

Supplemental Online Content

Gaston SA, Forde AT, Green M, Sandler DP, Jackson CL. Racial and ethnic discrimination and hypertension by educational attainment among a cohort of US women. *JAMA Netw Open*. 2023;6(11):e2344707.
doi:10.1001/jamanetworkopen.2023.44707

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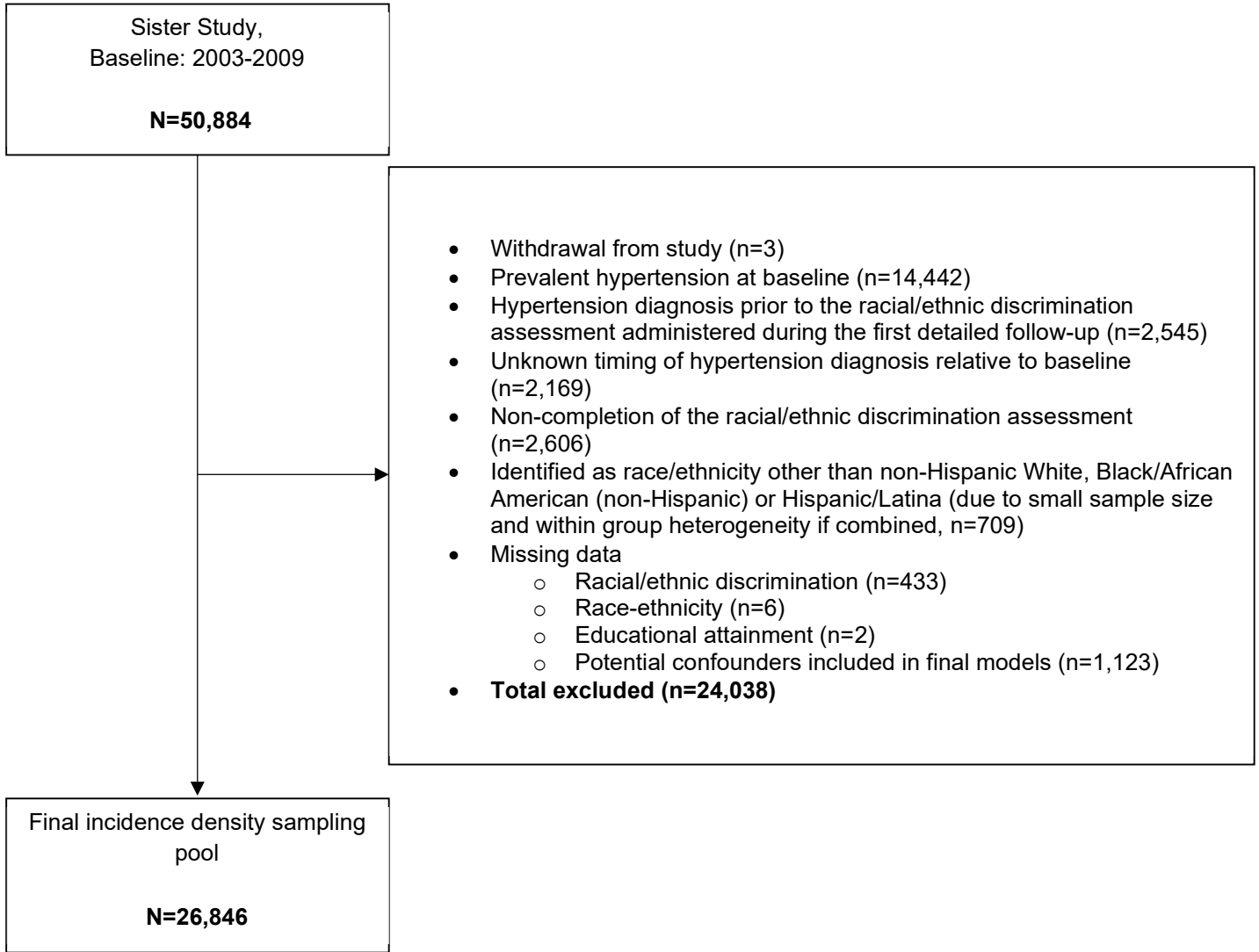
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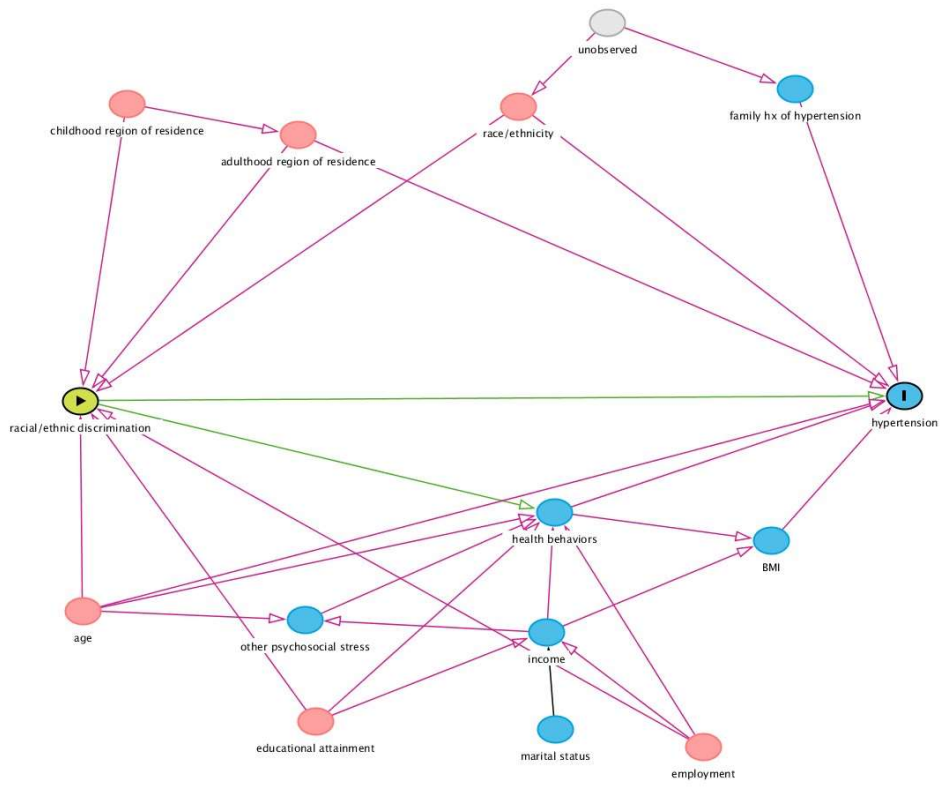
Either Everyday or Major Racial and Ethnic Discrimination and Hypertension Incidence Among Latina Women, Stratified by Educational Attainment, Sister Study, 2003-2019

This supplemental material has been provided by the authors to give readers additional information about their work.

eFigure 1. Flow Chart of Incidence Density Sampling Pool Creation



eFigure 2. Directed Acyclic Graph



eTable 1. Comparison of Ineligible Non-Hispanic White, Non-Hispanic Black or African American, and Hispanic or Latina Participants Without Prior Hypertension Diagnosis to Eligible Controls, Sister Study

	Eligible			Ineligible		
N or n (%)	26,846			6,185		
Developed hypertension over follow-up, n	5,197			718		
	Mean or n	±SD or %	% missing	Mean or n	±SD or %	% missing
Sociodemographic Characteristics						
Mean age ± SD, years *	53.4	± 8.7		54.2	± 9.3	
Age Category *						
≤55 years	16,040	59.7		3,457	55.9	
>55 years	10,806	40.3		2,728	44.1	
Birth Cohort *						
Silent Generation (1928-1945)	5,955	22.2		1,646	26.6	
Baby Boomer (1946-1964)	18,582	69.2		3,950	63.9	
Generation X (1965-1980)	2,309	8.6		586	9.5	
Race/ethnicity *						
non-Hispanic White	24,370	90.8		4,961	80.2	
non-Hispanic Black/African American	1,335	5.0		763	12.3	
Hispanic/Latina	1,141	4.3		461	7.5	
Region of residence lived longest as an adult *						0.4
Northeast	5,270	19.6		1,148	18.6	
Midwest	7,716	28.7		1,591	25.7	
South	7,538	28.1		1,875	30.3	
West	5,841	21.8		1,323	21.4	
Puerto Rico or outside US and Puerto Rico	481	1.8		218	3.5	
Marital Status *			<0.01			0.1
Married/living as married	21,164	78.8		4,366	70.6	
Single/never married	1,331	5.0		412	6.7	
Divorced/separated/widowed	4,349	16.2		1,403	22.7	
Educational attainment *						0.1
≤ High school	3,485	13.0		951	15.4	
Some college or technical degree	8,272	30.8		2,248	36.3	
≥ College (Bachelor's or greater)	15,089	56.2		2,981	48.2	
Currently employed (yes) *	18,897	70.4		3,831	61.9	5.3
Annual household income *						
Less than \$20,000	777	2.9		368	5.9	
\$20,000 to \$49,999	4,575	17.0		1,410	22.8	
\$50,000 to \$99,999	11,022	41.1		2,466	39.9	
\$100,000 or more	10,472	39.0		1,938	31.3	
Health Behaviors						
Smoking Status *						0.1

	Eligible			Ineligible		
N or n (%)	26,846			6,185		
Developed hypertension over follow-up, n	5,197			718		
	Mean or n	±SD or %	% missing	Mean or n	±SD or %	% missing
Current	1,936	7.2		676	10.9	
Former	9,306	34.7		2,164	35.0	
Never	15,604	58.1		3,337	54.0	
Alcohol Consumption (past 12 months) *						0.8
Current, ≥2 drinks/day	1,269	4.7		307	5.0	
Current, <1 to <2 drinks/day	21,470	80.0		4,587	74.2	
Never/Former	4,107	15.3		1,244	20.1	
Log-METs-hours/week ± SD *	3.8	± 0.6		3.7	± 0.7	3.9
Healthy Eating Index score ± SD *	72.3	± 9.5		71.3	± 9.9	11.0
Mean sleep score ± SD *	1.0	± 1.2		1.2	± 1.3	4.7
Clinical Characteristics						
BMI category *			<0.01			0.2
Underweight (<18.5 kg/m ²)	399	1.5		76	1.2	
Recommended weight (18.5-24.9 kg/m ²)	12,818	47.7		2,134	34.5	
Overweight (25.0-29.9 kg/m ²)	8,429	31.4		1,999	32.3	
Obesity (≥30.0 kg/m ²)	5,193	19.3		1,966	31.8	
Postmenopausal (yes) *	15,949	59.4		3,868	62.5	0.2

Data presented as % or mean ± SD. Percentages may not sum to 100 due to missing values and rounding.

Abbreviations: SD (standard deviation); US (United States); METs (metabolic equivalent of tasks); BMI (body mass index)

Note: Proportion employed is calculated as: number employed/(number employed + unemployed + homemaker + student + retired). Healthy Eating Index scores range from 0-100 with higher scores indicating a healthier diet. Sleep score is a summary score for 6 poor sleep dimensions. Sleep score ranges from 0-6. Participants were assigned a value of one for each if they reported experiencing the following: (1) habitual short [<7-hours] or long [>9-hours] sleep duration (vs. recommended [7-9-hours]); (2) inconsistent weekly sleep patterns, defined as inconsistent wake-up times and bedtimes during the prior six weeks (yes vs. no); (3) sleep debt, defined as ≥2-hour difference between average longest and shortest sleep duration (yes vs. no); (4) frequent napping (≥3 days/week versus <3 days/week); (5) difficulty falling asleep, defined as taking >30 minutes vs. ≤ 30 minutes to fall asleep on average; and (6) difficulty staying asleep, defined as waking up ≥3 times per night ≥3 nights/week vs. <3 times per night <3 nights/week.

* Chi-Square or unpaired samples t-test two-sided p-value <0.05.

eTable 2. Case and Control Characteristics Among Non-Hispanic Black or African American Women, Overall and by Educational Attainment, Sister Study

	Total				≥ College				Some College				≤ High School			
	Hypertension Cases		Controls		Hypertension Cases		Controls		Hypertension Cases		Controls		Hypertension Cases		Controls	
N or n (%)	338		3,380		204		2,106		106		1,025		28		249	
	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %
Sociodemographic Characteristics																
Mean age ± SD, years	51.0	± 7.9	52.2	± 7.8	51.4	± 8.	52.0	± 7.6	50.1	± 7.9	52.4	± 7.9	51.8	± 7.2	52.8	± 8.2
Age Category																
≤55 years		72.8		65.9		70.1		66.7		77.4		64.3		75.0		65.1
>55 years		27.2		34.1		29.9		33.3		22.6		35.7		25.0		34.9
Region of residence lived longest as an adult																
Northeast		12.1		13.6		10.8		13.2		9.4		12.8		32.1		19.7
Midwest		23.4		23.7		22.5		24.1		24.5		23.5		25.0		20.9
South		57.1		51.6		57.4		51.0		61.3		52.7		39.3		52.2
West		6.8		10.2		8.3		10.8		4.7		10.1		3.6		5.6
Puerto Rico or outside US and Puerto Rico		0.6		0.9		1.0		0.9		0.0		0.9		0.0		1.6
Marital Status																
Married/living as married		54.1		58.2		52.9		58.9		60.4		58.2		39.3		51.8
Single/never married		14.5		12.7		14.2		13.6		16.0		11.6		10.7		10.0
Divorced/separated/widowed		31.4		29.0		32.8		27.5		23.6		29.9		50.0		38.2
Educational attainment																
≤ High school		8.3		7.4		0.0		0.0		0.0		0.0		100.0		100.0
Some college or technical degree		31.4		30.3		0.0		0.0		100.0		100.0		0.0		0.0
≥ College (Bachelor's or greater)		60.4		62.3		100.0		100.0		0.0		0.0		0.0		0.0
Currently employed (yes)		78.7		80.4		80.4		84.4		77.4		74.3		71.4		71.9
Annual household income																
Less than \$20,000		2.7		4.5		0.5		1.4		4.7		7.9		10.7		16.5
\$20,000 to \$49,999		23.4		21.5		15.7		14.9		30.2		30.1		53.6		41.8
\$50,000 to \$99,999		44.1		41.6		45.6		43.4		44.3		40.4		32.1		30.9

	Total				≥ College				Some College				≤ High School			
	Hypertension Cases		Controls		Hypertension Cases		Controls		Hypertension Cases		Controls		Hypertension Cases		Controls	
	338		3,380		204		2,106		106		1,025		28		249	
N or n (%)	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %
\$100,000 or more		29.9		32.4		38.2		40.2		20.8		21.6		3.6		10.8
Health Behaviors																
Smoking Status																
Current		10.1		7.4		8.3		5.4		8.5		8.4		28.6		19.7
Former		22.8		23.8		20.6		22.1		24.5		26.7		32.1		26.1
Never		67.2		68.8		71.1		72.5		67.0		64.9		39.3		54.2
Alcohol Consumption (past 12 months)																
Current, ≥2 drinks/day		1.2		0.8		0.5		0.4		0.9		1.7		7.1		0.4
Current, <1 to <2 drinks/day		72.2		72.3		72.1		75.1		73.6		68.3		67.9		64.7
Never/Former		26.6		27.0		27.5		24.5		25.5		30.0		25.0		34.9
Log-METs-hours/week ± SD	3.6 ± 0.7		3.7 ± 0.7		3.6 ± 0.7		3.6 ± 0.7		3.7 ± 0.7		3.7 ± 0.6		3.6 ± 0.8		3.6 ± 0.7	
Healthy Eating Index score ± SD	70.9 ± 9.8		72.0 ± 9.1		72.3 ± 9.6		72.9 ± 8.7		69.1 ± 9.7		70.9 ± 9.5		67.1 ± 9.5		69.1 ± 10.0	
Mean sleep score ± SD	1.6 ± 1.3		1.5 ± 1.3		1.5 ± 1.2		1.3 ± 1.2		1.8 ± 1.4		1.6 ± 1.3		1.9 ± 1.5		2.3 ± 1.6	
Clinical Characteristics																
BMI category																
Underweight (<18.5 kg/m ²)		0.6		0.8		0.5		0.7		0.9		1.2		0.0		0.4
Recommended weight (18.5-24.9 kg/m ²)		19.5		28.1		23.5		30.3		14.2		24.9		10.7		22.9
Overweight (25.0-29.9 kg/m ²)		33.7		36.5		32.4		38.3		35.8		32.3		35.7		39.0
Obesity (≥30.0 kg/m ²)		46.2		34.6		43.6		30.7		49.1		41.7		53.6		37.8
Postmenopausal (yes)		52.7		55.3		51.0		52.6		53.8		58.1		60.7		66.7
Racial/ethnic Discrimination																
Everyday racial/ethnic discrimination																
Yes		76.3		74.0		83.3		77.0		66.0		73.5		64.3		51.4
No		23.7		26.0		16.7		23.0		34.0		26.5		35.7		48.6
Major racial/ethnic discrimination																

	Total				≥ College				Some College				≤ High School			
	Hypertension Cases		Controls		Hypertension Cases		Controls		Hypertension Cases		Controls		Hypertension Cases		Controls	
N or n (%)	338		3,380		204		2,106		106		1,025		28		249	
	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %
Yes		54.1		51.0		59.3		55.6		44.3		46.0		53.6		67.1
No		45.9		49.0		40.7		44.4		55.7		54.0		46.4		32.9
Either everyday or major racial/ethnic discrimination																
Yes		82.5		79.2		89.8		82.5		71.7		78.3		71.4		54.2
No		17.5		20.8		10.3		17.5		28.3		21.7		28.6		45.8

Data presented as % or mean ± SD. Percentages may not sum to 100 due to missing values and rounding.

Abbreviations: SD (standard deviation); US (United States); METs (metabolic equivalent of tasks); BMI (body mass index)

Note: Proportion employed is calculated as: number employed/(number employed + unemployed + homemaker + student + retired). Healthy Eating Index scores range from 0-100 with higher scores indicating a healthier diet. Sleep score is a summary score for 6 poor sleep dimensions. Sleep score ranges from 0-6. Participants were assigned a value of one for each if they reported experiencing the following: (1) habitual short [<7-hours] or long [>9-hours] sleep duration (vs. recommended [7-9-hours]); (2) inconsistent weekly sleep patterns, defined as inconsistent wake-up times and bedtimes during the prior six weeks (yes vs. no); (3) sleep debt, defined as ≥2-hour difference between average longest and shortest sleep duration; (4) frequent napping (≥3 days/week versus <3 days/week); (5) difficulty falling asleep, defined as taking >30 minutes vs. ≤ 30 minutes to fall asleep on average; and (6) difficulty staying asleep, defined as waking up ≥3 times per night ≥3 nights/week vs. <3 times per night <3 nights/week.

Missingness: <0.01% for marital status and BMI category

eTable 3. Case and Control Characteristics Among Hispanic or Latina Women, Overall and by Educational Attainment, Sister Study

	Total		≥ College		Some College		≤ High School									
	Hypertension Cases	Controls	Hypertension Cases	Controls	Hypertension Cases	Controls	Hypertension Cases	Controls								
N or n	200	1,993	76	967	87	666	37	360								
	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %	mean	±SD or %						
Sociodemographic Characteristics																
Mean age ± SD, years	52.6	± 8.7	53.1	± 8.5	51.8	± 9.0	52.1	± 8.4	52.3	± 8.3	53.6	± 8.4	55.0	± 9.1	54.9	± 8.4
Age Category																
≤55 years		63.0		62.9		61.8		67.9		66.7		61.9		56.8		51.1
>55 years		37.0		37.1		38.2		32.1		33.3		38.1		43.2		48.9
Region of residence lived longest as an adult																
Northeast		10.0		8.8		10.5		9.4		9.2		8.3		10.8		8.1
Midwest		8.0		6.9		6.6		7.5		8.0		4.5		10.8		9.4
South		20.5		25.6		25.0		26.6		18.4		26.9		16.2		20.8
West		23.0		27.4		15.8		24.2		29.9		30.2		21.6		31.1
Puerto Rico or outside US and Puerto Rico		38.5		31.3		42.1		32.3		34.5		30.2		40.5		30.6
Marital Status																
Married/living as married		66.0		71.6		67.1		71.0		60.9		71.6		75.7		73.1
Single/never married		5.0		5.8		9.2		6.5		2.3		5.7		2.7		4.2
Divorced/separated/widowed		29.0		22.6		23.7		22.4		36.8		22.7		21.6		22.8
Educational attainment																
≤ High school		18.5		18.1		0.0		0.0		0.0		0.0		100.0		100.0
Some college or technical degree		43.5		33.4		0.0		0.0		100.0		100.0		0.0		0.0
≥ College (Bachelor's or greater)		38.0		48.5		100.0		100.0		0.0		0.0		0.0		0.0
Currently employed (yes)		66.0		64.9		69.7		70.9		69.0		64.3		51.4		50.0

Annual household income											
Less than \$20,000	20.0	12.1	10.5	6.2	19.5	12.5	40.5	27.2			
\$20,000 to \$49,999	29.0	25.5	28.9	17.8	27.6	30.8	32.4	36.4			
\$50,000 to \$99,999	33.0	36.8	31.6	39.2	39.1	38.1	21.6	28.1			
\$100,000 or more	18.0	25.6	28.9	36.8	13.8	18.6	5.4	8.3			
Health Behaviors											
Smoking Status											
Current	6.0	5.8	6.6	3.9	3.4	2.7	10.8	7.8			
Former	29.5	24.7	22.4	22.6	67.8	74.2	43.2	23.6			
Never	64.5	69.5	71.1	73.4	28.7	23.1	45.9	68.6			
Alcohol Consumption (past 12 months)											
Current, ≥2 drinks/day	1.5	1.7	0.0	0.5	3.4	2.7	0.0	2.8			
Current, <1 to <2 drinks/day	68.5	74.8	76.3	79.8	67.8	74.2	54.1	62.2			
Never/Former	30.0	23.6	23.7	19.6	28.7	23.1	45.9	35.0			
Log-METs-hours/week ± SD	3.7 ± 0.7	3.8 ± 0.7	3.7 ± 0.6	3.8 ± 0.6	3.7 ± 0.7	3.7 ± 0.7	3.7 ± 0.7	3.8 ± 0.7			
Healthy Eating Index score ± SD	70.4 ± 9.8	71.1 ± 9.9	71.5 ± 8.9	72.3 ± 9.8	70.2 ± 10.4	70.1 ± 9.9	68.5 ± 10.3	69.9 ± 9.9			
Mean sleep score ± SD	1.4 ± 1.4	1.3 ± 1.3	1.1 ± 1.3	1.2 ± 1.2	1.6 ± 1.5	1.4 ± 1.4	1.8 ± 1.2	1.6 ± 1.5			
Clinical Characteristics											
BMI category											
Underweight (<18.5 kg/m ²)	1.0	0.7	1.3	0.6	1.1	0.9	0.0	0.3			
Recommended weight (18.5-24.9 kg/m ²)	25.5	40.5	28.9	46.8	26.4	36.9	16.2	30.3			
Overweight (25.0-29.9 kg/m ²)	44.5	37.6	42.1	35.0	41.4	36.5	56.8	46.9			
Obesity (≥30.0 kg/m ²)	29.0	21.2	27.6	17.6	31.0	25.7	27.0	22.5			

Postmenopausal (yes)	61.0	59.5	53.9	54.1	58.6	59.8	81.1	73.3
Racial/ethnic Discrimination								
Everyday racial/ethnic discrimination								
Yes	27.0	31.2	36.8	39.2	26.4	26.7	8.1	17.8
No	73.0	68.8	63.2	60.8	73.6	73.3	91.9	82.2
Major racial/ethnic discrimination								
Yes	14.5	13.9	17.1	18.8	16.1	9.3	5.4	9.4
No	85.5	86.1	82.9	81.2	83.9	90.7	94.6	90.6
Either everyday or major racial/ethnic discrimination								
Yes	30.0	34.3	38.2	42.1	29.9	29.4	13.5	22.5
No	70.0	65.7	61.8	57.9	70.1	70.6	86.5	77.5

Data presented as % or mean ± SD. Percentages may not sum to 100 due to missing values and rounding.

Abbreviations: SD (standard deviation); US (United States); METs (metabolic equivalent of tasks); BMI (body mass index)

Note: Proportion employed is calculated as: number employed/(number employed + unemployed + homemaker + student + retired). Healthy Eating Index scores range from 0-100 with higher scores indicating a healthier diet. Sleep score is a summary score for 6 poor sleep dimensions. Sleep score ranges from 0-6. Participants were assigned a value of one for each if they reported experiencing the following: (1) habitual short [<7-hours] or long [>9-hours] sleep duration (vs. recommended [7-9-hours]); (2) inconsistent weekly sleep patterns, defined as inconsistent wake-up times and bedtimes during the prior six weeks (yes vs. no); (3) sleep debt, defined as ≥2-hour difference between average longest and shortest sleep duration (yes vs. no); (4) frequent napping (≥3 days/week versus <3 days/week); (5) difficulty falling asleep, defined as taking >30 minutes vs. ≤ 30 minutes to fall asleep on average; and (6) difficulty staying asleep, defined as waking up ≥3 times per night ≥3 nights/week vs. <3 times per night <3 nights/week.

Missingness: <0.01% for marital status and BMI category

eTable 4. Case and Control Characteristics Among Non-Hispanic White Women, Overall and by Educational Attainment, Sister Study

	Total		≥ College		Some College		≤ High School	
	Hypertension Cases	Controls	Hypertension Cases	Controls	Hypertension Cases	Controls	Hypertension Cases	Controls
N or n	4,641	46,410	2,306	26,660	1,570	13,825	765	5,925
	mean ±SD or %	mean ±SD or %	mean ±SD or %	mean ±SD or %	mean ±SD or %	mean ±SD or %	mean ±SD or %	mean ±SD or %
Sociodemographic Characteristics								
Mean age ± SD, years	55.6 ± 8.7	56.6 ± 8.5	55.6 ± 8.8	56.0 ± 8.4	55.1 ± 8.6	56.9 ± 8.4	58.0 ± 8.7	56.6 ± 8.7
Age Category								
≤55 years	49.6	45.3	48.8	47.2	53.1	44.8	44.7	38.4
>55 years	50.4	54.7	51.2	52.8	46.9	55.2	55.3	61.6
Region of residence lived longest as an adult								
Northeast	18.9	20.7	20.7	21.7	16.0	18.2	19.3	21.7
Midwest	32.0	29.4	29.4	26.5	34.1	32.7	35.9	35.2
South	29.0	26.3	29.1	26.7	29.5	25.4	27.8	26.4
West	19.8	23.2	20.6	24.6	20.3	23.5	16.6	16.5
Puerto Rico or outside US and Puerto Rico	0.3	0.4	0.3	0.5	0.2	0.2	0.3	0.3
Marital Status								
Married/living as married	78.0	79.1	75.9	77.9	78.0	79.9	84.2	82.9
Single/never married	4.7	3.9	6.5	5.3	3.5	2.2	1.8	1.6
Divorced/separated/widowed	17.3	16.9	17.6	16.8	18.5	17.9	14.0	15.5
Educational attainment								
≤ High school	16.5	12.8	0.0	0.0	0.0	0.0	100.0	100.0
Some college or technical degree	33.8	29.8	0.0	0.0	100.0	100.0	0.0	0.0
≥ College (Bachelor's or greater)	49.7	57.4	100.0	100.0	0.0	0.0	0.0	0.0
Currently employed (yes)	67.4	64.4	70.7	67.4	66.6	62.6	59.1	55.0

Annual household income										
Less than \$20,000	3.0	2.5	1.3	1.4	4.2	3.5	5.8	5.2		
\$20,000 to \$49,999	21.1	17.9	13.5	11.8	25.6	23.2	35.0	33.3		
\$50,000 to \$99,999	43.5	41.3	41.8	38.5	45.6	45.4	44.2	44.5		
\$100,000 or more	32.4	38.2	43.4	48.3	24.6	27.9	15.0	16.9		
Health Behaviors										
Smoking Status										
Current	8.4	6.1	4.9	4.0	11.1	8.2	13.1	19.4		
Former	38.9	37.9	36.0	35.5	41.3	40.8	42.5	41.8		
Never	52.7	56.1	59.0	60.5	47.5	51.0	44.4	47.8		
Alcohol Consumption (past 12 months)										
Current, ≥2 drinks/day	6.4	5.3	7.1	5.5	5.4	5.0	6.4	4.8		
Current, <1 to <2 drinks/day	77.8	79.8	80.3	81.9	78.2	78.4	69.4	73.1		
Never/Former	15.8	15.0	12.6	12.5	16.4	16.6	24.2	22.1		
Log-METs-hours/week ± SD	3.7 ± 0.6	3.8 ± 0.6	3.7 ± 0.6	3.8 ± 0.6	3.7 ± 0.7	3.8 ± 0.6	3.8 ± 0.6	3.8 ± 0.7		
Healthy Eating Index score ± SD	71.4 ± 9.7	73.4 ± 9.3	73.1 ± 9.1	74.6 ± 8.8	70.0 ± 9.9	72.2 ± 9.7	69.1 ± 10.4	71.0 ± 10.1		
Mean sleep score ± SD	1.1 ± 1.2	0.9 ± 1.2	0.9 ± 1.2	0.9 ± 1.1	1.1 ± 1.3	1.0 ± 1.2	1.2 ± 1.3	1.2 ± 1.2		
Clinical Characteristics										
BMI category										
Underweight (<18.5 kg/m ²)	0.9	1.5	1.0	1.7	0.8	1.3	0.8	1.3		
Recommended weight (18.5-24.9 kg/m ²)	36.2	51.0	41.2	56.3	31.9	45.0	29.9	40.9		
Overweight (25.0-29.9 kg/m ²)	35.5	30.8	32.7	28.2	37.6	33.3	39.5	36.8		
Obesity (≥30.0 kg/m ²)	27.4	16.7	25.0	13.8	29.7	20.4	29.8	20.9		
Postmenopausal (yes)	67.9	71.3	67.9	69.3	66.2	72.8	71.5	77.2		
Racial/ethnic Discrimination										
Everyday racial/ethnic discrimination										
Yes	4.1	3.6	4.6	4.1	4.1	3.2	2.4	2.1		
No	95.9	96.4	95.4	95.9	95.9	96.8	97.6	97.9		
Major racial/ethnic discrimination										
Yes	2.7	2.2	3.0	2.4	2.5	2.2	2.4	1.2		
No	97.3	97.8	97.0	97.6	97.5	97.8	97.6	98.8		

Either everyday or major racial/ethnic discrimination									
Yes	6.2	5.2	6.8	5.8	6.1	4.8	4.6	3.2	
No	93.8	94.8	93.2	94.2	93.9	95.2	95.4	96.8	

Data presented as % or mean ± SD. Percentages may not sum to 100 due to missing values and rounding.

Abbreviations: SD (standard deviation); US (United States); METs (metabolic equivalent of tasks); BMI (body mass index)

Note: Proportion employed is calculated as: number employed/(number employed + unemployed + homemaker + student + retired). Healthy Eating Index scores range from 0-100 with higher scores indicating a healthier diet. Sleep score is a summary score for 6 poor sleep dimensions. Sleep score ranges from 0-6. Participants were assigned a value of one for each if they reported experiencing the following: (1) habitual short [<7-hours] or long [>9-hours] sleep duration (vs. recommended [7-9-hours]); (2) inconsistent weekly sleep patterns, defined as inconsistent wake-up times and bedtimes during the prior six weeks (yes vs. no); (3) sleep debt, defined as ≥2-hour difference between average longest and shortest sleep duration (yes vs. no); (4) frequent napping (≥3 days/week versus <3 days/week); (5) difficulty falling asleep, defined as taking >30 minutes vs. ≤ 30 minutes to fall asleep on average; and (6) difficulty staying asleep, defined as waking up ≥3 times per night ≥3 nights/week vs. <3 times per night <3 nights/week.

Missingness: <0.01% for marital status and BMI category

eTable 5. Results of Conditional Logistic Regression: Odds Ratios for Associations Between Reports of Racial and Ethnic Discrimination and Hypertension Incidence, Overall and Stratified by Race and Ethnicity, Sister Study, 2003-2019

Racial/Ethnic Discrimination	n cases/	n controls	n cases/	n controls	OR	95% CI
Everyday	Yes		No			
Overall	500/	4,803	4,679/	46,980	1.14	(1.00, 1.29)
Black/African American	258/	2,502	80/	878	1.23	(0.95, 1.61)
Latina	54/	621	146/	1,372	0.87	(0.63, 1.22)
Non-Hispanic White	188/	1,680	4,453/	44,730	1.17	(1.00, 1.37)
Major	Yes		No			
Overall	339/	3,002	4,840/	48,781	1.29	(1.13, 1.48)
Black/African American	183/	1,724	155/	1,656	1.29	(1.03, 1.61)
Latina	29/	278	171/	1,715	1.18	(0.78, 1.79)
Non-Hispanic White	127/	1,000	4,514/	45,410	1.32	(1.09, 1.60)
Either	Yes		No			
Overall	626/	4,553	4,553/	46,024	1.22	(1.10, 1.36)
Black/African American	279/	2,676	59/	704	1.40	(1.04, 1.88)
Latina	60/	684	140/	1309	0.87	(0.63, 1.21)
Non-Hispanic White	287/	2,399	4,354/	44,011	1.26	(1.11, 1.43)

Abbreviations: OR (odds ratio); CI (confidence interval)

Models are adjusted for age in 5-year increments, race/ethnicity (in the overall population; Black/African American, Latina, non-Hispanic White), longest lived region of residence (Northeast, Midwest, South, West, Puerto Rico or outside the US and Puerto Rico), educational attainment (<high school, some college or technical degree, ≥college), and current employment (yes, no). Cases and controls were race/ethnicity- and age-matched.

Bolded values indicate statistical significance at a two-sided p-value of 0.05.

$P_{\text{race/ethnicity} \times \text{everyday racial/ethnic discrimination}} = 0.23$

$P_{\text{race/ethnicity} \times \text{major racial/ethnic discrimination}} = 0.89$

$P_{\text{race/ethnicity} \times \text{either form of racial/ethnic discrimination}} = 0.08$

eTable 6. Results of Conditional Logistic Regression With Additional Adjustment for Potential Mediators: Odds Ratios for Associations Between Reports of Everyday Racial and Ethnic Discrimination and Hypertension Incidence Overall and Within Racial and Ethnic Groups, Stratified by Educational Attainment, Sister Study, 2003-2019

	Everyday racial/ethnic discrimination (no)					Everyday racial/ethnic discrimination (yes)					OR (95% CI); <i>P</i> for everyday racial/ethnic discrimination within strata of educational attainment		
	n cases/	n controls	OR	95% CI	<i>P</i>	n cases/	n controls	OR	95% CI	<i>P</i>			
Overall													
≥College	2,283/	26,628	1.00	reference		303/	3,105	1.19	(1.03, 1.38)	0.02	1.04	(0.91, 1.20)	0.55
Some college or technical degree	1,605/	14,136	1.23	(1.14, 1.31)	<0.001	158/	1,380	1.30	(1.07, 1.57)	<0.001	0.93	(0.77, 1.11)	0.40
≤ High school	791/	6,216	1.33	(1.21, 1.46)	<0.001	39/	318	1.29	(0.91, 1.83)	0.15	0.87	(0.62, 1.23)	0.44
Black/African American													
≥College	34/	485	1.00	reference		170/	1,621	1.53	(1.04, 2.26)	0.03	1.53	(1.04, 2.26)	0.03
Some college or technical degree	36/	272	1.79	(1.08, 2.96)	0.02	70/	753	1.31	(0.85, 2.03)	0.22	0.73	(0.47, 1.13)	0.16
≤ High school	10/	121	1.02	(0.47, 2.20)	0.96	18/	128	2.06	(1.09, 3.88)	0.03	2.02	(0.87, 4.67)	0.10
Latina													
≥College	48/	588	1.00	reference		28/	379	0.94	(0.57, 1.55)	0.81	0.94	(0.57, 1.55)	0.81
Some college or technical degree	64/	488	1.47	(0.97, 2.23)	0.07	23/	178	1.55	(0.90, 2.67)	0.12	1.05	(0.62, 1.77)	0.86
≤ High school	34/	296	1.18	(0.71, 1.96)	0.52	3/	64	0.50	(0.15, 1.72)	0.27	0.43	(0.12, 1.46)	0.17
Non-Hispanic White													
≥College	2,201/	27,756	1.00	reference		105/	1,105	1.10	(0.89, 1.35)	0.37	1.10	(0.89, 1.35)	0.37
Some college or technical degree	1,505/	13,376	1.21	(1.13, 1.30)	<0.001	65/	449	1.54	(1.18, 2.01)	0.00	1.27	(0.97, 1.66)	0.08
≤ High school	747/	5,799	1.35	(1.23, 1.48)	<0.001	18/	126	1.38	(0.84, 2.29)	0.20	1.03	(0.62, 1.70)	0.91

Abbreviations: OR (odds ratio); CI (confidence interval); BAA (Black/African American); NHW (non-Hispanic White); RERI (relative excess risk due to interaction)

Models are adjusted for age in 5-year increments, race/ethnicity (in the overall population; Black/African American, Latina, non-Hispanic White), longest lived region of residence (Northeast, Midwest, South, West, Puerto Rico or outside the US and Puerto Rico), annual household income (<\$20,000, \$20,000-\$49,999, \$50,000-\$99,999, ≥\$100,000), smoking status (current, former, never), alcohol consumption (current, ≥2 drinks/day; current, <2 drinks/day; former/never), diet (2015 Healthy Eating Index score), physical activity (metabolic equivalent of tasks hours per week); and poor sleep score (sum of affirmative responses to short or long sleep duration, inconsistent weekly sleep patterns, ≥2 hour difference between shortest and longest sleep duration, napping ≥3 times/week, difficulty falling asleep, difficulty staying asleep). Cases and controls were race/ethnicity- and age-matched.

Note: Bolded values indicate statistical significance at a two-sided p-value=0.05.

Measures of effect modification on the additive scale in the overall population: RERI_{some college vs. college} = -0.12 (95% CI:-0.39,0.15); RERI_{high school vs. college} = -0.23 (95% CI:-0.70,0.24)

Measures of effect modification on the multiplicative scale in the overall population: ratio of ORs_{some college vs. college} =0.89 (95% CI:0.72,1.10); ratio of ORs_{high school vs. college} =0.84 (95% CI:0.58,1.21)

Measures of effect modification on the additive scale among BAA women: RERI_{some college vs. college} = -1.01 (95% CI:-2.05,0.02); RERI_{high school vs. college} = 0.51 (95% CI:-0.78,1.79)

Measures of effect modification on the multiplicative scale among BAA women: ratio of ORs_{some college vs. college} =0.48 (95% CI:0.27,0.85); ratio of ORs_{high school vs. college} =1.32 (95% CI:0.53,3.31)

Measures of effect modification on the additive scale among Latina women: RERI_{some college vs. college} = 0.13 (95% CI:-0.78,1.05); RERI_{high school vs. college} = -0.62 (95% CI:-1.58,0.34)

Measures of effect modification on the multiplicative scale among Latina women: ratio of ORs_{some college vs. college} =1.12 (95% CI:0.54,2.29); ratio of ORs_{high school vs. college} =0.45 (95% CI:0.12,1.71)

Measures of effect modification on the additive scale among NHW women: RERI_{some college vs. college} = 0.23 (95% CI:-0.24,0.70); RERI_{high school vs. college} = -0.06 (95% CI:-0.79,0.67)

Measures of effect modification on the multiplicative scale among NHW women: ratio of ORs_{some college vs. college} =1.16 (95% CI:0.82,1.62); ratio of ORs_{high school vs. college} =0.93 (95% CI:0.54,1.61)

eTable 7. Results of Conditional Logistic Regression With Additional Adjustment for Potential Mediators: Odds Ratios for Associations Between Reports of Major Racial and Ethnic Discrimination and Hypertension Incidence Overall and Within Racial and Ethnic Groups, Stratified by Educational Attainment, Sister Study, 2003-2019

	Major racial/ethnic discrimination (no)					Major racial/ethnic discrimination (yes)					OR (95% CI); <i>P</i> for major racial/ethnic discrimination within strata of educational attainment		
	n cases/	n controls	OR	95% CI	<i>P</i>	n cases/	n controls	OR	95% CI	<i>P</i>			
Overall													
≥College	2,383/	27,752	1.00	reference		203/	1,981	1.30	(1.10, 1.54)	<0.001	1.14	(0.97, 1.33)	0.12
Some college or technical degree	1,662/	14,683	1.22	(1.14, 1.31)	<0.001	101/	833	1.37	(1.10, 1.72)	0.01	0.99	(0.80, 1.23)	0.93
≤ High school	795/	6,346	1.31	(1.20, 1.43)	<0.001	35/	188	1.99	(1.36, 2.89)	<0.001	1.37	(0.94, 1.99)	0.10
Black/African American													
≥College	83/	935	1.00	reference		121/	1,171	1.29	(0.95, 1.74)	0.10	1.29	(0.95, 1.74)	0.10
Some college or technical degree	59/	554	1.20	(0.84, 1.73)	0.32	47/	471	1.16	(0.78, 1.71)	0.46	0.96	(0.64, 1.45)	0.86
≤ High school	13/	167	0.83	(0.43, 1.58)	0.57	15/	82	2.25	(1.19, 4.24)	0.01	2.71	(1.20, 6.13)	0.02
Latina													
≥College	63/	785	1.00	reference		13/	182	0.95	(0.50, 1.80)	0.88	0.95	(0.50, 1.80)	0.88
Some college or technical degree	73/	604	1.40	(0.97, 2.03)	0.07	14/	62	2.84	(1.44, 5.62)	<0.001	2.03	(1.04, 3.95)	0.04
≤ High school	35/	326	1.15	(0.71, 1.87)	0.56	2/	34	0.55	(0.12, 2.43)	0.43	0.48	(0.11, 2.13)	0.33
Non-Hispanic White													
≥College	2,201/	25,555	1.00	reference		105/	1,105	1.25	(0.96, 1.61)	0.09	1.25	(0.96, 1.61)	0.09
Some college or technical degree	1,505/	13,376	1.22	(1.14, 1.31)	<0.001	65/	449	1.36	(0.97, 1.90)	0.07	1.11	(0.79, 1.56)	0.53
≤ High school	747/	5,799	1.34	(1.22, 1.47)	<0.001	18/	126	2.53	(1.50, 4.28)	<0.001	1.89	(1.12, 3.21)	0.02

Abbreviations: OR (odds ratio); CI (confidence interval); BAA (Black/African American); NHW (non-Hispanic White); RERI (relative excess risk due to interaction)

Models are adjusted for age in 5 year increments, race/ethnicity (in the overall population; Black/African American, Latina, non-Hispanic White), longest lived region of residence (Northeast, Midwest, South, West, Puerto Rico or outside the US and Puerto Rico), annual household income (<\$20,000, \$20,000-\$49,999, \$50,000-\$99,999, ≥\$100,000), smoking status (current, former, never), alcohol consumption (current, ≥2 drinks/day; current, <2 drinks/day; former/never), diet (2015 Healthy Eating Index score), physical activity (metabolic equivalent of tasks hours per week); and poor sleep score (sum of affirmative responses to short or long sleep duration, inconsistent weekly sleep patterns, ≥2 hour difference between shortest and longest sleep duration, napping ≥3 times/week, difficulty falling asleep, difficulty staying asleep). Cases and controls were race/ethnicity- and age-matched

Note: Bolded values indicate statistical significance at a two-sided p-value=0.05.

Measures of effect modification on the additive scale in the overall population: RERI_{some college vs. college} = -0.16 (95% CI:-0.51,0.20); RERI_{high school vs. college} = 0.37 (95% CI:-0.39,1.13)

Measures of effect modification on the multiplicative scale in the overall population: ratio of ORs_{some college vs. college} =0.87 (95% CI:0.67,1.13); ratio of ORs_{high school vs. college} =1.20 (95% CI:0.80,1.80)

Measures of effect modification on the additive scale among BAA women: RERI_{some college vs. college} = -0.33 (95% CI:-0.96,0.29); RERI_{high school vs. college} = 1.13 (95% CI:-0.28,2.54)

Measures of effect modification on the multiplicative scale among BAA women: ratio of ORs_{some college vs. college} =0.75 (95% CI:0.45,1.24); ratio of ORs_{high school vs. college} =2.10 (95% CI:0.88,5.03)

Measures of effect modification on the additive scale among Latina women: RERI_{some college vs. college} = 1.49 (95% CI:-0.40,3.37); RERI_{high school vs. college} = -0.56 (95% CI:-1.71,0.60)

Measures of effect modification on the multiplicative scale among Latina women: ratio of ORs_{some college vs. college} =2.13 (95% CI:0.85,5.35); ratio of ORs_{high school vs. college} =0.50 (95% CI:0.10,2.58)

Measures of effect modification on the additive scale among NHW women: RERI_{some college vs. college} = -0.11 (95% CI:-0.66,0.45); RERI_{high school vs. college} = 0.95 (95% CI:-0.42,2.31)

Measures of effect modification on the multiplicative scale among NHW women: ratio of ORs_{some college vs. college} =0.89 (95% CI:0.59,1.36); ratio of ORs_{high school vs. college} =1.52 (95% CI:0.85,2.74)

eTable 8. Results of Conditional Logistic Regression With Additional Adjustment for Potential Mediators: Odds Ratios for Associations Between Reports of Either Everyday or Major Racial and Ethnic Discrimination and Hypertension Incidence Overall and Within Racial and Ethnic Groups, Stratified by Educational Attainment, Sister Study, 2003-2019

	Either everyday or major racial/ethnic discrimination (no)					Either everyday or major racial/ethnic discrimination (yes)					OR (95% CI); <i>P</i> for major racial/ethnic discrimination within strata of educational attainment		
	n cases/	n controls	OR	95% CI	<i>P</i>	n cases/	n controls	OR	95% CI	<i>P</i>			
Overall													
≥College	2,218/	26,045	1.00	reference		368/	3,688	1.25	(1.09, 1.43)	<0.001	1.10	(0.97, 1.25)	0.14
Some college or technical degree	1,565/	13,850	1.23	(1.15, 1.32)	<0.001	198/	1,666	1.38	(1.16, 1.63)	<0.001	0.99	(0.84, 1.16)	0.86
≤ High school	770/	6,129	1.32	(1.21, 1.45)	<0.001	60/	405	1.61	(1.21, 2.13)	<0.001	1.10	(0.83, 1.47)	0.51
Black/African American													
≥College	21/	368	1.00	reference		183/	1,738	1.95	(1.22, 3.12)	0.01	1.95	(1.22, 3.12)	0.01
Some college or technical degree	30/	222	2.32	(1.29, 4.20)	0.01	76/	76	1.67	(1.00, 2.78)	0.05	0.72	(0.45, 1.14)	0.16
≤ High school	8/	114	1.06	(0.44, 2.56)	0.89	20/	135	2.75	(1.40, 5.38)	<0.001	2.59	(1.07, 6.26)	0.04
Latina													
≥College	47/	560	1.00	reference		29/	407	0.91	(0.55, 1.49)	0.70	0.91	(0.55, 1.49)	0.70
Some college or technical degree	61/	470	1.42	(0.93, 2.17)	0.10	26/	196	1.60	(0.94, 2.72)	0.08	1.12	(0.68, 1.87)	0.65
≤ High school	32/	279	1.18	(0.70, 1.99)	0.53	5/	81	0.61	(0.23, 1.64)	0.33	0.52	(0.19, 1.40)	0.19
Non-Hispanic White													
≥College	2,150/	25,117	1.00	reference		156/	1,543	1.17	(0.99, 1.39)	0.07	1.17	(0.99, 1.39)	0.07
Some college or technical degree	1,474/	13,158	1.21	(1.13, 1.31)	<0.001	96/	96	1.53	(1.22, 1.91)	<0.001	1.26	(1.01, 1.57)	0.04
≤ High school	730/	5,736	1.34	(1.22, 1.47)	<0.001	35/	189	1.87	(1.29, 2.70)	<0.001	1.39	(0.96, 2.02)	0.08

Abbreviations: OR (odds ratio); CI (confidence interval); BAA (Black/African American); NHW (non-Hispanic White); RERI (relative excess risk due to interaction)

Models are adjusted for age in 5 year increments, race/ethnicity (in the overall population; Black/African American, Latina, non-Hispanic White), longest lived region of residence (Northeast, Midwest, South, West, Puerto Rico or outside the US and Puerto Rico), annual household income (<\$20,000, \$20,000-\$49,999, \$50,000-\$99,999, ≥\$100,000), smoking status (current, former, never), alcohol consumption (current, ≥2 drinks/day; current, <2 drinks/day; former/never), diet (2015 Healthy Eating Index score), physical activity (metabolic equivalent of tasks hours per week); and poor sleep score (sum of affirmative responses to short or long sleep duration, inconsistent weekly sleep patterns, ≥2 hour difference between shortest and longest sleep duration, napping ≥3 times/week, difficulty falling asleep, difficulty staying asleep).

Note: Bolded values indicate statistical significance at a two-sided p-value=0.05.

Measures of effect modification on the additive scale in the overall population: RERI_{some college vs. college} = -0.10 (95% CI:-0.36,0.16); RERI_{high school vs. college} = 0.03 (95% CI:-0.44,0.50)

Measures of effect modification on the multiplicative scale in the overall population: ratio of ORs_{some college vs. college} =0.90 (95% CI:0.74,1.09); ratio of ORs_{high school vs. college} =1.00 (95% CI:0.74,1.36)

Measures of effect modification on the additive scale among BAA women: RERI_{some college vs. college} = -1.61 (95% CI:-3.16,-0.05); RERI_{high school vs. college} = 0.74 (95% CI:-0.85,2.33)

Measures of effect modification on the multiplicative scale among BAA women: ratio of ORs_{some college vs. college} =0.37 (95% CI:0.19,0.71); ratio of ORs_{high school vs. college} =1.33 (95% CI:0.49,3.60)

Measures of effect modification on the additive scale among Latina women: $RERI_{\text{some college vs. college}} = 0.27$ (95% CI:-0.61,1.15); $RERI_{\text{high school vs. college}} = -0.48$ (95% CI:-1.40,0.45)

Measures of effect modification on the multiplicative scale among Latina women: ratio of ORs $_{\text{some college vs. college}} = 1.24$ (95% CI:0.62,2.50); ratio of ORs $_{\text{high school vs. college}} = 0.57$ (95% CI:0.19,1.73)

Measures of effect modification on the additive scale among NHW women: $RERI_{\text{some college vs. college}} = 0.14$ (95% CI:-0.25,0.53); $RERI_{\text{high school vs. college}} = 0.35$ (95% CI:-0.36,1.07)

Measures of effect modification on the multiplicative scale among NHW women: ratio of ORs $_{\text{some college vs. college}} = 1.07$ (95% CI:0.81,1.42); ratio of ORs $_{\text{high school vs. college}} = 1.19$ (95% CI:0.79,1.79)

eTable 9. Results of Conditional Logistic Regression With Additional Adjustment for Birthplace: Odds Ratios for Associations Between Reports of Everyday, Major, and Either Everyday or Major Racial and Ethnic Discrimination and Hypertension Incidence Among Latina Women, Stratified by Educational Attainment, Sister Study, 2003-2019

Latina Participants											OR (95% CI); <i>P</i> for everyday racial/ethnic discrimination within strata of educational attainment		
Educational Attainment	n cases/	n controls	OR	95% CI	<i>P</i>	n cases/	n controls	OR	95% CI	<i>P</i>			
	Everyday racial/ethnic discrimination (no)					Everyday racial/ethnic discrimination (yes)							
≥College	48/	588	1.00	reference		28/	379	0.94	(0.57, 1.55)	0.81	0.94	(0.57, 1.55)	0.81
Some college or technical degree	64/	488	1.68	(1.12, 2.51)	0.01	23/	178	1.78	(1.05, 3.04)	0.03	1.06	(0.63, 1.78)	0.82
≤ High school	34/	296	1.53	(0.95, 2.46)	0.08	3/	64	0.66	(0.20, 2.20)	0.49	0.43	(0.13, 1.46)	0.18
	Major racial/ethnic discrimination (no)					Major racial/ethnic discrimination (yes)							
≥College	63/	785	1.00	reference		13/	182	0.97	(0.52, 1.83)	0.93	0.97	(0.52, 1.83)	0.93
Some college or technical degree	73/	604	1.58	(1.10, 2.26)	0.01	14/	62	3.53	(1.83, 6.82)	<0.001	2.23	(1.16, 4.30)	0.02
≤ High school	35/	326	1.47	(0.93, 2.30)	0.10	2/	34	0.77	(0.18, 3.32)	0.73	0.53	(0.12, 2.31)	0.40
	Either everyday or major racial/ethnic discrimination (no)					Either everyday or major racial/ethnic discrimination (yes)							
≥College	47/	560	1.00	reference		29/	407	0.90	(0.55, 1.48)	0.69	0.90	(0.55, 1.48)	0.69
Some college or technical degree	61/	470	1.62	(1.08, 2.44)	0.02	26/	196	1.82	(1.09, 3.06)	0.02	1.12	(0.68, 1.86)	0.65
≤ High school	32/	279	1.52	(0.93, 2.48)	0.10	5/	81	0.81	(0.31, 2.11)	0.66	0.53	(0.20, 1.42)	0.21

Abbreviations: OR (odds ratio); CI (confidence interval); RED (racial/ethnic discrimination)

Models are adjusted for age in 5-year increments, nativity/birthplace (US states, Puerto Rico or outside the US and Puerto Rico), longest lived region of residence (Northeast, Midwest, South, West, Puerto Rico or outside the US and Puerto Rico), and current employment (yes, no). Cases and controls were race/ethnicity- and age-matched.

Note: Bolded values indicate statistical significance at a two-sided p-value=0.05.

Everyday RED - Measures of effect modification on the additive scale: RERI_{some college vs. college} = 0.16 (95% CI:-0.85,1.17); RERI_{high school vs. college} = -0.81 (95% CI:-1.97,0.34)

Everyday RED- Measures of effect modification on the multiplicative scale: ratio of ORs_{some college vs. college} =1.13 (95% CI:0.55,2.30); ratio of ORs_{high school vs. college} =0.46 (95% CI:0.12,1.70)

Major RED - Measures of effect modification on the additive scale: RERI_{some college vs. college} = 1.98 (95% CI:-0.28,4.23); RERI_{high school vs. college} = -0.67 (95% CI:-2.10,0.77)

Major RED - Measures of effect modification on the multiplicative scale: ratio of ORs_{some college vs. college} =2.30 (95% CI:0.93,5.69); ratio of ORs_{high school vs. college} =0.54 (95% CI:0.11,2.74)

Everyday or major RED - Measures of effect modification on the additive scale: RERI_{some college vs. college} = 0.30 (95% CI:-0.67,1.27); RERI_{high school vs. college} = -0.62 (95% CI:-1.73,0.50)

Everyday or major RED - Measures of effect modification on the multiplicative scale: ratio of ORs_{some college vs. college} =1.24 (95% CI:0.62,2.50); ratio of ORs_{high school vs. college} =0.59 (95% CI:0.20,1.77)