

Supplementary Table 1. Characteristics of women in the BioCycle study by tertile of baseline HDL and LDL cholesterol (n=259).

	Overall N=259	HDL Cholesterol tertile			LDL Cholesterol tertile			NCEP Guidelines - LDL Cholesterol*	
		<44 mg/dL (1.14 mmol/L) n=86	44-54 mg/dL (1.14-1.40 mmol/L) n=85	>54 mg/dL (1.40 mmol/L) n=86	<92 mg/dL (2.38 mmol/L) n=87	92-107 mg/dL (2.38-2.77 mmol/L) n=84	>107 mg/dL (2.77 mmol/L) n=86	<130 mg/dL (3.37 mmol/L) n=224	≥130 mg/dL (3.37 mmol/L) n=33
Age – yr † §	27.3 ± 8.2	26.4 ± 7.8	27.7 ± 8.2	27.7 ± 8.6	25.4 ± 7.5	27.3 ± 8.2	29.2 ± 8.6	26.6 ± 7.8	32.1 ± 9.5
BMI – kg/m ² † ‡ §	24.1 ± 3.9	25.3 ± 3.9	23.7 ± 3.4	23.1 ± 3.8	23.6 ± 3.5	23.6 ± 4.0	24.9 ± 3.8	23.8 ± 3.7	26.0 ± 3.8
Waist circumference – cm † ‡ §	74.7 ± 8.7	76.9 ± 9.0	74.9 ± 7.3	72.2 ± 8.9	72.9 ± 7.3	74.6 ± 9.4	76.6 ± 8.7	74.1 ± 8.4	78.9 ± 8.8
Race – n (%)									
White	154 (59)	45 (52)	52 (61)	56 (65)	50 (57)	51 (61)	52 (60)	135 (60.3)	18 (54.6)
African American	51 (20)	19 (22)	14 (16)	17 (20)	20 (23)	12 (14)	18 (21)	40 (17.9)	10 (30.3)
Other	54 (21)	22 (26)	19 (22)	13 (15)	17 (20)	21 (25)	16 (19)	49 (21.9)	5 (15.2)
Married – n (%)	66 (26)	14 (16)	24 (28)	27 (31)	18 (21)	20 (24)	27 (31)	54 (24.1)	11 (33.3)
Physical activity category – n (%) §									
Low	25 (10)	9 (10)	8 (9)	8 (9)	11 (13)	4 (5)	10 (12)	23 (10.3)	2 (6.1)
Moderate	92 (36)	34 (40)	28 (33)	30 (35)	20 (23)	39 (46)	33 (38)	78 (34.8)	14 (42.4)
High	142 (55)	43 (50)	49 (58)	48 (56)	56 (64)	41 (49)	43 (50)	123 (54.9)	17 (51.5)
Energy – kcal †	1603.5 ± 397.7	1582.8 ± 383.1	1604.9 ± 421.1	1625.5 ± 396.0	1638.0 ± 375.5	1614.1 ± 445.5	1560.9 ± 374.4	1603.7 ± 402.6	1609.0 ± 380.8
Nulliparous – n (%)	187 (74)	64 (75)	61 (73)	61 (73)	69 (80)	61 (74)	56 (67)	168 (76.0)	18 (60.0)
Current smoker – n (%)	10 (3.9)	3 (3)	3 (3)	4 (5)	3 (3)	4 (5)	3 (3)	9 (4.0)	1 (3.0)

BMI, body mass index; HDL, high density lipoprotein; LDL, low density lipoprotein; NCEP, National Cholesterol Education Program.

* LDL Cholesterol <130 mg/dL (3.37 mmol/L) is considered “optimal” or “near optimal/above optimal” and ≥130 mg/dL (3.37 mmol/L) is considered “borderline high,” “high,” or “very high” according to the NCEP.

† Values are mean ± SD; ‡ HDL cholesterol p-value <0.05; § LDL cholesterol p-value <0.05; || NCEP p-value <0.05.