## Table 1 Baseline characteristics

| All Included Variables | | | |
|---|---|---|---|
| **Total participants**, N | 10661 | **Smoking** | |
| **All-Cause mortality**, n (%) | 1022 (9.6) | Non or light smoker, n (%) | 8373 (79) |
| **Months follow-up** (months) | 99 (65, 143) | Moderate smoker, n (%) | 437 (4) |
| | | Heavy smoker, n (%) | 1851 (17) |
| **Age** (years) | 50 (27, 71) | | |
| **Age groups** | | **Reproductive health for women** | |
| 20-39 years old, n (%) | 3210 (30) | Postmenopausal, n (%) | 2653 (51.5) |
| 40-59 years old, n (%) | 3985 (37) | Use of hormone therapy, n (%) | 1186 (23.0) |
| 60-79 years old, n (%) | 3466 (33) | Parous women, n (%) | 4360 (84.7) |
| | | Oral contraceptive use, n (%) | 3940 (76.5) |
| **Gender** | | | |
| Female, n (%) | 5150 (48) | **Dietary Intake** | |
| Males, n (%) | 5511 (52) | Unprocessed red meat (g/d) | 29.5 (0, 120.2) |
| | | Total energy intake (kcal/day) | 1945 (1168, 3099) |

| Optionally included variables | | | |
|---|---|---|---|
| **(1) Years of entering cohort** | | **(13) Body mass index** (kg/m$^2$) | 28.4 (21.9, 38.5) |
| 2007-2008, n (%) | 2311 (22) | **(14) BMI groups** | |
| 2009-2010, n (%) | 2358 (22) | Healthy Weight, n (%) | 2780 (26) |
| 2011-2012, n (%) | 2857 (27) | Obesity, n (%) | 4249 (40) |
| 2012-2013, n (%) | 3135 (29) | Overweight, n (%) | 3509 (33) |
| **(2) Race/Ethnicity** | | Underweight, n (%) | 123 (1) |
| Mexican American, n (%) | 1321 (12) | **(15) Systolic blood pressure** | |
| Other Hispanic, n (%) | 988 (9) | Low, n (%) | 2133 (20) |
| Non-Hispanic White, n (%) | 5193 (49) | Lower-middle, n (%) | 2132 (20) |
| Non-Hispanic Black, n (%) | 2235 (21) | Middle, n (%) | 2132 (20) |
| Other Race - Including Multi-Racial, n (%) | 924 (9) | Upper-middle, n (%) | 2132 (20) |
| **(3) Education** | | High, n (%) | 2132 (20) |
| Less Than 9th Grade, n (%) | 719 (7) | **(16) Health condition** | |
| 9-11th Grade (Incl. 12th w/o diploma), n (%) | 1443 (14) | Poor, n (%) | 395 (4) |
| High School Grad/GED or Equivalent, n (%) | 2297 (22) | Excellent, n (%) | 976 (9) |
| Some College or AA degree, n (%) | 3336 (31) | Very good, n (%) | 3105 (29) |
| College Graduate or above, n (%) | 2866 (27) | Good, n (%) | 4226 (40) |
| **(4) Marital status** | | Fair, n (%) | 1959 (18) |
| Never married, n (%) | 1726 (16) | **History of diseases** | |
| Married, n (%) | 5891 (55) | (17) Hypercholesterolemia, n (%) | 4193 (39) |
| Widowed, n (%) | 560 (5) | (18) Hypertension, n (%) | 4086 (38) |
| Divorced, n (%) | 1366 (13) | (19) Diabetes, n (%) | 1378 (13) |
| Separated, n (%) | 339 (3) | (20) Depression, n (%) | 2576 (24) |
| Living with partner, n (%) | 779 (7) | (21) Cardiovascular disease, n (%) | 713 (7) |
| **(5) Alcohol drinking** (drinks/day) | 1 (0, 5) | (22) Cancer or malignancy, n (%) | 1041 (10) |
| **(6) Alcohol drinking groups** | | (23) Family history of diabetes, n (%) | 4510 (42) |
| Non-drinker, n (%) | 2239 (21) | (24) Family history of myocardial infarction, n (%) | 1395 (13) |
| Moderate drinker, n (%) | 3128 (29) | **Prescription medication intakes** | |
| Heavy drinker, n (%) | 5294 (50) | (25) Use of Aspirin, n (%) | 172 (2) |
| **(7) Occupation** | | (26) Use of Ibuprofen, n (%) | 192 (2) |
| Non-worker, n (%) | 4217 (40) | (27) Use of Opium, n (%) | 160 (2) |
| Part-time worker, n (%) | 1277 (12) | (28) Use of Statin, n (%) | 2246 (21) |
| Full-time worker, n (%) | 5167 (48) | (29) Use of Valsartan, n (%) | 266 (2) |
| **(8) Vigorous or moderate activity**, n (%) | 5442 (51) | **Dietary intakes** | |
| **(9) Sedentary lifestyle** | | (30) Special diet, % | 1767 (17) |
| Low, n (%) | 2133 (20) | (31) Use of dietary supplements, % | 5100 (48) |
| Lower-middle, n (%) | 2132 (20) | (32) Processed meat (g/d) | 13.5 (0, 78.2) |
| Middle, n (%) | 2132 (20) | (33) Poultry (g/d) | 27.5 (0, 120.6) |
| Upper-middle, n (%) | 2132 (20) | (34) Fruits (cups/d) | 0.4 (0, 1.9) |
| High, n (%) | 2132 (20) | (35) Vegetables (cups/d) | 1.3 (0.4, 2.9) |
| **(10) Sleep** | | (36) Seafood (g/d) | 0 (0, 72.9) |
| ≤4 hours/night, n (%) | 588 (6) | (37) Whole grain (g/d) | 13.7 (0, 64.6) |
| 5-8 hours/night, n (%) | 707 (7) | (38) Eggs (g/d) | 6.8 (0, 43.9) |
| ≥9 hours/night, n (%) | 9366 (88) | (39) Nuts and seeds (g/d) | 0.1 (0, 60.1) |
| **(11) Annual family income** | | (40) Legumes (g/d) | 0 (0, 49.9) |
| $ 0 to $14,999, n (%) | 1571 (15) | (41) Total diary (cups/d) | 1.2 (0.2, 3) |
| $15,000 to $34,999, n (%) | 2761 (26) | (42) Carbohydrates (g/d) | 232.5 (134, 380.2) |
| $35,000 to $64,999, n (%) | 2651 (25) | (43) Dietary fiber (g/d) | 15.2 (7.4, 28.1) |
| $65,000 and over, n (%) | 3678 (34) | (44) SFAs (g/d) | 22.7 (10.8, 41.6) |
| **(12) Socioeconomic status** | | (45) MUFAs (g/d) | 25.6 (12.7, 46.1) |
| Low, n (%) | 2133 (20) | (46) PUFAs (g/d) | 16.2 (7.6, 30.3) |
| Lower-middle, n (%) | 2132 (20) | (47) Cholesterol (mg/d) | 246 (103, 535.5) |
| Middle, n (%) | 2132 (20) | (48) Magnesium (mg/d) | 275.5 (160, 457) |
| Upper-middle, n (%) | 2132 (20) | | |
| High, n (%) | 2132 (20) | | |