

SUPPLEMENTARY DATA

Supplementary Table 1. Childhood and adulthood characteristics according to age at menarche among 27,482 women in the Nurses' Health Study II

	Age at menarche				P value
	≤11 years (N=5,920)	12 years (N=8,151)	13 years (N=7,727)	≥14 years (N=5,684)	
Adulthood characteristics					
Age at pregnancy	34.3 (3.9)	34.0 (3.8)	34.1 (3.8)	33.9 (3.9)	
Caucasian, %	91	92	93	93	<0.0001
Currently Married, %	83	83	83	82	0.62
Current smoker, %	9	9	9	8	0.16
Alcohol (grams/day)	2.9 (5.1)	3.4(6.0)	3.4 (5.3)	3.6 (5.8)	<0.0001
Family history of diabetes, %	14	14	12	11	<0.0001
Oral contraceptive use, %	85	84	84	83	0.008
Nulliparous, %	38	38	39	40	0.02
AHEI-2010 healthy diet score	55.8 (10.7)	55.5 (10.4)	55.7 (10.57)	55.8 (10.6)	0.93
Total physical activity (METs/week)	24.3 (33.0)	24.2 (32.6)	25.0 (34.6)	26.9 (38.8)	<0.0001
Overweight or obese, %	38	29	23	18	<0.0001
BMI before pregnancy (kg/m ²)	25.1 (5.2)	24.0 (4.5)	23.3 (4.1)	22.5 (3.8)	<0.0001
Weight gain since age 18 years (lb)	3.2 (4.1)	2.8 (3.5)	2.5 (3.2)	2.3 (2.9)	<0.0001

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Childhood and early life characteristics					
BMI at age 18 (kg/m ²)	21.9 (3.5)	21.2 (3.0)	20.8 (2.8)	20.3 (2.7)	<0.0001
Birth weight					
<5.5, lbs %	7	6	5	5	
5.5-7 lbs, %	27	25	26	25	
7-8.5, %	38	42	41	41	
8.5-10.0, %	11	11	11	12	
10.0+, %	1	1	1	1	<0.0001
Somatotype at age 5					
1	18	21	24	28	
2	30	34	36	37	
3	26	25	23	20	
4	15	12	11	9	
5+	8	6	5	4	<0.0001
Somatotype at age 10					
1	10	15	19	25	
2	27	32	36	38	
3	25	25	22	20	
4	21	16	13	10	
5+	15	11	8	6	<0.0001

Values are presented as mean (SD) or percentages and are standardized to the age distribution of the study population.
 BMI-body mass index