

## **Web Material**

Web Table 1. Distribution of colorectal cancer risk factors in the Nurses' Health Study, 1980, 1986, 1990, 1998, 2006.

	1980 (n=88 583)			1986 (N= 87 469)			1990 (N=86 163)			1998 (N=81 946)			2006 (N=74 121)		
	Mean	SD	%	Mean	SD	%	Mean	SD	%	Mean	SD	%	Mean	SD	%
Age (Years)	46.2	7.2		52.2	7.1		56.2	7.1		63.9	7.1		71.5	7.0	
Red Meat Intake <sup>b</sup> (Servings/Day)	0.78	0.48		0.53	0.34		0.49	0.32		0.42	0.29		0.40	0.28	
Processed Meat Intake <sup>c</sup> (Servings/Day)	0.37	0.38		0.26	0.27		0.21	0.23		0.22	0.24		0.22	0.24	
Folate (mcg/day)	364	262		400	211		423	210		597	268		728	334	
Calcium (mg/day)	732	311		1025	480		966	470		1207	582		1405	631	
Physical Activity (MET-hrs/wk)	<sup>c</sup>			12.9	14.5		14.2	16.0		16.0	18.0		18.3	20.0	
BMI (kg/m <sup>2</sup> )	24.4	4.5		25.3	4.8		25.8	4.9		26.7	5.4		26.6	5.4	
Alcohol (All; g/day)	6	16		6	10		5	9		4	9		5	10	
Alcohol (Alcohol Drinkers; g/day)	9	12		9	11		8	10		7	9		7	9	
Smoking (All; Pack-Years)	11	16		13	18		13	19		14	20		13	20	
Smoking (Smokers; Pack- years)	21	17		23	19		20	16		25	22		24	22	
Aspirin Use (All; Tablets/Week)	2.7	4.9		2.7	4.1		2.6	3.5		2.5	3.0		2.3	2.7	
Aspirin Use (Among Users; Tablets/Week)	6.8	5.7		4.1	4.4		3.5	3.6		3.2	3.0		2.9	2.8	
PMH Use (Among Post- Menopausal Women)															
Never			57			52			41			26			22
Current			19			26			37			50			14
Past			25			22			22			24			64
Post-menopausal (%)			44			66			78			96			100
Family History (%)			8			8			11			17			19
Report of Sigmoidoscopy or Colonoscopy (%)			10			19			26			32			53

Abbreviations: MET= Metabolic Equivalents; BMI = Body Mass Index; PMH = Post-menopausal Hormones.

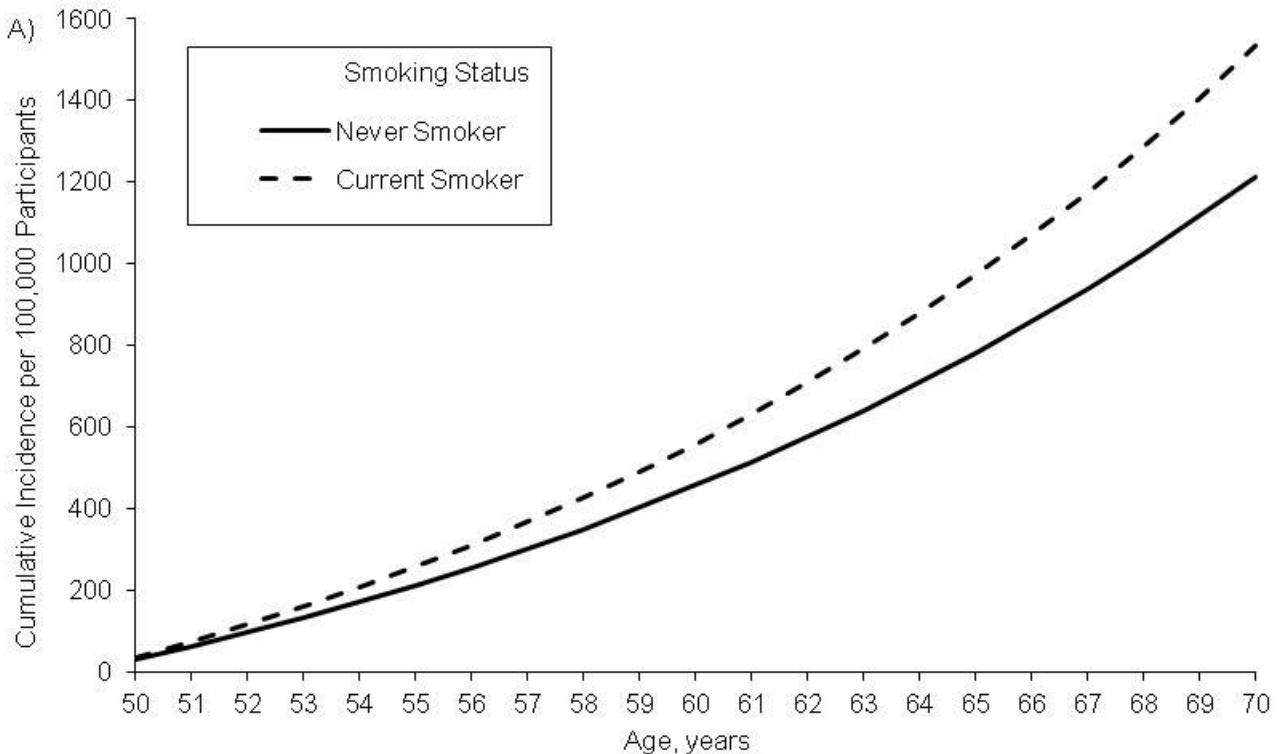
<sup>a</sup> Red meat includes the following specific food items: hamburger, beef/pork/lamb as a mixed dish, and beef/pork/lamb as a main dish.

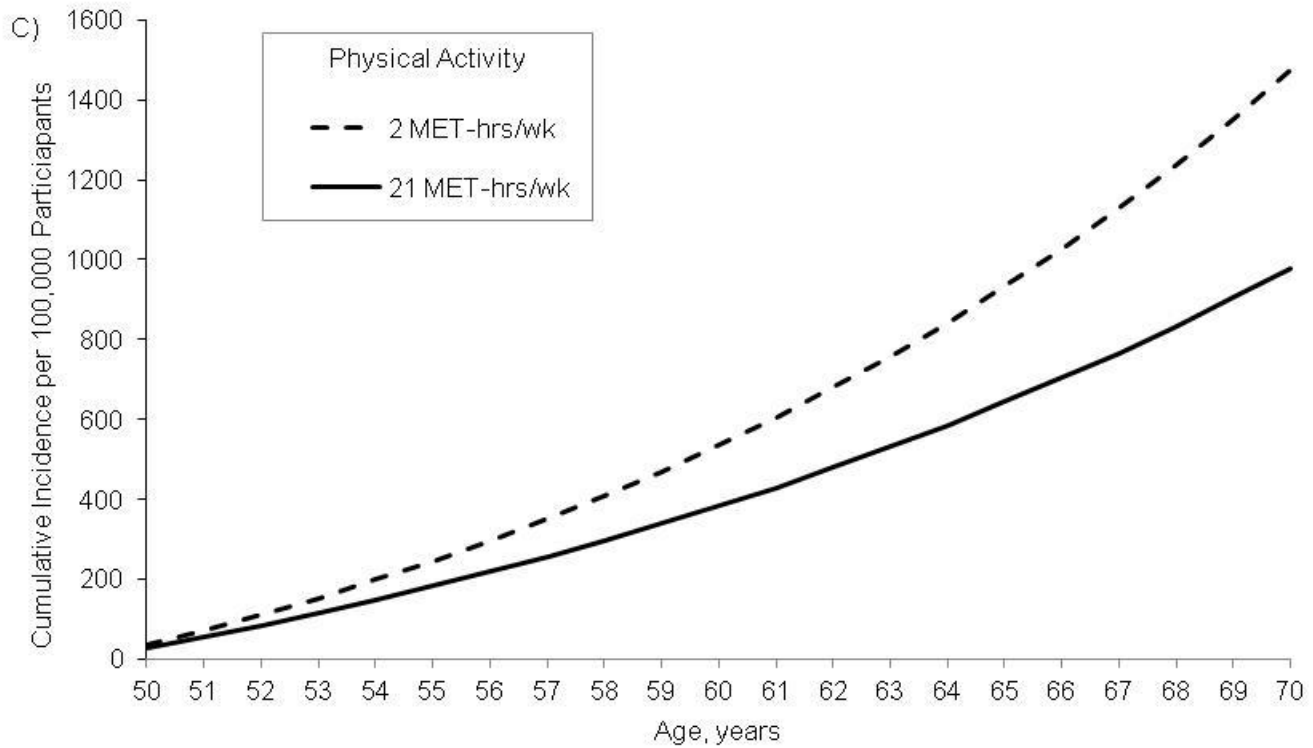
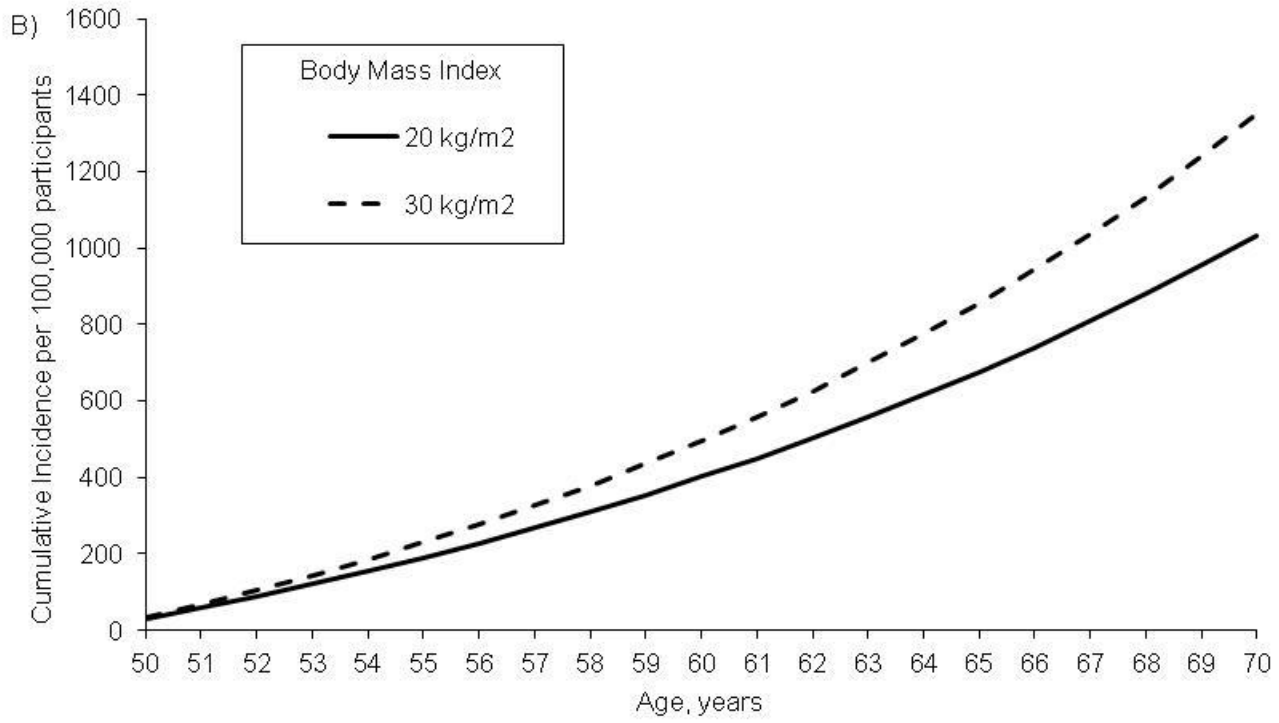
<sup>b</sup> Processed meat variable includes the following specific food items: hot dog, processed meat, processed meat sandwich, and bacon.

<sup>c</sup> Physical activity information in MET hrs/week calculated starting in 1986.

Web Figure 1. Cumulative Incidence of Colorectal Cancer per 100,000 for: A) a Woman Who Was a Never Smoker Versus a Current Smoker who Accrued 15 Pack-Years by Age 30, Then Smoked 1 Pack per Day from Age 50-70; B) a Woman with a BMI (Body Mass Index) of 20 kg/m<sup>2</sup> Versus a BMI of 30 kg/m<sup>2</sup>; C) a Woman Who Completed 2 MET (metabolic equivalent)-hours/week of Physical Activity Versus 21 MET-hrs/week ; From a Model Based on Nurses' Health Study Data, 1980-2010. Unless Otherwise Specified, All Women are Assumed at Baseline to: be Age 50, Have No Family History, Consume 1 Serving per Day of Red Meat, Consume No Processed Meat, Consume 400 mcg/day of Folate, Have a BMI of 26kg/m\*m, Perform 15 MET-hours per week of Physical Activity, Have a Height of 64.5 Inches, Consume No Alcohol, Not Use Aspirin, Be Never screened, Never Use PMH, and Consume 1000 mg/day of Calcium. Nurses' Health Study 1980-2010. MET-hrs/week = Metabolic equivalent-hours per week; kg = kilograms, m=meters.

Web Figure 1.





Web Figure 2. Cumulative Incidence per 100,000 of Colorectal Cancer for the Dietary Variables Folate and Calcium for: A) a Woman who Consumed 600 mcg/day of Folate Versus 200 mcg/day; and B) a Woman who Consumed 1000 mg/day of Calcium Versus 500 mg/day, From a Model Based on Nurses' Health Study Data, 1980-2010. Unless Otherwise Specified, All Women are Assumed at Baseline to: be Age 50, Have No Family History, Consume 1 Serving per Day of Red Meat, Consume No Processed Meat, Consume 400 mcg/day of Folate, Have a BMI of 26kg/m<sup>2</sup>, Perform 15 MET-hours per week of Physical Activity, Have a Height of 64.5 Inches, Consume No Alcohol, Not Use Aspirin, Be Never screened, Never Use PMH, and Consume 1000 mg/day of Calcium. Nurses' Health Study 1980-2010. mcg=micrograms; mg=milligrams.

Web Figure 2.

