

SUPPLEMENTAL MATERIAL

Supplementary Table 1. Relative risk (RR) of coronary heart disease (CHD) with 95% confidence intervals (CI) for breakfast skippers and late night eaters stratified by updated risk factors.

	Person Time (%)	Skipping Breakfast*		Late Night Eating†	
		RR (95% CI)	Interaction p-value	RR (95%CI)	Interaction p-value
By Age					
≤ 60 Years old	35	1.55 (1.09, 2.22)	0.01	1.88 (0.81, 4.36)	0.79
> 60 Years old	65	1.06 (0.84, 1.33)		1.29 (0.83, 2.00)	
By Smoking Status					
Non-smoker	95	1.19 (0.97, 1.45)	0.41	1.31 (0.86, 2.00)	0.58
Current smoker	5	1.23 (0.60, 2.50)		6.71 (1.22, 36.75)	
By Alcohol					
< 5g/day	52	1.35 (1.05, 1.73)	0.46	1.98 (1.22, 3.20)	0.23
≥ 5g/day	48	1.03 (0.77, 1.39)		0.88 (0.42, 1.87)	

By Tertiles of Diet Quality

1 (lowest)	33	1.45 (1.09, 1.93)		0.79 (0.34, 1.80)	
2	34	0.88 (0.62, 1.25)	0.62	1.31 (0.62, 2.77)	0.12
3 (highest)	33	1.19 (0.86, 1.63)		1.76 (0.92, 3.38)	

By Physical Activity

< 15 MET hours/week	31	1.20 (0.88, 1.63)		1.66 (0.88, 3.14)	
15-30 MET hours/week	24	1.31 (0.89, 1.94)	0.82	1.32 (0.56, 3.09)	0.65
> 30 MET hours/week	45	1.18 (0.85, 1.63)		1.16 (0.58, 2.34)	

By Sleep

< 7 hours/24 hours	16	1.36 (1.05, 1.74)		1.71 (1.03, 2.85)	
7-8hours/24 hours	59	0.97 (0.58, 1.61)	0.50	1.35 (0.44, 4.14)	0.09
> 8 hours/24 hours	3	1.65 (0.25, 10.88)		0.35 (0.01, 10.91)	

By Television Watching

≤ 1.5 hours/week	9	1.40 (0.60, 3.23)		0.65 (0.06, 7.09)	
2-6 hours/week	37	1.18 (0.84, 1.66)	0.23	1.57 (0.80, 3.05)	0.42

7-20 hours/week	42	1.27 (0.95, 1.71)		1.77 (0.93, 3.35)	
≥ 21 hours/week	12	1.72 (0.44, 6.64)		2.00 (0.50, 7.95)	
By BMI					
< 18.5	<0.05	‡		‡	
18.5 - < 25	41	0.98 (0.65, 1.47)	0.99	1.81 (0.94, 3.51)	0.66
25 - < 30	47	1.18 (0.91, 1.53)		1.52 (0.79, 2.95)	
≥ 30	12	1.39 (0.87, 2.22)		1.86 (0.69, 5.06)	
By Hypertension					
No	62	1.40 (1.07, 1.82)	0.13	1.85 (0.97, 3.52)	0.28
Yes	38	1.06 (0.81, 1.40)		1.12 (0.67, 1.87)	
By Hypercholesterolemia					
No	53	1.24 (0.92, 1.68)	0.53	1.80 (1.00, 3.23)	0.49
Yes	47	1.24 (0.97, 1.59)		1.29 (0.74, 2.24)	
By Diabetes					
No	93	1.21 (0.99, 1.49)	0.99	1.40 (0.91, 2.18)	0.87
Yes	7	1.46 (0.76, 2.81)		1.63 (0.49, 5.48)	

*Eating breakfast is the reference group for the skipping breakfast analysis.

†Not eating late at night is the reference group for the late night eating analysis.

‡Too small n to conduct analysis.

Multivariate model is adjusted for: age (months), diet quality (quintiles of alternate Healthy Eating Index 2010 score), energy intake (quintiles of kcal/day), alcohol intake (0, 0.1-<5, 5-<15, 15-<30, 30+ g/day, missing), eating frequency (1-8 times/day), smoking (never, past, current, missing), marital status (yes, no, missing), full-time work status (yes, no, missing), physical activity (quintiles MET hours/week), physical exam in last two years (yes/no), television (asked in categories 0-1.5, 2.0-6.0, 7.0-20.0, ≥21.0 hours/week, missing), sleep (<7, 7-8, >9 hours/24 hours, missing), diabetes (yes/no), hypercholesterolemia (yes/no), hypertension (yes/no), parental myocardial infarction <60 years of age (yes/no), and BMI (<18.5, 18.5-24.9, 25-29.9, 30+ kg/m², missing) except for when stratified by one of these variables. Covariates were updated every 2 years unless they are dietary variables in which case they were updated every 4 years.