|  |  |  |
| --- | --- | --- |
|  | **Total participants**, N | 10661 |
|  | **All-Cause mortality**, n(%) | 1022 (9.6) |
|  | **Months follow-up** (months) | 99 (65, 143) |
|  | **Age** (years) | 50 (27, 71) |
|  | **Age groups** |  |
|  | 20-39 years old, n(%) | 3210 (30) |
|  | 40-59 years old, n(%) | 3985 (37) |
|  | 60-79 years old, n(%) | 3466 (33) |
|  | **Female**, n(%) | 5150 (48) |
|  | **Smoking** |  |
|  | Non or light smoker, n(%) | 8373 (79) |
|  | Moderate smoker, n(%) | 437 (4) |
|  | Heavy smoker, n(%) | 1851 (17) |
|  | **Reproductive health for women** |  |
|  | Postmenopausal, n(%) | 2653 (51.5) |
|  | Use of hermone therapy, n(%) | 1186 (23.0) |
|  | Parous women, n(%) | 4360 (84.7) |
|  | Oral contraceptive use, n(%) | 3940 (76.5) |
| 1 | **Years of entering cohort** |  |
|  | 2007-2008, n(%) | 2311 (22) |
|  | 2009-2010, n(%) | 2358 (22) |
|  | 2011-2012, n(%) | 2857 (27) |
|  | 2012-2013, n(%) | 3135 (29) |
| 2 | **Race/Ethnicity** |  |
|  | Mexican American, n(%) | 1321 (12) |
|  | Other Hispanic, n(%) | 988 (9) |
|  | Non-Hispanic White, n(%) | 5193 (49) |
|  | Non-Hispanic Black, n(%) | 2235 (21) |
|  | Other Race - Including Multi-Racial, n(%) | 924 (9) |
| 3 | **Education** |  |
|  | Less Than 9th Grade, n(%) | 719 (7) |
|  | 9-11th Grade (Includes 12th grade with no diploma), n(%) | 1443 (14) |
|  | High School Grad/GED or Equivalent, n(%) | 2297 (22) |
|  | Some College or AA degree, n(%) | 3336 (31) |
|  | College Graduate or above, n(%) | 2866 (27) |
| 4 | **Marital status** |  |
|  | Never married, n(%) | 1726 (16) |
|  | Married, n(%) | 5891 (55) |
|  | Widowed, n(%) | 560 (5) |
|  | Divorced, n(%) | 1366 (13) |
|  | Separated, n(%) | 339 (3) |
|  | Living with partner, n(%) | 779 (7) |
| 5 | **Alcohol drinking** (drinks/day) | 1 (0, 5) |
| 6 | **Alcohol drinking groups** |  |
|  | Non-drinker, n(%) | 2239 (21) |
|  | Moderate drinker, n(%) | 3128 (29) |
|  | Heavy drinker, n(%) | 5294 (50) |
| 7 | **Occupation** |  |
|  | Non-worker, n(%) | 4217 (40) |
|  | Part time worker, n(%) | 1277 (12) |
|  | Full time worker, n(%) | 5167 (48) |
| 8 | **Vigorous or moderate activity**, n(%) | 5442 (51) |
| 9 | **Sedentary lifestyle** |  |
|  | Low, n(%) | 2133 (20) |
|  | Lower-middle, n(%) | 2132 (20) |
|  | Middle, n(%) | 2132 (20) |
|  | Upper-middle, n(%) | 2132 (20) |
|  | High, n(%) | 2132 (20) |
| 10 | **Sleep** |  |
|  | ≤4 hours/night, n(%) | 588 (6) |
|  | 5-8 hours/night, n(%) | 707 (7) |
|  | ≥9 hours/night, n(%) | 9366 (88) |
| 11 | **Annual family income** |  |
|  | $ 0 to $14,999, n(%) | 1571 (15) |
|  | $15,000 to $34,999, n(%) | 2761 (26) |
|  | $35,000 to $64,999, n(%) | 2651 (25) |
|  | $65,000 and over, n(%) | 3678 (34) |
| 12 | **Socioeconimoc status** |  |
|  | Low, n(%) | 2133 (20) |
|  | Lower-middle, n(%) | 2132 (20) |
|  | Middle, n(%) | 2132 (20) |
|  | Upper-middle, n(%) | 2132 (20) |
|  | High, n(%) | 2132 (20) |
| 13 | **Body mass index (kg/m2)** | 28.4(21.9, 38.5) |
| 14 | **BMI groups** |  |
|  | Healthy Weight, n(%) | 2780 (26) |
|  | Obesity, n(%) | 4249 (40) |
|  | Overweight, n(%) | 3509 (33) |
|  | Underweight, n(%) | 123 (1) |
| 15 | **Systolic blood pressure** |  |
|  | Low, n(%) | 2133 (20) |
|  | Lower-middle, n(%) | 2132 (20) |
|  | Middle, n(%) | 2132 (20) |
|  | Upper-middle, n(%) | 2132 (20) |
|  | High, n(%) | 2132 (20) |
| 16 | **Health condition** |  |
|  | Poor, n(%) | 395 (4) |
|  | Excellent, n(%) | 976 (9) |
|  | Very good, n(%) | 3105 (29) |
|  | Good, n(%) | 4226 (40) |
|  | Fair, n(%) | 1959 (18) |
|  | **History of dieases** |  |
| 17 | Hypercholesterolemia, n(%) | 4193 (39) |
| 18 | Hypertension, n(%) | 4086 (38) |
| 19 | Diabetes, n(%) | 1378 (13) |
| 20 | Depression, n(%) | 2576 (24) |
| 21 | Cardiovascular disease, n(%) | 713 (7) |
| 22 | Cancer or malignancy, n(%) | 1041 (10) |
| 23 | Family history of diabetes, n(%) | 4510 (42) |
| 24 | Family history of myocardial infraction, n(%) | 1395 (13) |
|  | **Precription medication intakes** |  |
| 25 | Use of Aspirin, n(%) | 172 (2) |
| 26 | Use of Ibuprofen, n(%) | 192 (2) |
| 27 | Use of Opium, n(%) | 160 (2) |
| 28 | Use of Statin, n(%) | 2246 (21) |
| 29 | Use of Valsartan, n(%) | 266 (2) |
|  | **Dietary intakes** |  |
| 30 | Special diet, % | 1767 (17) |
| 31 | Use of dietary supplements, % | 5100 (48) |
| 32 | Processed meat (g/d) | 13.5 (0, 78.2) |
|  | Unprocessed red meat (g/d) | 29.5 (0, 120.2) |
| 33 | Poultry (g/d) | 27.5 (0, 120.6) |
| 34 | Fruits (cups/d) | 0.4 (0, 1.9) |
| 35 | Vegetables (cups/d) | 1.3 (0.4, 2.9) |
| 36 | Seafood (g/d) | 0 (0, 72.9) |
| 37 | Whole grain (g/d) | 13.7 (0, 64.6) |
| 38 | Eggs (g/d) | 6.8 (0, 43.9) |
| 39 | Nuts and seeds (g/d) | 0.1 (0, 60.1) |
| 40 | Legumes (g/d) | 0 (0, 49.9) |
| 41 | Total diary (cups/d) | 1.2 (0.2, 3) |
|  | Total energy intake (kcal/day) | 1945 (1168, 3099) |
| 42 | Carbohydrates (g/d) | 232.5 (134, 380.2) |
| 43 | Dietary fiber (g/d) | 15.2 (7.4, 28.1) |
| 44 | SFAs (g/d) | 22.7 (10.8, 41.6) |
| 45 | MUFAs (g/d) | 25.6 (12.7, 46.1) |
| 46 | PUFAs (g/d) | 16.2 (7.6, 30.3) |
| 47 | Cholesterol (mg/d) | 246 (103, 535.5) |
| 48 | Magnesium (mg/d) | 275.5 (160, 457) |