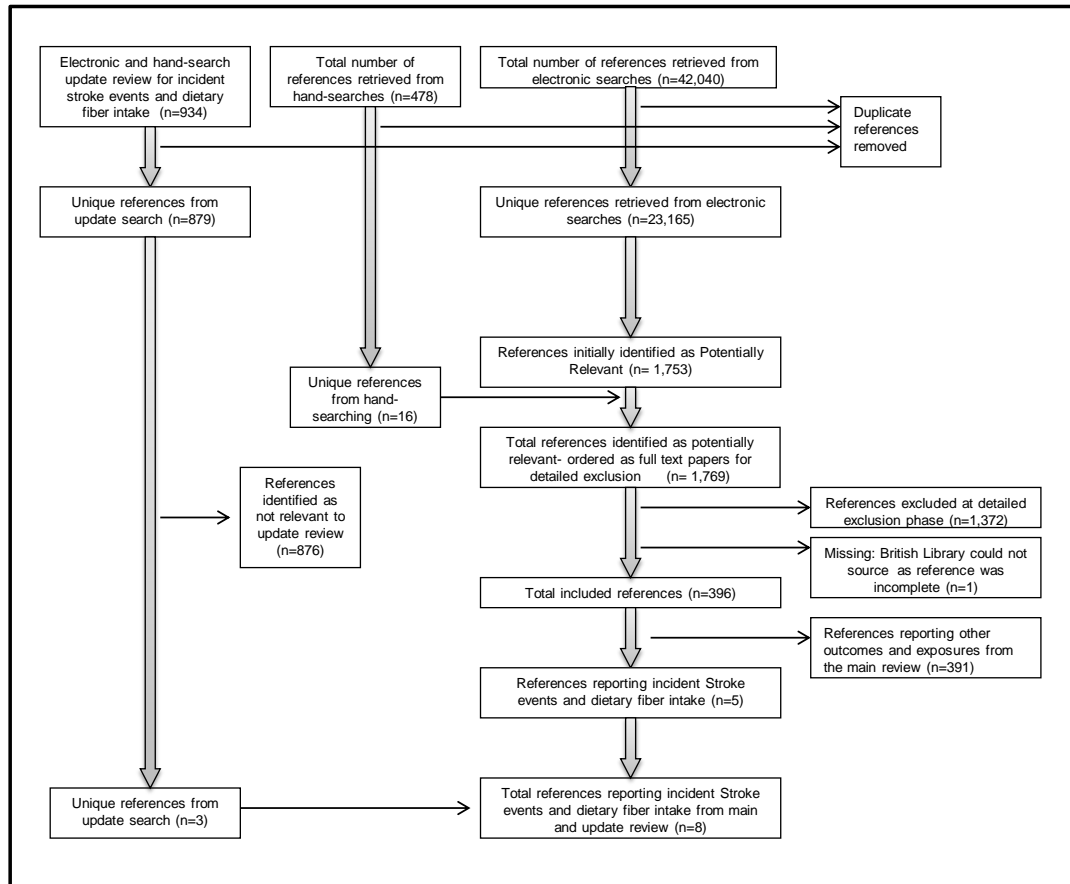
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Paper:

Threapleton, D, Greenwood, DC, Cleghorn, C, Woodhead, C, Evans, CE, Nykjaer, C, Cade, JE, Gale, C and Burley, VJ (2013) *Dietary fiber intake and risk of first stroke: A systematic review and meta-analysis*. Stroke. (In press)

<http://dx.doi.org/10.1161/STROKEAHA.111.000151>

Supplemental figure 1. Flow diagram for inclusion of publications from the main review and update searches relating to fiber intake and stroke risk



Supplemental Table 1. Total fiber intake and stroke risk by stroke subtype

Cohort	Fiber intake/ comparison	Outcomes measured	Cases	RR (95%CI)*	p-trend
Japan Public Health Centre- based Cohort ¹⁴	M: 19.9 vs.6.0 F:21.6 vs. 7.8 g/d	Cerebral infarction	910	M:0.94 (0.66,1.34)	0.540
		Subarachnoid haemorrhage	133	M:1.02 (0.45, 2.54)	0.672
			226	F:0.72 (0.37, 1.43)	0.419
		Intracerebral haemorrhage	456	M:1.08 (0.66,1.78)	0.588
			310	F:0.53 (0.28, 0.97)	0.100
ATBC ¹⁵	35.8 vs. 16.1 g/d	Cerebral infarction	2702	M: 1.01 (0.85, 1.19)	0.83
		Subarachnoid haemorrhage	196	M: 0.86 (0.47, 1.59)	0.49
		Intracerebral haemorrhage	383	M: 0.97 (0.61, 1.54)	0.63
NHS ¹⁶	21 vs.10g/d	Ischaemic stroke	515	F: 0.78 (0.56, 1.09)	0.09
		Haemorrhagic stroke	279	F: 0.84 (0.54, 1.30)	0.34
Malmo Diet and Cancer Cohort ¹⁷	M:11.4 vs. 5.8 F:12.9 vs. 6.5 g/1000kcal	Ischaemic stroke	397	M: 0.69 (0.49, 0.96)	0.05
			346	F: 0.73 (0.52, 1.04)	0.18

Abbreviations: ATBC Alpha-tocopherol beta-carotene study; CI confidence intervals; F female; g/d grams per day; M male; NHS Nurses' Health Study; RR relative risk

*For all results, the relative risk reflects the highest compared to lowest, reference category

Supplemental table 2. Meta-regression pooled stroke risk estimates for 7g/day increase in total fiber intake

Subgroup of studies to pool	Subgroup	RR (95% CI)	I ²	n	P _{het} *	P _{het} †
subjects' gender	Male	0.91 (0.83, 1.00)	75%	4	0.07	0.8
	Mixed	0.97 (0.92, 1.02)	0%	2	0.4	
	Female	0.88 (0.77, 1.01)		1		
subjects' gender in same study	Male	0.91 (0.83, 1.00)	75%	4	0.07	0.6
	Female	0.88 (0.77, 1.01)		1		
method used to assess fiber	AOAC	0.92 (0.87, 0.97)	26%	5	0.2	0.5
	not AOAC	0.94 (0.81, 1.08)	82%	2	0.2	
includes non-fatal events	No	0.89 (0.73, 1.10)		1		0.8
	Yes	0.93 (0.88, 0.98)	65%	6	0.01	
length of follow-up	<10 years	0.84 (0.73, 0.97)		1		0.4
	≥10 years	0.94 (0.89, 0.99)	56%	6	0.05	
geographic location	US	0.91 (0.83, 1.00)	56%	3	0.1	0.6
	EU	0.94 (0.81, 1.08)	82%	2	0.2	
	Japan	0.90 (0.82, 0.99)	0%	2	0.9	
adjusted for family history of MI‡	Yes	0.86 (0.78, 0.95)	0%	2	0.7	0.2
	No	0.95 (0.90, 1.00)	56%	5	0.06	

P_{het}* Heterogeneity within each subgroup; P_{het}† Heterogeneity between each subgroup; ‡No studies included adjustment for family history of stroke

Abbreviations: AOAC Association of Official Analytical Chemists; CI confidence intervals; EU European Union; n Number of studies; RR relative risk; US united states