

**Web Material**

**A Healthy Lifestyle Index in Relation to Risk of Endometrial and Ovarian Cancer Among Women in the Women’s Health Initiative Study**

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**Web Table 1: Associations between Healthy Lifestyle Score (excluding BMI) and risk of endometrial cancer among women from the Women’s Health Initiative Study (1993 to 2016)**

	<b>HR</b>	<b>95% CI</b>
<b>Overall</b>		
Per unit increase	0.98	0.96-1.00
≤7	1.00	
8-9	0.97	0.83-1.13
10	0.87	0.73-1.05
11-12	0.88	0.75-1.03
>12	0.84	0.70-1.01
<b>P trend</b>		0.03
<b>Type 1</b>		
Per unit increase	0.98	0.96-1.01
≤7	1.00	
8-9	0.90	0.75-1.06
10	0.87	0.70-1.07
11-12	0.90	0.75-1.07
>12	0.81	0.66-0.99
<b>P trend</b>		0.08
<b>Type 2</b>		
Per unit increase	0.99	0.95-1.05
≤7	1.00	
8-9	1.44	0.98-2.11
10	1.05	0.65-1.70
11-12	0.84	0.54-1.30
>12	1.21	0.77-1.91
<b>P trend</b>		0.52
<b>Grade</b>		
<b>Low</b>		
Per unit increase	0.97	0.93-1.02
≤7	1.00	
8-9	0.89	0.63-1.25
10	0.84	0.55-1.28
11-12	0.86	0.60-1.24
>12	0.76	0.51-1.17
<b>P trend</b>		0.25
<b>Intermediate</b>		
Per unit increase	1.01	0.98-1.05
≤7	1.00	
8-9	0.91	0.71-1.17
10	0.97	0.73-1.31
11-12	1.05	0.82-1.36
>12	0.96	0.72-1.29
<b>P trend</b>		0.75
<b>High</b>		
Per unit increase	0.95	0.91-0.99
≤7	1.00	
8-9	0.80	0.58-1.11
10	0.66	0.44-1.00
11-12	0.64	0.44-0.91

	<b>HR</b>	<b>95% CI</b>
>12	0.71	0.48-1.05
<b>P trend</b>		0.02
<b>Stage</b>		
<b>Localised</b>		
Per unit increase	0.98	0.96-1.00
≤7	1.00	
8-9	0.94	0.79-1.12
10	0.87	0.71-1.07
11-12	0.87	0.72-1.04
>12	0.85	0.69-1.04
<b>P trend</b>		0.06
<b>Regional/distant metastatic</b>		
Per unit increase	1.01	0.97-1.06
≤7	1.00	
8-9	1.20	0.84-1.72
10	1.10	0.71-1.69
11-12	1.04	0.70-1.52
>12	1.04	0.67-1.61
<b>P trend</b>		0.85

Adjusted for age at entry, education, non-alcohol energy intake, ethnicity, age at menarche, parity, combined estrogen and progesterone therapy, unopposed estrogen therapy, oral contraceptive use, family history of endometrial cancer, age at menopause, body mass index

**Web Table 2: Associations between Healthy Lifestyle Score and risk of endometrial cancer among women from the Women’s Health Initiative Study (1995 to 2016) who had a diagnosis of endometrial cancer within two years of enrollment**

	HLI scores (quintiles)										Continuous (per unit increase in score)		
	≤10	11-12		13	14-15		≥16		P-trend	P for heterogeneity	HR	95% CI	
	HR	HR	95% CI		HR	95% CI	HR	95% CI					
<b>Overall</b>	1.00	0.75	0.63-0.88	0.90	0.74-1.09	0.74	0.63-0.88	0.72	0.60-0.87	<0.01		0.94	0.92-0.96
Type 1	1.00	0.72	0.60-0.87	0.81	0.64-1.01	0.75	0.62-0.91	0.73	0.59-0.91	0.01		0.94	0.92-0.96
Type 2	1.00	0.90	0.61-1.35	1.18	0.75-1.87	0.82	0.53-1.27	0.80	0.50-1.28	0.33	0.92	0.96	0.92-1.01
<b>Grade</b>													
Well-differentiated	1.00	0.63	0.42-0.95	0.74	0.46-1.21	0.73	0.49-1.10	0.83	0.54-1.26	0.49		0.94	0.90-0.99
Moderately-differentiated	1.00	0.72	0.55-0.94	1.01	0.74-1.37	0.84	0.64-1.10	0.84	0.63-1.14	0.46		0.97	0.94-0.99
Poorly-differentiated	1.00	0.61	0.42-0.88	0.75	0.49-1.15	0.64	0.44-0.93	0.58	0.38-0.88	0.01	0.64	0.92	0.88-0.96
<b>Stage</b>													
Localized	1.00	0.74	0.61-0.89	0.90	0.73-1.12	0.76	0.62-0.92	0.74	0.60-0.92	0.01		0.95	0.93-0.97
Regional/distant metastatic	1.00	0.78	0.53-1.15	1.04	0.67-1.61	0.82	0.55-1.23	0.78	0.50-1.21	0.35	0.48	0.96	0.92-1.00

Adjusted for age at entry, education, non-alcohol energy intake, ethnicity, age at menarche, parity, combined estrogen and progesterone therapy, unopposed estrogen therapy, oral contraceptive use, family history of endometrial cancer, age at menopause

**Web Table 3: Associations between Healthy Lifestyle Score and risk of ovarian cancer among women from the Women’s Health Initiative Study (1995 to 2016) who had a diagnosis of ovarian cancer within two years of enrollment**

	HLI score (quintiles)										Continuous (per unit score)		
	≤10	11-12		13		14-15		≥16		P-trend	P for heterogeneity	HR	95% CI
	HR	HR	(95% CI)	HR	(95% CI)	HR	(95% CI)	HR	(95% CI)			HR	95% CI
<b>Overall</b>	1.00	0.86	0.70-1.06	0.91	0.71-1.16	0.95	0.78-1.17	0.92	0.74-1.14	0.73		0.99	0.97-1.02
Serous	1.00	0.98	0.72-1.34	0.98	0.67-1.42	1.21	0.89-1.63	1.21	0.86-1.66	0.11		1.03	0.99-1.06
High grade serous	1.00	0.94	0.58-1.51	0.88	0.49-1.57	1.04	0.65-1.66	0.96	0.58-1.59	0.95		0.99	0.95-1.06
Non-serous	1.00	0.75	0.53-1.06	0.98	0.67-1.44	0.92	0.66-1.28	0.85	0.59-1.21	0.72	0.48	0.99	0.95-1.03
<b>Grade</b>													
Intermediate	1.00	1.41	0.73-2.74	1.74	0.83-3.67	1.82	0.95-3.48	0.95	0.43-2.11	0.61		1.04	0.97-1.12
High	1.00	1.02	0.69-1.50	1.19	0.76-1.84	1.15	0.79-1.69	1.12	0.75-1.67	0.42	0.19	1.04	0.95-1.13
<b>Stage</b>													
Localised	1.00	1.42	0.88-2.30	0.76	0.38-1.53	1.08	0.64-1.83	0.88	0.49-1.59	0.81		0.98	0.92-1.04
Regional/distant metastatic	1.00	0.86	0.67-1.10	1.04	0.79-1.38	1.08	0.85-1.37	1.12	0.87-1.43	0.13	0.94	1.02	0.99-1.05

Adjusted for age at entry, education, non-alcohol energy intake, ethnicity, age at menarche, parity, combined estrogen and progesterone therapy, unopposed estrogen therapy, oral contraceptive use, family history of endometrial cancer, age at menopause