

Web Table 1. Characteristics of postmenopausal women (n=190,325) in the NIH-AARP Diet and Health Study Cohort, (1995-2011).

Characteristics	Person-Years	DCIS (n=1,453)		LCIS (n=186)		IDC (n=7,525)		ILC (n=1,191)		Total (N=190,325)	
		N	%	N	%	N	%	N	%	N	%
<b>Age at entry (y)</b>											
<55	311,425	159	11.0	34	18.3	765	10.1	116	9.7	22,448	11.8
55-59	605,257	343	23.6	53	28.5	1,759	23.4	240	20.2	44,417	23.3
60-64	745,909	451	31.0	53	28.5	2,263	30.1	360	30.2	55,875	29.4
65-69	782,827	459	31.6	40	21.5	2,472	32.9	436	36.6	60,862	32.0
≥70	83,508	41	2.8	6	3.2	266	3.5	39	3.3	6,723	3.5
<b>Race</b>											
White	2,258,130	1,302	89.6	169	90.9	6,846	91.0	1,098	92.2	170,165	89.4
Non-white	270,797	151	10.4	17	9.1	679	9.0	93	7.8	20,160	10.6
<b>Age at menarche (y)</b>											
≤12	1,228,081	701	48.3	97	52.2	3,728	49.5	562	47.2	92,703	48.7
13-14	1,053,163	637	43.8	71	38.2	3,132	41.6	518	43.5	79,067	51.5
≥15	238,684	112	7.7	17	9.1	646	8.6	106	8.9	17,859	9.4
Unknown	8,998	3	0.2	1	0.5	19	0.3	5	0.4	696	0.4
<b>Age at first birth (y)</b>											
<20	445,808	202	13.9	25	13.4	1,159	15.4	136	11.4	33,874	17.8
20-24	1,111,354	590	40.6	71	38.2	3,173	42.2	471	39.5	83,327	43.8
25-29	448,866	281	19.3	42	22.6	1,376	18.3	270	22.7	33,556	17.6
≥30/ Nulliparous	496,223	361	24.9	47	25.3	1,729	23.0	300	25.2	37,518	19.7
Unknown	26,675	19	1.3	1	0.5	88	1.1	14	1.2	2,050	1.1
<b>Age at menopause (y)</b>											
50-54	712,338	380	26.2	73	39.3	2,326	30.9	391	32.8	53,188	27.9
45-49	172,750	116	8.0	11	5.9	433	5.8	72	6.1	13,350	7.0
<45	408,166	214	14.7	25	13.4	1,232	16.4	184	15.4	30,905	16.2
≥55	157,284	106	7.3	11	5.9	638	8.5	106	8.9	11,896	6.3
Surgical	1,013,203	567	39.0	56	30.1	2,682	35.6	411	34.5	76,066	40.0
Unknown	65,185	70	4.8	10	5.4	214	2.8	27	2.3	4,920	2.6
<b>Menopausal hormone therapy</b>											
Never	1,149,010	530	36.5	47	25.3	3,145	41.8	503	42.2	87,271	45.8
Former	234,419	121	8.3	14	7.5	646	8.6	83	7.0	17,690	9.3
Current (<5 years)	314,462	197	13.6	38	20.4	964	12.8	167	14.0	23,175	12.2
Current (5-9 years)	309,698	246	16.9	46	24.7	1,102	14.6	171	14.4	22,933	12.1
Current (≥10 years)	513,974	355	24.4	41	22.1	1,657	22.0	266	22.3	38,712	20.3
Unknown	7,363	4	0.3	0	0.0	11	0.2	1	0.1	544	0.3
<b>Family history of breast cancer</b>											
No	2,106,940	1,117	76.9	152	81.7	5,894	78.3	962	80.8	158,185	83.1
Yes	309,208	270	18.6	26	14.0	1,292	17.2	186	15.6	23,542	12.4
Unknown	112,778	66	4.5	8	4.3	339	4.5	43	3.6	8,598	4.5
<b>Breast biopsy</b>											

<b>No</b>	1,914,537	958	65.9	109	58.6	5,199	69.1	786	66.0	143,510	75.4
<b>Yes</b>	600,015	485	33.4	77	41.4	2,289	30.4	399	33.5	45,706	24.0
<b>Unknown</b>	14,374	10	0.7	0	0.0	37	0.5	6	0.5	1,109	0.6
<b>Alcohol (grams /day)</b>											
<b>None</b>	742,312	398	27.4	41	22.0	2,059	27.4	304	25.5	56,936	29.9
<b>≤10</b>	1,379,452	811	55.8	110	59.1	4,063	54.0	651	54.7	102,539	53.9
<b>&gt;10.01-20</b>	229,796	135	9.3	23	12.4	748	9.9	119	10.0	17,181	9.0
<b>&gt;20.01</b>	177,368	109	7.5	12	6.5	655	8.7	117	9.8	13,669	7.2
<b>Smoking</b>											
<b>Never</b>	1,148,983	652	44.9	86	46.2	3,222	42.8	517	43.4	83,905	44.1
<b>Former (&gt;1 year)</b>	919,494	551	37.9	67	36.0	2,946	39.2	451	37.9	69,588	36.6
<b>Current (&lt;1 year)</b>	385,261	207	14.2	23	12.4	1,143	15.2	199	16.7	31,082	16.3
<b>Unknown</b>	75,187	43	3.0	10	5.4	214	2.8	24	2.0	5,750	3.0
<b>BMI (kg/m<sup>2</sup>)</b>											
<b>&lt;18.5</b>	31,246	14	1.0	0	0.0	71	0.9	9	0.8	2,472	1.3
<b>18.5-24.9</b>	1,051,685	602	41.4	86	46.3	2,971	39.5	501	42.1	78,439	41.2
<b>25-29.9</b>	804,639	467	32.2	48	25.8	2,409	32.0	381	32.0	60,170	31.6
<b>30-34.9</b>	357,303	201	13.8	32	17.2	1,140	15.2	163	13.7	27,071	14.2
<b>≥35.0</b>	191,455	118	8.1	14	7.5	686	9.1	91	7.6	14,886	7.8
<b>Unknown</b>	92,597	51	3.5	6	3.2	248	3.3	46	3.8	7,287	3.9
<b>Education</b>											
<b>&lt;College</b>	808,760	439	30.2	47	25.3	2,207	29.3	332	27.9	61,067	32.1
<b>≥College</b>	1,638,637	976	67.2	132	71.0	5,097	67.7	819	68.7	122,997	62.6
<b>Unknown</b>	81,529	38	2.6	7	3.7	221	3.0	40	3.4	6,261	3.3
<b>Physical activity</b>											
<b>Never/ rarely</b>	547,206	313	21.5	38	20.5	1,675	22.3	247	20.8	42,908	22.5
<b>1-3 / months</b>	360,316	194	13.4	33	17.7	1,109	14.7	187	15.7	27,024	14.2
<b>1-2 / weeks</b>	532,741	320	22.0	33	17.7	1,613	21.4	260	21.8	39,728	20.9
<b>3-4 / weeks</b>	640,822	383	26.4	47	25.3	1,875	25.0	286	24.0	47,463	24.9
<b>≥5 / weeks</b>	416,826	228	15.7	34	18.3	1,160	15.4	194	16.3	30,796	16.2
<b>Unknown</b>	31,016	15	1.0	1	0.5	93	1.2	17	1.4	2,406	1.3

Abbreviations: BMI, body mass index; CI, confidence interval; DCIS, ductal carcinoma in situ; HR, hazard ratio; IDC, invasive ductal carcinoma; ILC, invasive lobular carcinoma; LCIS, lobular carcinoma in situ; MHT, menopausal hormone therapy; Y, years