Supplemental Figure 4. Estimated changes in biomarker concentrations of B vitamin status with changes in the lifestyle variables alcohol consumption, BMI, and physical activity using data for adults ≥20 y, NHANES 2003–2006.

Changes derived from a multiple linear regression model adjusting for sociodemographic and lifestyle variables (model 3); change in a covariate was carried out while holding any other variables in the model constant; asterisk accompanying the percent change in the data label indicates significance (P <0.05)

Alcohol consumption calculated as average daily consumption [(quantity x frequency) / 365.25]; 1 drink ≈ 15 g ethanol
A 25% increase in BMI is comparable to a change from being normal weight to overweight
Physical activity calculated as total metabolic equivalent task (MET)-min/wk from self-reported leisure time physical activities
4PA, 4-pyridoxic acid; B12, vitamin B12 (total cobalamin); MMA, methylnalonic acid; PLP, pyridoxal-5’-phosphate; RBC-FOL, RBC folate; S-FOL, serum folate; tHcy, total homocysteine