Web Table 1. Associations of Risk Factors with All-Cause Mortality from Cox Proportional Hazards Model Among 50,112 Participants in the Nurses' Health Study, Stratified by Time Period (1986-1996 and 1996-2004)

	1986-1996 (no. deaths = 1521)		1996-2004 (no. deaths = 3372)		P for interaction
	HR[a]	95% CI	HR[a]	95% CI	
Age (per 19 yrs) [b]	4.43	(3.50, 5.62)	6.55	(5.57, 7.70)	0.0002
BMI at age 18 (per 7 kg/m^2) [c]	1.21	(1.08, 1.37)	1.24	(1.14, 1.34)	0.97
Weight change since age 18 (per 23 kg) [c]	1.04	(0.92, 1.17)	1.10	(1.01, 1.19)	0.07
Height (per 6 in) [d]	1.03	(0.90, 1.16)	1.22	(1.12, 1.33)	0.05
Smoking status [b]					
Never	1.0 (ref)		1.0 (ref)		
Past	0.92	(0.79, 1.07)	0.98	(0.89, 1.08)	0.49
Current	1.33	(1.11, 1.60)	1.57	(1.38, 1.77)	
Smoking amount/duration (per 46 pack-years) [b]	2.37	(2.06, 2.72)	1.95	(1.76, 2.15)	0.07
Physical activity (per 33 MET-hrs/wk) [b]	0.84	(0.74, 0.96)	0.88	(0.81, 0.95)	0.47
Alcohol intake (g/day) [b]					
None	1.0 (ref)		1.0 (ref)		
0.1-9.9	0.80	(0.70, 0.90)	0.94	(0.87, 1.02)	0.05
10-29.9	0.93	(0.79, 1.09)	0.90	(0.81, 1.01)	
≥ 30	0.87	(0.69, 1.10)	1.11	(0.95, 1.30)	
Nut consumption (servings/wk) [b]					
None	1.0 (ref)				
≤ 1	0.93	(0.83, 1.03)	0.92	(0.86, 0.99)	0.41
≥ 2	0.78	(0.64, 0.95)	0.89	(0.78, 1.00)	
Polyunsaturated fat (per 3% energy) [e]	0.80	(0.70, 0.91)	0.87	(0.80, 0.95)	0.28
Glycemic load (per 41 units) [e]	1.19	(1.01, 1.39)	1.25	(1.12, 1.39)	0.52
Dietary cholesterol (per 105 mg/1000 kcal) [e]	1.10	(0.96, 1.25)	1.20	(1.10, 1.31)	0.55
Cereal fiber (per 4 g, energy-adjusted) [e]	0.73	(0.63, 0.84)	0.89	(0.81, 0.97)	0.004
Systolic blood pressure [b]					
< 120	1.0 (ref)		1.0 (ref)		
120-139	1.02	(0.90, 1.15)	1.02	(0.94, 1.11)	
140-149	1.13	(0.96, 1.33)	1.26	(1.14, 1.40)	0.05
150-159	1.64	(1.30, 2.06)	1.28	(1.08, 1.51)	
≥ 160	1.68	(1.26, 2.26)	1.43	(1.15, 1.77)	
Use of blood pressure medications [f]	1.01	(0.88, 1.16)	1.27	(1.16, 1.39)	0.001
Personal history of diabetes [g]	2.17	(1.76, 2.69)	2.63	(2.29, 3.03)	0.05
Parental MI before age 60 [g]	1.12	(0.98, 1.27)	1.14	(1.05, 1.24)	0.77
Time since menopause (per 13 yr) [b]	1.16	(1.00, 1.36)	1.15	(1.03, 1.27)	0.01

Abbreviations: HR, hazard ratio; CI, confidence interval; BMI, body mass index; MET, metabolic equivalent; MI, myocardial infarction

Note: Units for continuous variables correspond to the difference between the 90th and 10th percentile values

[a] Adjusted for all other risk factors in table

[b] From 1986 questionnaire

[c] From 1980 questionnaire

[d] From 1976 questionnaire

[e] Average of values from 1980, 1984, and 1986 questionnaires
[f] From 1988 questionnaire
[g] From 1986 or previous questionnaires