Supplemental Materials for the Study:

Association of Periodic Fasting with Lower Severity of COVID-19 Outcomes in

the SARS-CoV-2 Pre-Vaccine Era: An Observational Cohort from the INSPIRE Registry

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Supplemental Table S1. Baseline characteristics of patients who were not included in the study (see

Supplemental Figure S1 for a flowchart of inclusion and exclusion of patients).

Characteristic	Patients Not Enrolled in the INSPIRE Registry*	INSPIRE Enrollees With No Survey	Surveyed Patients Not Tested for COVID-19†
Sample Size	n=24,591*	n=2,839	n=4,271†
Age (years)	64.7±18.4	61.9±13.1	62.2±14.1
Sex (female)	37.8%	34.4%	35.8%
Race (non-white)	5.1%	3.0%	2.9%
Hispanic	0.3%	2.1%	0.5%
BMI (kg/m^2)	30.2±7.2	29.8±7.3	30.1±7.1

*A combination of patients not approached for INSPIRE registry enrollment (n=23,920) and those who were approached but declined enrollment (n=671); †A combination of patients enrolled in the INSPIRE registry who completed a survey, but who: 1) were not tested for SARS-CoV-2 (n=4,113), or 2) were tested for SARS-CoV-2 but reported that they did not engage in periodic fasting currently although they did have a prior history of ≥5 years of periodic fasting at some point in their lifetime (n=158).

Supplemental Table S2. Baseline characteristics of patients included in the secondary analysis of the risk

for initial SARS-CoV-2 infection.

Characteristic	Overall	Tested Positive for SARS-CoV-2*	Tested Negative for SARS-CoV-2	p-value
Sample Size	n=1,524	n=205*	n=1,319	-----
Age (years)	64.4±14.7	63.5±15.1	64.5±14.6	0.36
Sex (female)	40.6%	37.1%	41.1%	0.28
Race (non-white)	6.0%	5.9%	6.0%	0.85
Hispanic	3.1%	3.9%	3.0%	0.48
BMI (kg/m^2)	31.2±7.9	31.1±7.9	31.2±7.9	0.98
Hypertension	85.6%	86.3%	85.5%	0.75
Hyperlipidemia	80.7%	81.5%	80.6%	0.77
Smoking	36.9%	28.3%	38.3%	0.006
Diabetes	45.1%	41.5%	45.7%	0.25
CAD History	74.6%	75.1%	74.5%	0.86
MI History	19.7%	20.5%	19.6%	0.76
Heart Failure	55.7%	58.0%	55.3%	0.47
Atrial Fibrillation	49.7%	47.8%	50.0%	0.57
Dementia	0.8%	0.5%	0.9%	0.61

Supplemental material

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Stroke	11.9%	11.7%	12.0%	0.91
TIA	11.7%	12.7%	11.5%	0.63
PAD	9.4%	8.8%	9.6%	0.73
Renal Failure	2.3%	2.1%	2.3%	0.89
Asthma	32.2%	32.7%	32.1%	0.88
COPD	18.8%	18.0%	19.0%	0.76
Depression	43.4%	44.4%	43.2%	0.75
Anxiety	40.0%	40.0%	40.0%	0.99
Cancer	19.1%	15.6%	19.6%	0.17
Immune Disease	14.6%	12.7%	14.9%	0.40
Liver Disease	27.8%	27.8%	27.8%	0.995
PCI History	26.4%	24.4%	26.7%	0.49
CABG History	11.2%	10.7%	11.2%	0.84
CAD Severity (stenosis)				
None (<10%)	55.3%	52.9%	55.7%	0.23
Mild (10-60%)	9.3%	12.7%	8.8%	
Severe (≥70%)	35.4%	34.4%	35.6%	

*This column presents the overall data for the primary study population, as presented in Table 1.