

Appendix 5. Blood pressure, blood lipids, blood biomarkers, and cardiometabolic measures.

Study	Blood Pressure / Hypertension (mean \pm SD)	Blood Lipids (mean \pm SD)	Other Blood Biomarkers (mean \pm SD)	Other Cardiometabolic Indicators (mean \pm SD)
Batista 2013	<p>Systolic BP: Elite FA = 114.3 \pm 1.3 mmHg, Non-Elite FA = 111.7 \pm 1.5 mmHg, Controls = 119.9 \pm 2.0 mmHg, p = 0.005</p> <p>Diastolic BP: Elite FA = 75.9 \pm 0.8 mmHg, Non-Elite FA = 74.1 \pm 1.0 mmHg, Controls = 76.9 \pm 1.3 mmHg, p = 0.179</p>	<p>HDL: Elite FA = men 53.5 \pm 1.1 mg/dL, women 60.3 \pm 0.9 mg/dL, Non-Elite FA = men 57.5 \pm 1.1 mg/dL, women 57.2 \pm 1.2 mg/dL, Controls = men 54.0 \pm 1.7 mg/dL, women 53.1 \pm 1.4 mg/dL, men p = 0.030, women p < 0.001</p> <p>Triglycerides: Elite FA = 109.9 \pm 4.0 mg/dL, Non-Elite FA = 144.5 \pm 4.6 mg/dL, Controls = 182.3 \pm 6.0 mg/dL, p < 0.001</p>	<p>Fasting Glucose: Elite FA = 89.5 \pm 1.2 mg/dL, Non-Elite FA = 92.3 \pm 1.4 mg/dL, Controls = 101.0 \pm 1.9 mg/dL, p < 0.001</p>	<p>Metabolic Syndrome (%): Elite FA = 13, Non-Elite FA = 37, Controls = 55, p < 0.001</p>
Batista 2014	<p>Systolic BP: Elite FA = men 119.0 \pm 20.7 mmHg, women 108.5 \pm 20.4 mmHg, Non-Elite FA = men 117.2 \pm 18.7 mmHg, women 105.2 \pm 15.1 mmHg, Controls = men 122.9 \pm 21.0 mmHg, women 116.7 \pm 22.2 mmHg, men p = 0.268, women = 0.014</p> <p>Diastolic BP: Elite FA = men 77.1 \pm 13.2 mmHg, women 74.4 \pm 12.8 mmHg, Non-Elite FA = men 77.3 \pm 12.9 mmHg, women 70.2 \pm 11.1 mmHg, Controls = men 79.8 \pm 13.3 mmHg, women 73.9 \pm 12.0 mmHg, men p = 0.450, women p = 0.076</p> <p>Hypertension (%): Elite FA = men 51%, women 25%, Non-Elite FA = men 46%, women 22%, Controls = men 71%, women 61%, men p = 0.010, women p < 0.001</p>	<p>Total Cholesterol: Elite FA = men 178.2 \pm 51.4 mg/dL, women 163.0 \pm 46.4 mg/dL, Non-Elite FA = men 189.3 \pm 47.4 mg/dL, women 213.7 \pm 35.1 mg/dL, Controls = men 226.6 \pm 73.9 mg/dL, women 209.8 \pm 66.9 mg/dL, men and women p < 0.001</p> <p>LDL: Elite FA = men 110.0 \pm 48.0 mg/dL, women 89.6 \pm 43.7 mg/dL, Non-Elite FA = men 112.6 \pm 30.4 mg/dL, women 111.9 \pm 22.4 mg/dL, Controls = men 122.9 \pm 53.7 mg/dL, women 115.0 \pm 43.6 mg/dL, men p = 0.475, women p < 0.001</p> <p>HDL: Elite FA = men 53.5 \pm 10.7 mg/dL, women 59.7 \pm 7.2 mg/dL, Non-Elite FA = men 57.4 \pm 9.9 mg/dL, women 57.8 \pm 13.3 mg/dL, Controls = men 54.1 \pm 15.1 mg/dL, women 53.5 \pm 9.7 mg/dL, men p = 0.089, women p = 0.001</p> <p>Triglycerides: Elite FA = men 117.5 \pm 39.4 mg/dL, women 100.1 \pm 42.7 mg/dL, Non-Elite FA = men 146.6 \pm 51.3 mg/dL, women 143.8 \pm 55.8 mg/dL, Controls = men 188.5 \pm 101.6 mg/dL, women 176.8 \pm 96.7 mg/dL, men and women p < 0.001</p> <p>Dyslipidemia (%): Elite FA = men 53%, women 30%, Non-Elite FA = men 62%, women 75%, Controls = men 88%, women 88%, men and women p < 0.001</p>	<p>Fasting Glucose: Elite FA = men 91.7 \pm 17.2 mg/dL, women 87.1 \pm 10.9 mg/dL, Non-Elite FA = men 94.4 \pm 19.8 mg/dL, women 89.8 \pm 15.5 mg/dL, Controls = men 105.3 \pm 23.6 mg/dL, women 96.1 \pm 27 mg/dL, men p < 0.001, women = 0.804</p> <p>Hyperglycemia (%): Elite FA = men 37%, women 10%, Non-Elite FA = men 48%, women 28%, Controls = men 67%, women 43%, men p = 0.002, women p < 0.001</p>	

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Chang 2009	<p>Systolic BP: DHS FA = 127.6 \pm 16.7 mmHg, ACLS FA = 129.2 \pm 17.0 mmHg, DHS Controls = 135.6 \pm 17.0 mmHg, ACLS Controls = 129.0 \pm 16.0 mmHg, DHS p < 0.001, ACLS p < 0.001</p> <p>Diastolic BP: DHS FA = 77.3 \pm 11.2 mmHg, ACLS FA = 77.5 \pm 11.1 mmHg, DHS Controls = 82.5 \pm 10.4 mmHg, ACLS Controls = 85.0 \pm 9.8 mmHg, DHS p = 0.70, ACLS p < 0.001</p>	<p>Total Cholesterol: DHS FA = 197.8 \pm 42.1 mg/dL, ACLS FA = 192.9 \pm 41.9 mg/dL, DHS Controls = 176.8 \pm 40.1 mg/dL, ACLS Controls = 204.0 \pm 41.6 mg/dL, DHS p < 0.001, ACLS p < 0.001</p> <p>LDL: DHS FA = 128.5 \pm 36.0 mg/dL, ACLS FA = 126 \pm 36.2 mg/dL, DHS Controls = 107.7 \pm 37.5 mg/dL, ACLS Controls = 124.7 \pm 37.2 mg/dL, DHS p < 0.001, ACLS p = 0.37</p> <p>HDL: DHS FA = 50.8 \pm 16.8 mg/dL, ACLS FA = 49.4 \pm 17.0 mg/dL, DHS Controls = 43.7 \pm 10.9 mg/dL, ACLS Controls = 46.4 \pm 11.5 mg/dL, DHS p < 0.001, ACLS p = 0.35</p> <p>Triglycerides: DHS FA = 81 mg/dL [61-115], ACLS FA = 83.5 mg/dL [61-122], DHS Controls = 111 mg/dL [74-160], ACLS Controls = 127.5 mg/dL [92-177], DHS p < 0.001, ACLS p < 0.001</p>	<p>Glucose: DHS FA = 101.4 \pm 14.1 mg/dL, ACLS FA = 102.3 \pm 17.0 mg/dL, DHS Controls = 110.4 \pm 47.7 mg/dL, ACLS Controls = 104.5 \pm 20.5 mg/dL, DHS p = 0.03, ACLS p = 0.08</p> <p>High-Sensitivity CRP: DHS FA = 0.8 mg/L [0.4-1.8], ACLS FA = 4.2 mg/L [0-196.5], DHS Controls = 2.4 mg/L [1.4-5.2], ACLS Controls = 11.0 mg/L [0-186], DHS p < 0.001, ACLS p = 0.69</p>	
Dey 2002	<p>Systolic BP: PAFA = 125.0 \pm 2.74 mmHg, SFA = 129.0 \pm 7.78 mmHg, Controls = 128.7 \pm 9.78 mmHg, PAFA compared with SFA p < 0.01, PAFA compared with controls p < 0.01, SFA compared with controls p value not stated</p> <p>Diastolic BP: PAFA = 81.7 \pm 3.07 mmHg, SFA = 83.3 \pm 3.09 mmHg, Controls = 82.3 \pm 5.09 mmHg, PAFA compared with SFA p < 0.05, PAFA compared with controls p value not stated, SFA compared with controls p value not stated</p>	<p>Total Cholesterol: PAFA = 4.95 \pm 0.23 mmol/L, SFA = 5.88 \pm 0.39 mmol/L, Controls = 5.45 \pm 0.30 mmol/L, PAFA to SFA p < 0.01, PAFA to controls p < 0.01, SFA to controls p < 0.01</p> <p>HDL: PAFA = 1.11 \pm 0.05 mmol/L, SFA = 1.06 \pm 0.03 mmol/L, Controls = 1.11 \pm 0.05 mmol/L, PAFA to SFA p < 0.01, PAFA to controls p value not stated, SFA to controls p < 0.01</p> <p>Total Cholesterol to HDL Ratio: PAFA = 4.50 \pm 0.34, SFA = 5.58 \pm 0.46, Controls = 4.92 \pm 0.39, PAFA to SFA p < 0.01, PAFA to controls p < 0.01, SFA to controls p < 0.01</p> <p>LDL: PAFA = 3.26 \pm 0.23 mmol/L, SFA = 4.10 \pm 0.33 mmol/L, Controls = 3.73 \pm 0.28 mmol/L, PAFA to SFA p < 0.01, PAFA to controls p < 0.01, SFA to controls p < 0.01</p>		

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Dey 2002 (cont.)		Triglycerides: PAFA = 1.26 ± 0.11 mmol/L, SFA = 1.59 ± 0.22 mmol/L, Controls = 1.33 ± 0.13 mmol/L, PAFA to SFA p < 0.01, PAFA to controls p value not stated, SFA to controls p < 0.01		
Grashow 2022	Hypertension %: FA = No 1915 (71.3%), Yes 747 (27.8%), Missing 22 (0.8%), NHANES Controls = No 1119 (72.8%), Yes 415 (27.0%), Missing 3 (0.2%), NHIS Controls = No 4571 (72.6%), Yes 1727 (27.4%), p < 0.0013			Diabetes %: FA = No 2477 (92.3%), Yes 170 (6.3%), Missing 37 (1.4%), NHANES Controls = No 1363 (88.7%), Yes 122 (7.9%), Missing 52 (3.4%), NHIS Controls = No 5853 (92.9%), Yes 445 (7.1%), p < 0.00013
Hagmar 2006	Resting Heart Rate: FA = 53 ± 8 bpm, Controls = 61 ± 8 bpm, p = 0.003	Triglycerides: FA = 0.92 ± 0.36 mmol/l, Controls = 1.13 ± 0.57 mmol/l, p value not stated Total Cholesterol: FA = 5.02 ± 0.95 mmol/l, Controls = 5.67 ± 0.85 mmol/l, p = 0.032 HDL: FA = 1.92 ± 0.45 mmol/l, Controls = 1.74 ± 0.48 mmol/l, p value not stated LDL: FA = 2.72 ± 0.82 mmol/l, Controls = 3.44 ± 0.68 mmol/l, p = 0.007		Flow Mediated Dilatation (%): FA without HRT = 6.2 ± 4.6%, FA with HRT = 4.0 ± 2.4%, Controls without HRT = 2.7 ± 4.5%, Controls with HRT = 4.8 ± 2.6%, without HRT p = 0.047 Nitroglycerin-Dependent Dilatation (%): FA without HRT = 20.9 ± 14.9%, FA with HRT = 19.3 ± 5.6%, Controls without HRT = 22.1 ± 6.5%, Controls with HRT = 21.2 ± 6.8%, p value not stated Change in Flow (%): FA without HRT = 732 ± 222%, FA with HRT = 571 ± 121%, Controls without HRT = 582 ± 135%, Controls with HRT = 451 ± 116%, p value not stated Brachial Artery Diameter at Rest : FA without HRT = 3.4 ± 0.4 mm, FA with HRT = 3.6 ± 0.3 mm, Controls without HRT = 3.2 ± 0.4 mm, Controls with HRT = 3.4 ± 0.3 mm, p value not stated

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Hurst 2010	<p>Systolic BP: FA = 128.7 ± 16.4 mmHg, Controls = 123.7 ± 13.8 mmHg, p = 0.004</p> <p>Diastolic BP: FA = 78.7 ± 10.9 mmHg, Controls = 78.4 ± 8.2 mmHg, p = 0.73</p> <p>Hypertension (%): FA = 38/201 (19%), Controls = 6/86 (7%), p = 0.50</p>	<p>Hyperlipidemia (%): FA = 84/176 (48%), Controls = 47/116 (41%), p = 0.23</p> <p>Total Cholesterol: FA = 198.8 ± 40.8 mg/dl, Controls = 207.2 ± 40.1 mg/dl, p = 0.07</p> <p>LDL: FA = 131.3 ± 25.6 mg/dl, Controls = 126.4 ± 35.5 mg/dl, p = 0.25</p> <p>HDL: FA = 40.9 ± 16.5 mg/dl, Controls = 50.1 ± 13.5 mg/dl, p = 0.51</p> <p>Triglycerides: FA = 102.6 ± 64.6 mg/dl, Controls = 162.2 ± 128.3 mg/dl, p < 0.001</p> <p>Total Cholesterol to HDL Ratio: FA = 4.5 ± 1.7, Controls = 4.4 ± 1.4, p = 0.79</p>	<p>Glucose: FA = 97.8 ± 10.5 mg/dl, Controls = 102.1 ± 7.8 mg/dl, p < 0.001</p>	<p>Plaque (%): FA = 67/201 (33%), Controls = 36/123 (29%), p = 0.45</p>
Majerczak 2019		Numeric comparisons not provided; refer to Majerczak 2019 Figure 3 for graphical representation.	Numeric comparisons not provided; refer to Majerczak 2019 Figures 3 and 4 for graphical representation.	
Pihl 2003	<p>Systolic BP: PAFA = 127.2 ± 9.8 mmHg, SFA = 138.2 ± 14.6 mmHg, Controls = 136.7 ± 17.9 mmHg, PAFA to SFA p < 0.05, to controls p < 0.05</p> <p>Diastolic BP: PAFA = 83.5 ± 9.8 mmHg, SFA = 90.9 ± 9.7 mmHg, Controls = 87.7 ± 9.3 mmHg, PAFA to SFA p < 0.05</p>	<p>Total Cholesterol: PAFA = 5.04 ± 1.02 mmol/l, SFA = 6.04 ± 1.03 mmol/l, Controls = 5.77 ± 1.15 mmol/l, PAFA to SFA p < 0.01, to controls p < 0.05</p> <p>HDL: PAFA = 1.38 ± 0.27 mmol/l, SFA = 1.22 ± 0.24 mmol/l, Controls = 1.34 ± 0.30 mmol/l, PAFA to SFA p < 0.05</p> <p>LDL: PAFA = 3.56 ± 0.81 mmol/l, SFA = 3.33 ± 0.93 mmol/l, Controls = 3.60 ± 1.23 mmol/l, p value not stated</p> <p>Triglycerides: PAFA = 0.94 ± 0.49 mmol/l, SFA = 1.66 ± 1.04 mmol/l, Controls = 1.28 ± 0.49 mmol/l, PAFA to SFA p < 0.01</p> <p>Triglycerides to HDL Ratio: PAFA = 0.76 ± 0.44, SFA = 1.44 ± 0.96, Controls = 1.03 ± 0.60, PAFA to SFA p < 0.01</p>	<p>Glucose: PAFA = 5.63 ± 1.10 mmol/l, SFA = 5.59 ± 0.66 mmol/l, Controls = 6.54 ± 0.59 mmol/l, p value not stated</p> <p>Total Antioxidant Status: PAFA = 0.97 ± 0.12 mmol/l, SFA = 0.98 ± 0.15 mmol/l, Controls = 0.98 ± 0.21 mmol/l, p value not stated</p> <p>oxLDL: PAFA = 98.0 ± 35.2 U/l, SFA = 138.3 ± 47.2 U/l, Controls = 138.6 ± 52.6 U/l, PAFA to SFA p < 0.01, to controls p < 0.01</p> <p>oxLDL:LDL Ratio: PAFA = 29.3 ± 12.7 U/mmol, SFA = 42.4 ± 11.2 U/mmol, Controls = 43.3 ± 20.7 U/mmol, PAFA to SFA p < 0.01, to controls p < 0.01</p> <p>Diene Conjugates: PAFA = 38.3 ± 10.2 μM, SFA = 51.4 ± 19.6 μM, Controls = 44.7 ± 9.7 μM, PAFA to SFA p < 0.01</p>	

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Pihl 2003 (cont.)			<p>GSH: PAFA = 1213.7 ± 479.8 µgml⁻¹, SFA = 1085.3 ± 639.1 µgml⁻¹, Controls = 1333.6 ± 427.2 µgml⁻¹, p value not stated</p> <p>GSSG: PAFA = 64.7 ± 24.9 µgml⁻¹, SFA = 65.0 ± 27.0 µgml⁻¹, Controls = 48.3 ± 26.5 µgml⁻¹, p value not stated</p> <p>GSSG:GSH Ratio: PAFA = 0.06 ± 0.03, SFA = 0.13 ± 0.23, Controls = 0.04 ± 0.02, p value not stated</p> <p>hsCRP: PAFA = 0.80 ± 0.46 mg/l, SFA = 1.59 ± 0.89 mg/l, Controls = 1.43 ± 1.15 mg/l, p value not stated</p>	
Stracciolini 2020	Hypertension (%): FA = Yes 38/699, No 661/699, Controls = Yes 122/901, No 779/901, p < 0.001	High Cholesterol (%): FA = Yes 69/699, No 630/699, Controls = Yes 153/901, No 748/901, p < 0.001		<p>Diabetes (%): FA = Yes 7/699 No 692/699, Controls = Yes 20/901 No 881/901, p = 0.061</p> <p>Heart Disease (%): FA = Yes 4/699, No 695/699, Controls = Yes 7/901, No 894/901, p = 0.623</p>
Unt 2008	<p>Systolic BP: PAFA = 130.6 ± 12.4 mmHg, SFA = 136.6 ± 14.7 mmHg, Controls = 135.0 ± 14.9 mmHg, p value not stated</p> <p>Diastolic BP: PAFA = 85.2 ± 10.8 mmHg, SFA = 90.1 ± 9.9 mmHg, Controls = 87.8 ± 8.7 mmHg, p value not stated</p>	<p>Total Cholesterol: PAFA = 5.08 ± 1.07 mmol/L, SFA = 5.96 ± 1.14 mmol/L, Controls = 5.77 ± 1.13 mmol/L, PAFA compared with SFA p < 0.01, PAFA compared with control p < 0.05</p> <p>HDL: PAFA = 1.46 ± 0.32 mmol/L, SFA = 1.33 ± 0.30 mmol/L, Controls = 1.39 ± 0.31 mmol/L, p value not stated</p> <p>LDL: PAFA = 3.51 ± 0.85 mmol/L, SFA = 3.51 ± 1.07 mmol/L, Controls = 3.68 ± 1.20 mmol/L, p value not stated</p> <p>Triglycerides: PAFA = 1.03 ± 0.60 mmol/L, SFA = 1.73 ± 1.17 mmol/L, Controls = 1.43 ± 0.62 mmol/L, PAFA compared with SFA p < 0.001</p>	<p>GSH: PAFA = 1127.5 ± 402.7 µmol/L, SFA = 1044.3 ± 587.3 µmol/L, Controls = 1260.8 ± 416.2 µmol/L, p value not stated</p> <p>GSSG: PAFA = 63.7 ± 22.5 µmol/L, SFA = 63.4 ± 25.9 µmol/L, Controls = 53.3 ± 26.7 µmol/L, p value not stated</p> <p>GSSG:GSH: PAFA = 0.06 ± 0.02, SFA = 0.13 ± 0.22, Controls = 0.05 ± 0.03, PAFA compared with SFA p < 0.05</p>	<p>tHcy: PAFA = 9.43 ± 2.12 µmol/L, SFA = 12.32 ± 4.49 µmol/L, Controls = 10.55 ± 2.50 µmol/L, PAFA compared with SFA p < 0.001</p>