

Supplemental Tables

Supplementary Table 1. Number of incident cancers, by demographic subgroups, ARIC study

Subgroup (n)	Number incident cancer cases 1986-2006	Percent of subgroup with incident cancer 1986-2006
Women (7723)	1343	18.6
Men (6030)	1537	25.5
African Americans (3329)	672	20.2
Whites (9924)	2208	22.3
Age 44-49 at baseline (3611)	517	14.3
Age 50-54 at baseline (3425)	690	20.1
Age 55-59 at baseline (3245)	784	24.2
Age 60-66 at baseline (2972)	889	29.9

Supplementary Table 2. Hazard ratios for incident cancers by number of ideal health metrics: The ARIC Study, 1987-2006

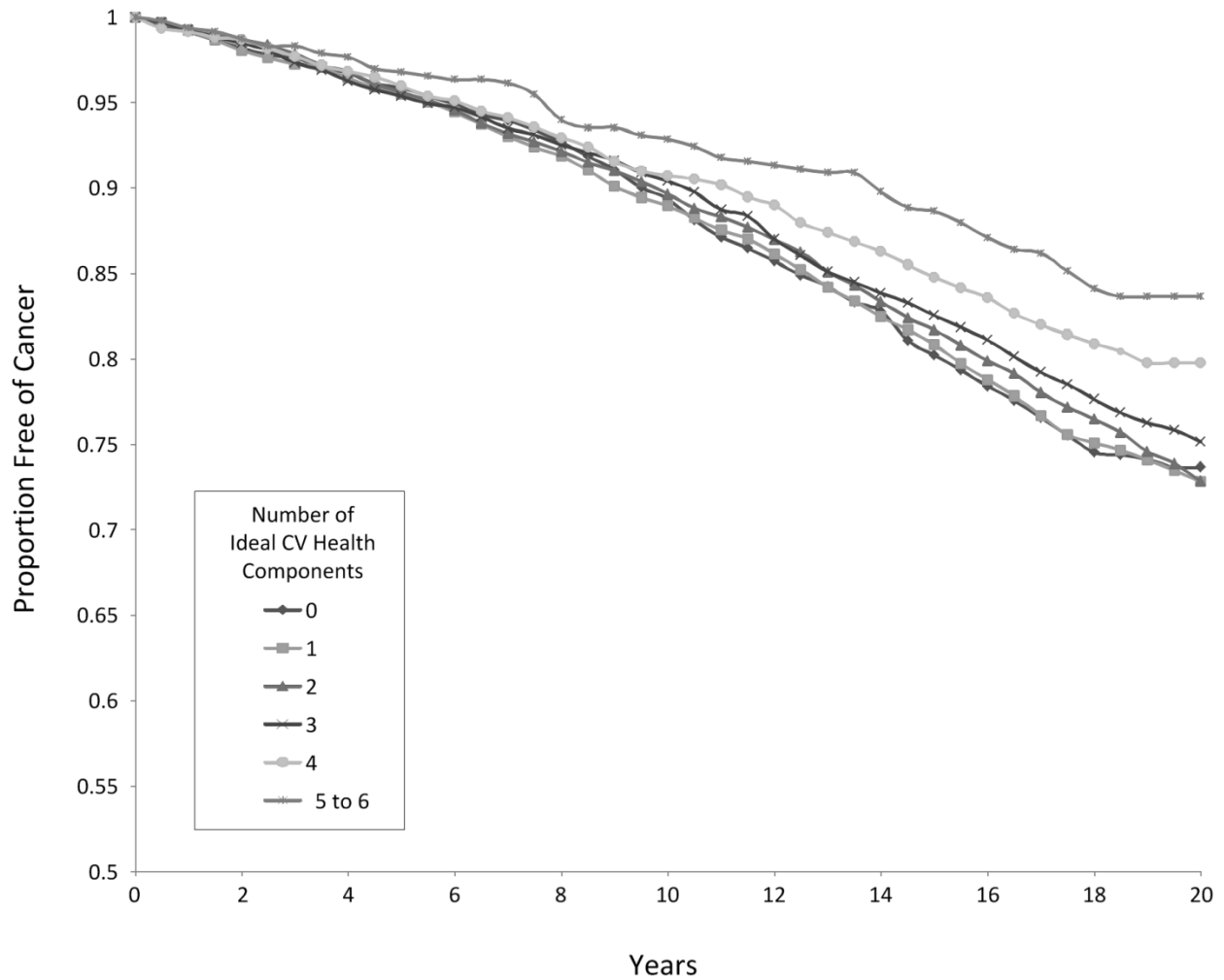
# Ideal health metrics	Hazard Ratio for lung cancer (95% C.I)*†	Hazard Ratio for colorectal cancer (95% C.I)* †	Hazard Ratio for breast cancer (95% C.I)* †
0	1.0 (referent)	1.0 (referent)	1.0 (referent)
1	0.46 (0.30-0.73)	0.81 (0.41-1.59)	0.69 (0.42-1.16)
2	0.42 (0.28-0.65)	0.97 (0.50-1.86)	0.71 (0.43-1.17)
3	0.37 (0.24-0.57)	0.84 (0.44-1.63)	0.59 (0.36-0.98)
4	0.27 (0.17-0.44)	0.63 (0.31-1.25)	0.60 (0.36-1.00)
5	0.18 (0.09-0.33)	0.64 (0.30-1.37)	0.68 (0.40-1.16)
6-7	0.04 (0.01-0.27)	0.20 (0.04-0.91)	0.52 (0.26-1.03)

*adjusted for age, sex, race, and ARIC center

†p-trend for the lung cancer association < .0001 , p-trend for the colorectal cancer association = .0092 , p-trend for the breast cancer association = .11

Supplemental Figures

Supplementary Figure 1. Survival curves for combined cancer incidence by total number of ideal health metrics (with the ideal smoking metric omitted).



Cumulative cancer-free* survival according to number of ideal health metrics (with ideal smoking metric omitted), ARIC study 1987-2006

*Non-melanoma skin cancers were excluded from the combined cancer endpoint.