

Supplementary Table S1 Selected characteristics of the 34 832 women from the Nurses' Health Study II (NHSII) included in the analysis overall and the 77 884 women exclude from the analyses.

Characteristic N	Included 34 832	Excluded 77 884
Age in 1989 (years), Mean \pm SD	34.8 \pm 4.6	34.8 \pm 4.7
Race, N (%)		
White	33 982 (97.6)	73 502 (94.4)
Other races	850 (2.4)	4382 (5.6)
High school Alternative Healthy Eating Index, Mean \pm SD	46.2 \pm 9.8	46.4 \pm 9.9
High school physical activity (hours/week), Mean \pm SD		
Strenuous	3.7 \pm 2.8	3.7 \pm 2.4
Moderate	3.3 \pm 2.3	3.5 \pm 2.0
Walking	2.1 \pm 1.9	1.8 \pm 1.7
Body mass index (BMI, kg/m ²) at age 18, Mean \pm SD	21.3 \pm 3.2	21.3 \pm 3.4
Age at menarche, N (%)		
<12	8340 (23.9)	19 345 (24.8)
12	10 715 (30.8)	23 119 (29.7)
13	9648 (27.7)	21 113 (27.1)
\geq 14	6025 (17.3)	14 047 (18.0)
Missing or not known	104 (0.3)	260 (0.3)
Cigarettes per day during high school, N (%)		
0	33 136 (95.1)	73 949 (95.0)
1–4	1096 (3.2)	3935 (5.0%)
Region of residence in high school		
Northeast	13 243 (38.0)	21 384 (27.5)
Midwest	12 845 (36.9)	20 975 (26.9)
West	4139 (11.9)	8845 (11.4)
South	4343 (12.5)	5775 (7.4)
Outside US/Missing	262 (0.8)	20 905 (26.8)
Menstrual irregularity phenotypes, N (%)		
Moderate irregularity	4882 (14.0)	10 783 (13.9)
Persistent irregularity	3074 (8.8)	6647 (8.5)
Moderate irregularity with androgen excess	714 (2.1)	1490 (1.9)
Number of years until menstrual regularity, N (%)		
<1	15 933 (45.7)	35 853 (46.0)
1–2	8597 (24.7)	19 160 (24.6)
3–4	2397 (6.9)	5339 (6.9)
5+	4069 (11.7)	8789 (11.3)
Never	3660 (10.5)	8307 (10.7)
Missing	176 (0.5)	436 (0.6)

Note: Moderate irregularity is defined as always irregular in high school or ages 18–22, persistent irregularity is defined as always irregular in high school and ages 18–22, and moderate irregularity with androgen excess is defined as always irregular in high school or ages 18–22 and severe teenage acne or hirsutism before 1989.