

Table 1. Age adjusted distribution (mean±standard error or n(%)) of potential AMD risk factors among CAREDS participants by healthy lifestyle score.

Variables	Healthy Lifestyle Score, Full sample (n=1,663)			Healthy Lifestyle Score, Diet stable sample (n=728)				
	4 - 6		0 - 2	P-value	4 - 6	0 - 2	P-value	
N	769		440		353	196		
Demographics								
Age group*, %				0.02			0.67	
≤ 69	357	(46%)	230	(52%)	202	(57%)	115	(59%)
70-74	199	(26%)	113	(26%)	76	(22%)	43	(22%)
≥75	213	(28%)	97	(22%)	75	(21%)	38	(19%)
Ethnicity, % white	746	(97%)	433	(99%)	341	(97%)	192	(96%)
Education, %				<.0001				<.0001
High school	125	(16%)	137	(30%)	56	(16%)	57	(27%)
College	356	(47%)	224	(51%)	164	(46%)	104	(54%)
Postcollege studies	288	(37%)	79	(18%)	133	(38%)	35	(17%)
Lifestyle								
Physical activity, METs/week	23 ± 0.5		5 ± 0.6	<.0001	23 ± 1		6 ± 1	<.0001
Smoking, pack-years, %				<.0001				<.0001
0	592	(77%)	90	(21%)	266	(76%)	32	(15%)
0-7	157	(20%)	117	(25%)	77	(22%)	55	(26%)
>7	20	(3%)	233	(54%)	10	(3%)	109	(56%)
Alcohol, g/day				0.07				5E-04
0	319	(41%)	169	(38%)	149	(42%)	62	(29%)
>0 to <4	235	(31%)	118	(27%)	106	(31%)	49	(24%)
≥ 4	215	(28%)	153	(35%)	98	(27%)	85	(44%)
Total sunlight exposure (last 20 years), Maryland sun-years	0.83 ± 0.02		0.82 ± 0.02	0.75	0.8 ± 0.02		0.8 ± 0.03	0.94
Ocular factors								
Macular pigment density	0.38 ± 0.01		0.34 ± 0.01	0.002	0.40 ± 0.01		0.36 ± 0.02	0.05
AMD								
Early, %	138	(17%)	83	(21%)	53	(15.0%)	37	(19.4%)
Large drusen, %	111	(15%)	63	(17%)	43	(12.5%)	27	(14.7%)

Pigmentary abnormalities, %	59	(8%)	47	(13%)	0.04	23	(7.37%)	20	(11.7%)	0.09
Advanced AMD, %	11	(1.3%)	12	(3.1%)	0.06	2	(0.51%)	2	(1.23%)	0.52
Early or Advanced AMD, %	149	(19%)	95	(23%)	0.13	55	(15.5%)	39	(20.3%)	0.14
Medical factors										
Body Mass Index (BMI), kg/m ²	26 ± 0.2		29 ± 0.3		<.0001	25.7 ± 0.3		28.5 ± 0.4		<.0001
Hormone therapy, %					0.16					1.00
Never	253	(32%)	147	(34%)		121	(34%)	63	(30%)	
Past	91	(12%)	66	(15%)		43	(12%)	29	(14%)	
Current	425	(56%)	227	(51%)		189	(54%)	104	(53%)	
Diet										
Modified Healthy Eating Index - 2005	68 ± 0.2		60 ± 0.3		<.0001	68.0 ± 0.3		59.7 ± 0.4		<.0001
Lutein and Zeaxanthin, mcg/day	2723 ± 60		1712 ± 80		<.0001	2759 ± 94		1614 ± 126		<.0001
Total omega-3 fatty acids, g/day	1.2 ± 0.02		1.4 ± 0.03		<.0001	1.19 ± 0.04		1.38 ± 0.05		0.002
Fruit intake, servings/day	2.6 ± 0.05		1.6 ± 0.1		<.0001	2.6 ± 0.1		1.6 ± 0.1		<.0001
Vegetable intake, servings/day	3.0 ± 0.1		2.0 ± 0.1		<.0001	3.0 ± 0.1		1.8 ± 0.1		<.0001
β-Carotene, µg/day	5282 ± 115		3346 ± 153		<.0001	5305 ± 166		3051 ± 223		<.0001
Vitamin C, mg/day	137 ± 2		93 ± 3		<.0001	135 ± 3		93 ± 5		<.0001
Vitamin D, mcg/day	6.4 ± 0.1		5.1 ± 0.2		<.0001	6.2 ± 0.2		4.9 ± 0.3		3E-04
Vitamin E, mg/day	8.8 ± 0.2		7.9 ± 0.2		0.001	8.7 ± 0.2		7.7 ± 0.3		0.01
Zinc, mg/day	12 ± 0.2		10 ± 0.2		<.0001	12.1 ± 0.3		9.8 ± 0.4		<.0001
Supplement use										
Multivitamin, %	351	(45%)	179	(41%)	0.13	168	(47%)	92	(45%)	0.94
Lutein or lutein + zeaxanthin [†] , %	17	(2.1%)	13	(3.4%)	0.31	5	(1%)	5	(2%)	0.30
Serum values										
Lutein + zeaxanthin (trans), µmol/L	0.35 ± 0.01		0.27 ± 0.01		<.0001	0.36 ± 0.01		0.28 ± 0.01		<.0001
Genes										
CFH Y402H (rs1061170)					0.19					0.29
TT	294	(38%)	156	(36%)		138	(39%)	64	(33%)	
TC	360	(47%)	209	(47%)		156	(45%)	101	(49%)	
CC	115	(15%)	75	(17%)		58	(16%)	31	(15%)	
ARMS2 (rs10490924)					0.42					0.63
CC	465	(60%)	254	(58%)		219	(63%)	115	(58%)	
AC	266	(35%)	167	(38%)		117	(33%)	77	(38%)	
AA	36	(5%)	18	(4%)		15	(4%)	3	(1%)	
CFI (rs10033900)					0.53					0.39

GG	208	(27%)	114	(25%)		99	(29%)	51	(25%)	
GA	378	(49%)	215	(49%)		175	(49%)	95	(46%)	
AA	182	(24%)	111	(26%)		78	(22%)	50	(26%)	
<i>CFB/C2</i> (rs641153)					0.53					0.24
AA/AG	123	(16%)	76	(18%)		51	(15%)	36	(20%)	
GG	646	(84%)	364	(82%)		301	(85%)	160	(78%)	
<i>C3</i> (rs2230199)					0.87					0.23
CC	34	(4%)	16	(4%)		15	(5%)	9	(4%)	
GC	244	(32%)	143	(32%)		119	(34%)	55	(29%)	
GG	490	(64%)	281	(64%)		218	(62%)	132	(64%)	

* Not age adjusted.

† Use of single lutein, or lutein and zeaxanthin, supplements of dose ≥ 1 mg/day for ≥ 2 years.