

e-Table 5

<b>(Supplementary) Table 5. Baseline characteristics of patients include in the cataract progression (incidence) analysis (By person analysis calorie-restricted, excludes AMD cat 4, Centrum content added)</b>														
	Mild						Moderate						Progression to Cataract Surgery Total	
	Nuclear Cataract		Cortical Cataract		PSC Cataract		Nuclear Cataract		Cortical Cataract		PSC Cataract			
	N	%	N	%	N	%	N	%	N	%	N	%		
<b>Total</b>	1829	100.0	1373	100.0	2746	100.0	1471	100.0	1715	100.0	2793	100.0	3068	100.0
<b>Age</b>														
<65	527	28.8	421	30.7	665	24.2	391	26.6	489	28.5	667	23.9	706	23.0
≥65,<70	714	39.0	519	37.8	999	36.4	532	36.2	630	36.7	1014	36.3	1112	36.2
≥70	588	32.1	433	31.5	1082	39.4	548	37.3	596	34.8	1112	39.8	1250	40.7
<b>Gender</b>														
Female	951	52.0	734	53.5	1528	55.6	803	54.6	915	53.4	1552	55.6	1702	55.5
Male	878	48.0	639	46.5	1218	44.4	668	45.4	800	46.6	1241	44.4	1366	44.5
<b>Race</b>														
Non-white	62	3.4	52	3.8	126	4.6	63	4.3	80	4.7	131	4.7	145	4.7
White	1767	96.6	1321	96.2	2620	95.4	1408	95.7	1635	95.3	2662	95.3	2923	95.3
<b>Smoking status</b>														
Never	852	46.6	657	47.9	1281	46.6	714	48.5	777	45.3	1294	46.3	1423	46.4
Former	888	48.6	636	46.3	1309	47.7	682	46.4	826	48.2	1339	47.9	1469	47.9
Current	89	4.9	80	5.8	156	5.7	75	5.1	112	6.5	160	5.7	176	5.7
<b>Education</b>														
High school or Some college	523	28.6	409	29.8	852	31.0	462	31.4	535	31.2	874	31.3	969	31.6
College	546	29.9	399	29.1	831	30.3	435	29.6	523	30.5	840	30.1	923	30.1
	760	41.6	565	41.2	1063	38.7	574	39.0	657	38.3	1079	38.6	1176	38.3
<b>BMI</b>														
<25	599	32.8	460	33.5	941	34.3	501	34.1	585	34.1	943	33.8	1034	33.7
≥25, <30	796	43.5	587	42.8	1168	42.5	634	43.1	742	43.3	1204	43.1	1317	42.9
≥30	434	23.7	326	23.7	637	23.2	336	22.8	388	22.6	646	23.1	717	23.4
<b>Weight change since age 20</b>														
Bottom 20%	353	19.3	260	18.9	543	19.8	282	19.2	345	20.1	544	19.5	593	19.3
Middle 60%	1148	62.8	861	62.7	1691	61.6	907	61.7	1058	61.7	1731	62.0	1907	62.2
Top 20%	328	17.9	252	18.4	512	18.6	282	19.2	312	18.2	518	18.5	568	18.5
<b>Sunlight exposure</b>														
Bottom 20%	338	18.5	258	18.8	533	19.4	281	19.1	327	19.1	543	19.4	605	19.7
Middle 60%	1122	61.3	831	60.5	1660	60.5	892	60.6	1041	60.7	1688	60.4	1857	60.5
Top 20%	369	20.2	284	20.7	553	20.1	298	20.3	347	20.2	562	20.1	606	19.8
<b>Diabetes</b>														
No	1680	91.9	1265	92.1	2528	92.1	1365	92.8	1573	91.7	2567	91.9	2820	91.9
Yes	149	8.1	108	7.9	218	7.9	106	7.2	142	8.3	226	8.1	342	8.1
<b>Anti-Inflammatory</b>														
No	1615	88.3	1228	89.4	2447	89.1	1310	89.1	1530	89.2	2491	89.2	2726	88.9
Yes	214	11.7	145	10.6	299	10.9	161	10.9	185	10.8	302	10.8	342	11.1
<b>Thyroid hormone</b>														
No	1708	93.4	1297	94.5	2561	93.3	1364	92.7	1611	93.9	2599	93.1	2859	93.2
Yes	121	6.6	76	5.5	185	6.7	107	7.3	104	6.1	194	6.9	209	6.8
<b>Centrum use</b>														
No	639	34.9	470	34.2	939	34.2	505	34.3	583	34.0	951	34.0	1043	34.0
Yes	1190	65.1	903	65.8	1807	65.8	966	65.7	1132	66.0	1842	66.0	2025	66.0
<b>AMD category</b>														
1	581	31.8	448	32.6	832	30.3	470	32.0	552	32.2	850	30.4	932	30.4
2	530	29.0	383	27.9	769	28.0	428	29.1	478	27.9	788	28.2	863	28.1
3	718	39.3	542	39.5	1145	41.7	573	39.0	685	39.9	1155	41.4	1273	41.5