Table Baseline characteristics

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| **All Included Variables** | | | | |
| **Total participants**, N | 10661 |  | **Smoking** |  |
| **All-Cause mortality**, n (%) | 1022 (10) |  | 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 (52) |
| 40-59 years old, n (%) | 3985 (37) |  | Use of hormone therapy, n (%) | 1186 (23) |
| 60-79 years old, n (%) | 3466 (33) |  | Parous women, n (%) | 4360 (85) |
|  |  |  | Oral contraceptive use, n (%) | 3940 (77) |
| **Gender** |  |  |  |  |
| Female, n (%) | 5150 (48) |  | **Dietary Intakes** |  |
| Male, n (%) | 5511 (52) |  | Unprocessed red meat (g/d) | 29.5 (0, 120.2) |
|  |  |  | Total energy intake (kcal/d) | 1945 (1168, 3099) |
| **Optional adjusting variables** | | | | |
| **(1) Years of entering cohort** |  |  | **(13) BMI** (kg/m2) | 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) |
| 2013-2014, 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/d) | 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, 3.0) |
| $15,000 to $34,999, n (%) | 2761 (26) |  | (42) Carbohydrates (g/d) | 232.5 (134.0, 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) | 246.0 (103.0, 535.5) |
| Middle, n (%) | 2132 (20) |  | (48) Magnesium (mg/d) | 275.5 (160.0, 457.0) |
| Upper-middle, n (%) | 2132 (20) |  |  |  |
| High, n (%) | 2132 (20) |  |  |  |

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