

Supplementary material

Figure legends

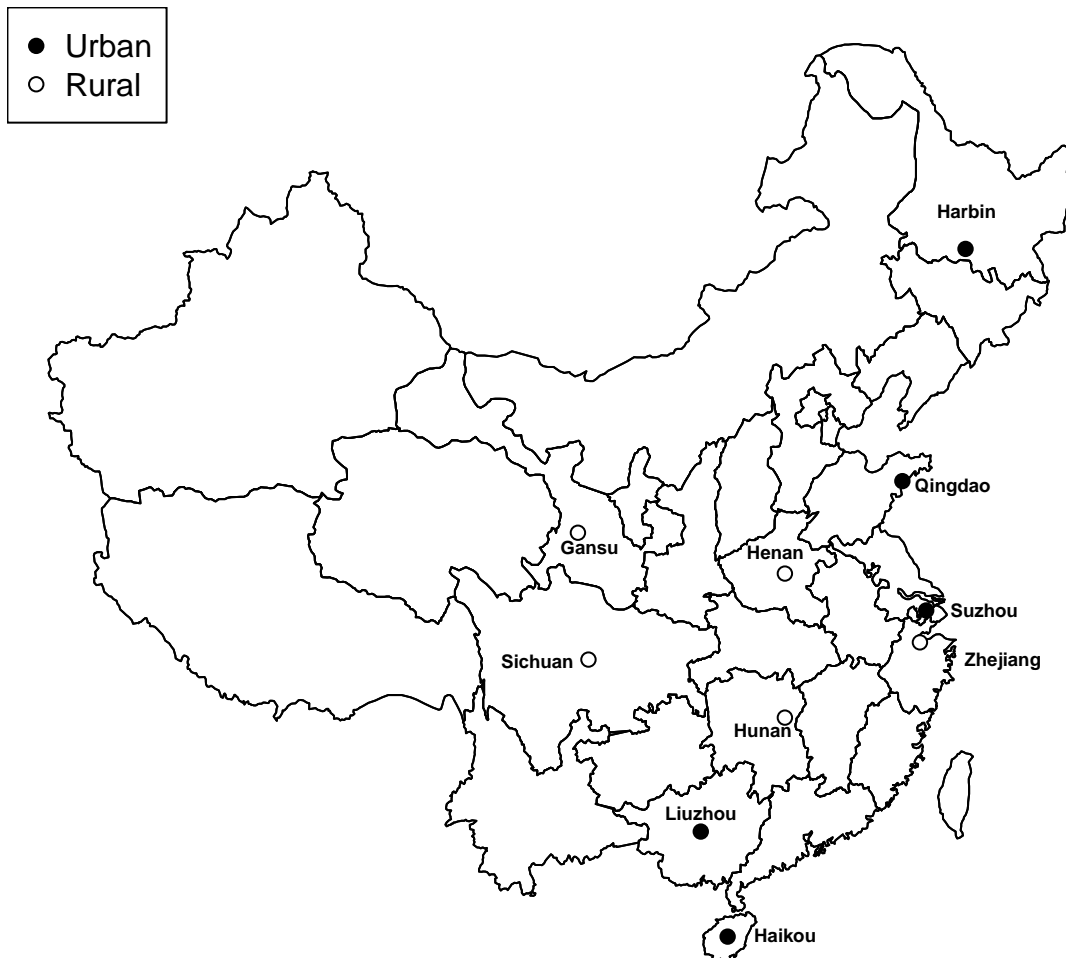
eFigure 1. Location of the China Kadoorie Biobank study areas

eFigure 2. Prevalence of drinking and amount and type of alcohol drunk

among women, in the ten study areas. Prevalence estimates and mean amount drunk are adjusted for age. *The shaded areas in (b) represent the proportion (%) of drinkers in each area consuming each type of alcohol (only one type was reported for each drinker). Areas are ordered by prevalence of ever weekly drinking. U=urban, R=rural.

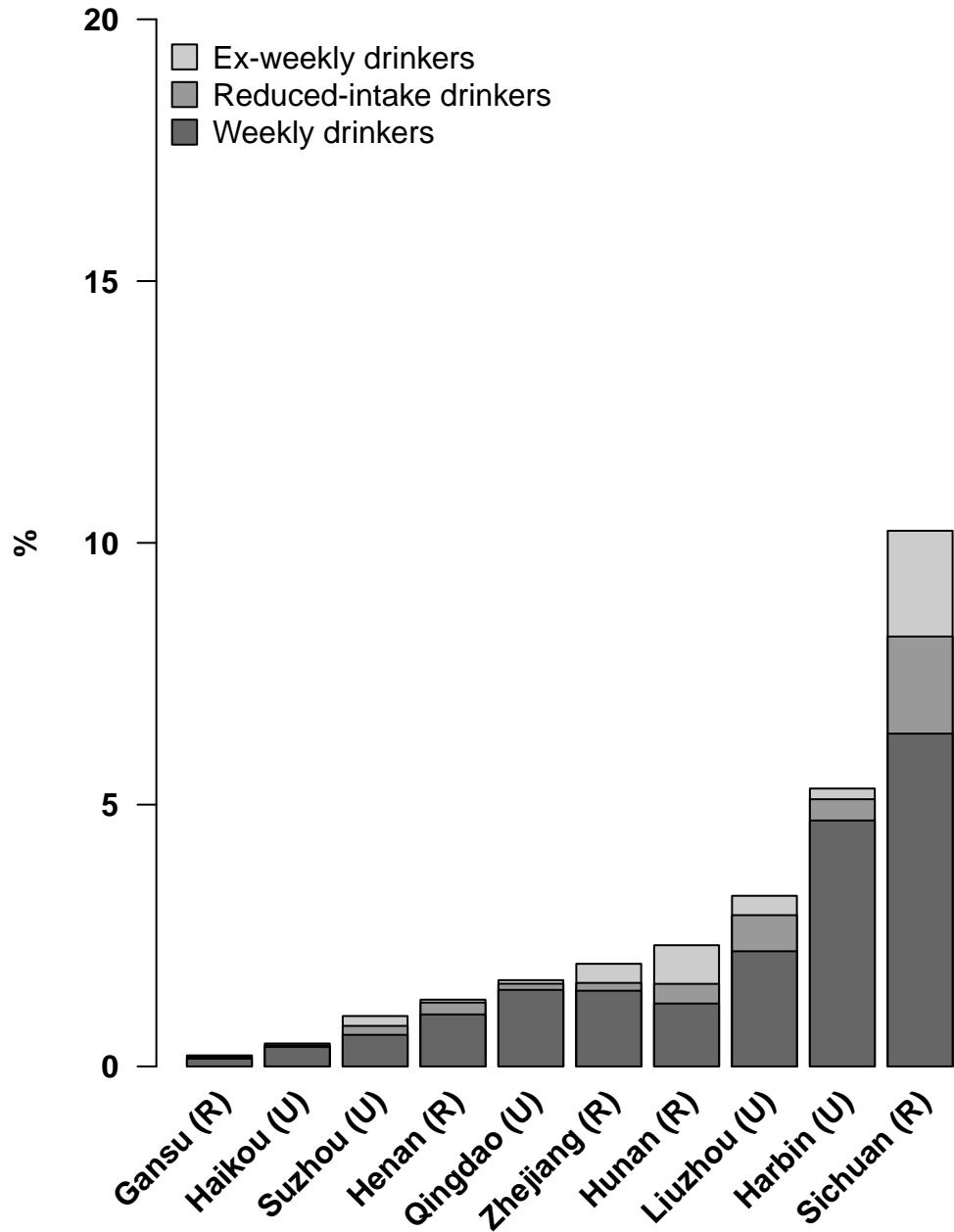
eFigure 3. Drinking patterns in 6248 female weekly drinkers, by age group. The prevalence in weekly drinkers in urban and rural regions of: (a) drinking heavily (>40 g in one session) at least once a week; (b) drinking heavily on special occasions; (c) drinking daily or almost every day; (d) drinking usually with meals; (e) drinking spirits; (f) drinking beer. Values on the x-axis are plotted at the mean age of each 10-year age group. Error bars are 95% confidence intervals. The circle area is proportional to the sample size.

eFigure 1. Locations of the China Kadoorie Biobank study areas

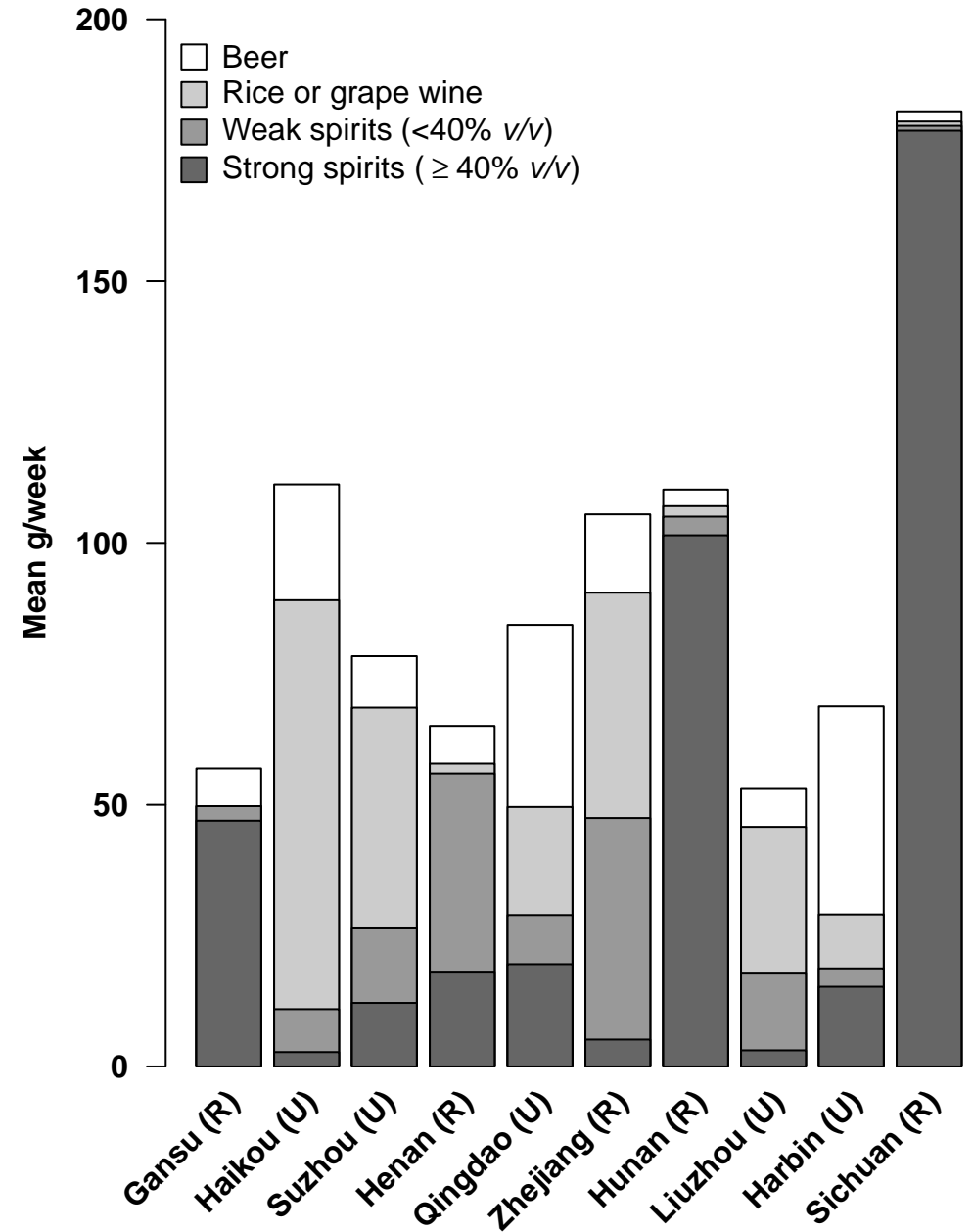


eFigure 2. Prevalence of drinking and amount and type of alcohol drunk among women, in the ten study areas

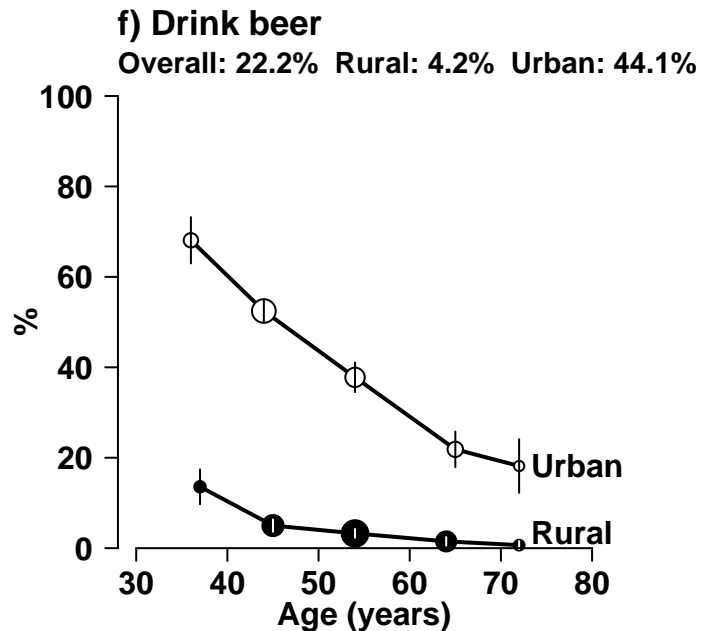
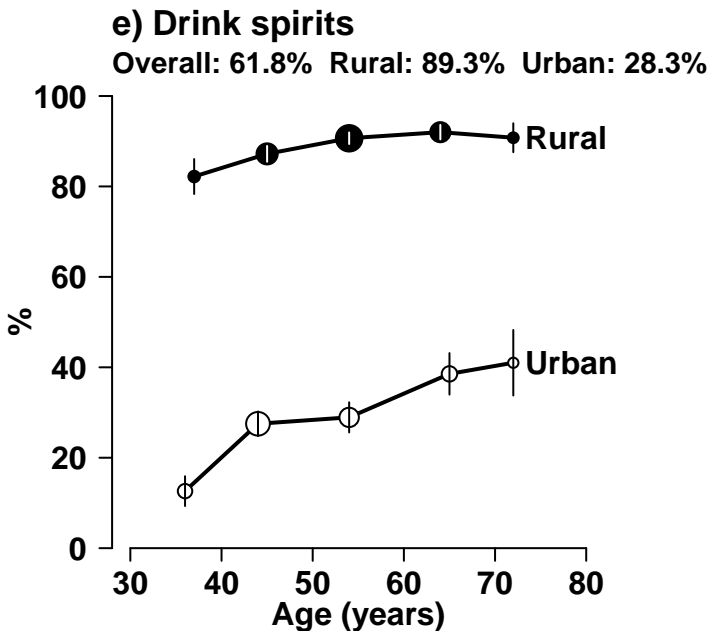
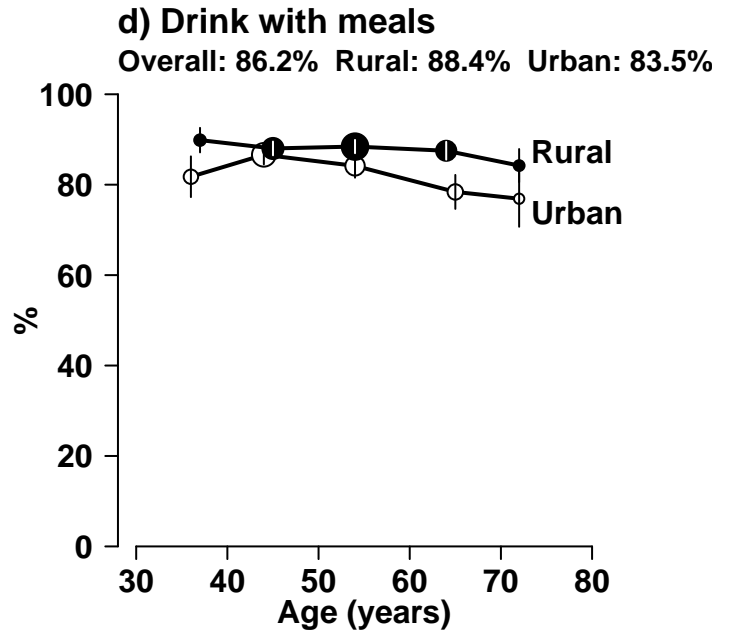
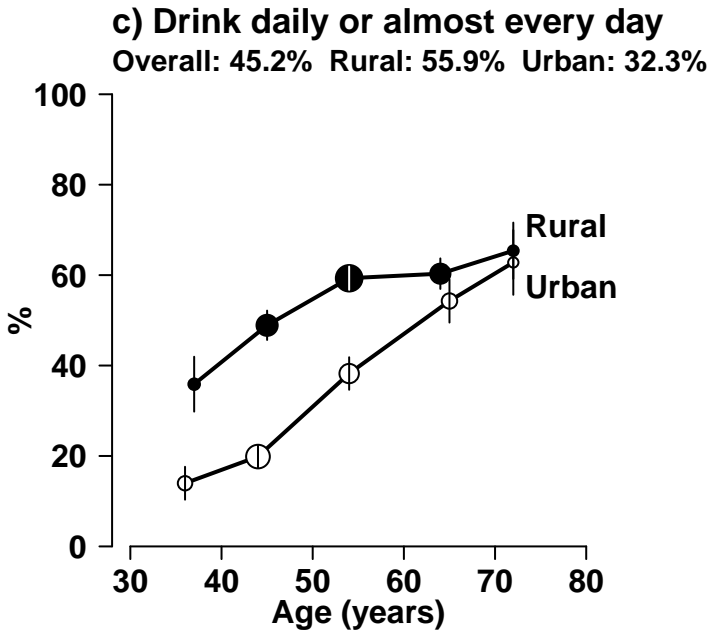
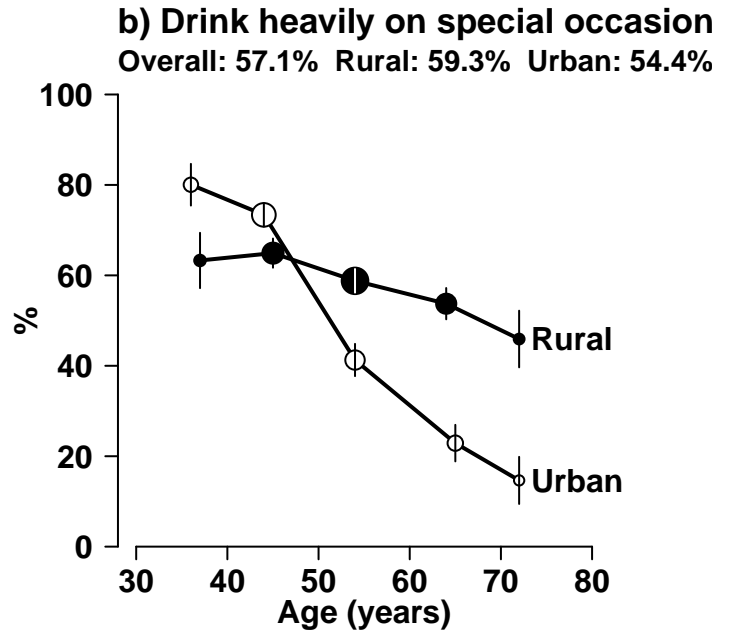
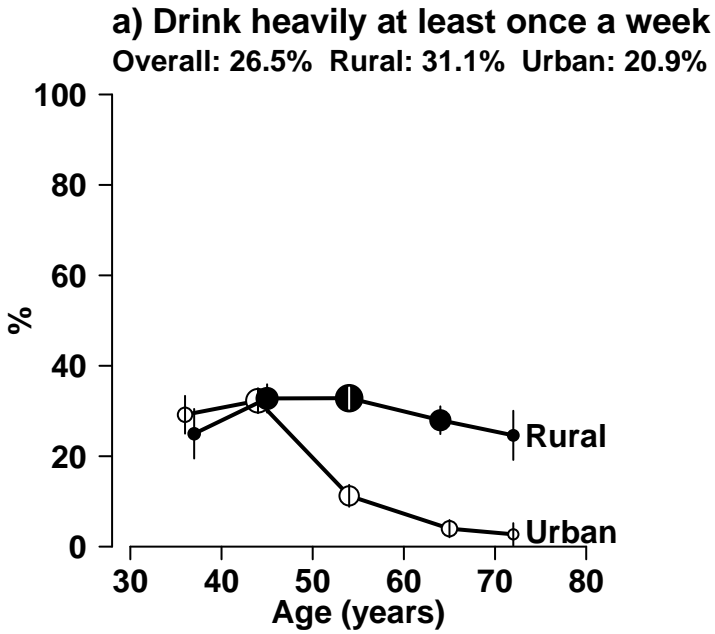
a) Prevalence of ever weekly drinking
(N= 302 669)



b) Amount and type* of alcohol consumed
by weekly drinkers (N= 6248)



eFigure 3. Drinking patterns in 6248 female weekly drinkers, by age group



eTable 1. Association of alcohol consumption with selected variables in 302 699 women

	Current non-drinkers		Current drinkers								
	Abstainers	Ex-weekly	Reduced-intake	Occasional	Weekly	Amount drunk by weekly drinkers				Heavy episodic drinking	
						Category (g/week)					
						(mean of each category)					
<70 (34)	70-139 (113)	140-279 (231)	280+ (464)	P-trend ^a							
Number of women (N)	192 435	1333	1325	101 328	6248	3226	1587	992	443		1655
Mean age (years)	52.2	56.5	53.2	48.8	52.5	52.5	52.4	51.6	51.1	0.22	49.9
Mean BMI (kg/m ²)	23.9	24.4	24.2	23.8	23.7	23.7	23.8	24.4	24.0	0.77	24.1
Mean waist:hip ratio	0.87	0.87	0.88	0.86	0.87	0.86	0.87	0.88	0.87	<0.0001	0.88
Mean SBP (mmHg)	130.8	132.6	129.2	127.8	127.8	127.5	128.0	132.8	132.0	0.0003	130.0
Mean DBP (mmHg)	77.1	77.7	77.1	76.0	76.5	76.1	77.0	78.3	79.3	<0.0001	78.5
Mean heart rate (beats/minute)	80.1	78.9	77.1	78.8	78.1	77.6	78.5	79.6	77.3	0.0002	79.2
Mean random blood glucose (mmol/L)	6.2	6.4	6.1	6.0	6.0	6.0	5.9	6.1	5.9	0.39	6.1
Mean MET hours/week	9.2	8.8	9.8	9.6	9.6	9.6	9.6	9.4	10.1	0.92	9.8
Regular smoker (%)	1.9	5.5	5.9	2.8	8.0	5.5	8.2	14.7	19.9	<0.0001	26.4
Regular tea-drinker (%)	19.3	33.3	36.1	26.2	41.8	40.4	44.8	47.9	33.8	0.01	39.5
Self-reported poor health (%)	12.6	26.4	19.0	9.6	8.0	7.7	8.0	9.1	6.0	0.63	8.7
History of chronic disease ^b (%)	23.2	39.8	28.9	20.8	19.7	21.1	18.6	17.6	20.4	0.04	24.1
Flushing response after drinking (%)	-	-	-	-	24.0	23.3	20.4	16.1	14.5	<0.0001	20.0
Problem drinking indicators ^c (%)	-	-	-	-	9.8	3.8	10.9	17.3	30.1	<0.0001	17.7

Prevalences and means are adjusted for age and area. BMI=body mass index; S/DBP=systolic/diastolic blood pressure; MET=metabolic equivalent task.

^aP for trend by amount drunk category within weekly drinkers (P for heterogeneity across the five main drinking categories was <0.0001 for all variables).

^bDiagnosed with one or more of: coronary heart disease, stroke, TIA, diabetes, cancer, TB, chronic hepatitis/cirrhosis, rheumatoid arthritis, peptic ulcer; chronic respiratory disease, gallstone/gallbladder disease, kidney disease.

^cReporting one or more in the past month of: drinking in the morning, unable to work or do anything due to drinking; depressed irritated or lost control due to drinking; couldn't stop drinking; had shakes when stopped drinking.