

Supplementary Online Content

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This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Hazard Ratios (95% CIs) for Hip or Total Fractures by Quintiles of Dietary Pattern Scores in the Women’s Health Initiative Observational Study Including Adjustment for Fall History¹

Quintiles of Dietary Pattern and Score		Hip fracture				Total fracture		
		No of Individuals	No of cases	Mean Follow-up (y)	HR (95% CI)*	No of cases	Mean Follow-up (y)	HR (95% CI)*
aMED								
Q1	< 2	4866	145	12.23	1.00	1463	10.51	1.00
Q2	2 - 4	20960	554	12.63	0.85 (0.71, 1.02)	6565	10.77	1.02 (0.96, 1.08)
Q3	4 - 5	13544	328	12.97	0.76 (0.62, 0.93)	4286	11.12	0.99 (0.93, 1.05)
Q4	5 - 6	12464	307	13.25	0.76 (0.62, 0.92)	4005	11.34	0.98 (0.92, 1.04)
Q5	> 6	15662	413	13.63	0.80 (0.66, 0.97)	5325	11.53	1.01 (0.95, 1.07)
HEI-2010								
Q1	< 53	13229	337	12.51	1.00	4061	10.72	1.00
Q2	53 - 61	13400	336	12.88	0.91 (0.78, 1.06)	4226	10.98	0.98 (0.94, 1.03)
Q3	61 - 67	13485	328	13.11	0.85 (0.73, 0.99)	4311	11.20	0.97 (0.93, 1.02)
Q4	67 - 73	13538	330	13.27	0.80 (0.68, 0.93)	4375	11.32	0.96 (0.92, 1.00)
Q5	> 73	13844	416	13.30	0.91 (0.79, 1.06)	4671	11.28	0.99 (0.95, 1.03)
AHEI-2010								
Q1	< 47	11577	291	12.11	1.00	3442	10.38	1.00
Q2	47 - 54	14301	381	12.65	0.97 (0.84, 1.14)	4430	10.86	0.98 (0.94, 1.03)
Q3	54 - 59	12003	308	12.98	0.91 (0.77, 1.07)	3754	11.14	0.96 (0.92, 1.01)
Q4	59 - 66	15386	376	13.44	0.87 (0.74, 1.01)	5106	11.41	1.00 (0.96, 1.05)
Q5	> 66	14229	391	13.72	0.96 (0.82, 1.12)	4912	11.57	1.02 (0.97, 1.07)

DASH								
Q1	< 20	9974	240	12.17	1.00	2915	10.44	1.00
Q2	20 - 23	14002	367	12.66	0.97 (0.82, 1.14)	4338	10.84	0.98 (0.93, 1.03)
Q3	23 - 25	11627	281	13.07	0.83 (0.69, 0.98)	3707	11.13	0.96 (0.91, 1.01)
Q4	25 - 28	16609	423	13.33	0.82 (0.70, 0.97)	5392	11.39	0.94 (0.90, 0.99)
Q5	> 28	15284	436	13.53	0.88 (0.75, 1.04)	5292	11.44	0.99 (0.94, 1.04)

*Adjusted for age, race/ethnicity, body mass index, smoking status, physical activity, self-reported health, diabetes status, history of fracture at age ≥ 55 , physical function score, number of chronic medical conditions, number of psychoactive medications and use of hormone therapy, bisphosphonates, calcitonin, selective estrogen receptor modulators and fall history.

¹ AHEI-2010, Alternate Healthy Eating Index 2010; aMED, alternate Mediterranean Diet; DASH, Dietary Approaches to Stop Hypertension; HEI-2010, Healthy Eating Index 2010; Quintile 1 (Q1) represents the least healthy quintile, whereas quintile 5 (Q5) represents the healthiest quintile.

eTable 2. Bone Mineral Density (BMD) Measurements at Baseline and Year 6 by Quintiles of Dietary Pattern Scores in the Women’s Health Initiative BMD Study

Quintiles of Dietary Pattern and Score ^a		Hip BMD (g/cm ²)			Total Body BMD (g/cm ²)		
		No of individuals	Baseline Mean (SE) ^b	Year 6 Mean (SE) ^b	No of individuals	Baseline Mean (SE) [*]	Year 6 Mean (SE) [*]
aMED							
Q1	< 2	1534	0.84 (0.00)	0.84 (0.00)	1509	1.00 (0.00)	1.01 (0.00)
Q2	2 - 4	1497	0.85 (0.00)	0.84 (0.00)	1473	1.01 (0.00)	1.02 (0.00)
Q3	4 - 5	1614	0.84 (0.00)	0.84 (0.00)	1585	1.01 (0.00)	1.03 (0.00)
Q4	5 - 6	1476	0.85 (0.00)	0.84 (0.00)	1455	1.01 (0.00)	1.03 (0.00)
Q5	> 6	1840	0.85 (0.00)	0.85 (0.00)	1811	1.02 (0.00)	1.04 (0.00)
HEI-2010							
Q1	< 53	1565	0.84 (0.00)	0.84 (0.00)	1544	1.00 (0.00)	1.02 (0.00)
Q2	53 - 60	1583	0.85 (0.00)	0.85 (0.00)	1558	1.01 (0.00)	1.03 (0.00)
Q3	60 - 66	1597	0.84 (0.00)	0.84 (0.00)	1571	1.01 (0.00)	1.03 (0.00)
Q4	66 - 72	1563	0.84 (0.00)	0.84 (0.00)	1532	1.01 (0.00)	1.03 (0.00)
Q5	> 72	1653	0.85 (0.00)	0.85 (0.00)	1628	1.02 (0.00)	1.04 (0.00)
AHEI-2010							
Q1	< 47	1473	0.84 (0.00)	0.83 (0.00)	1446	1.00 (0.00)	1.01 (0.00)
Q2	47 - 53	1499	0.84 (0.00)	0.84 (0.00)	1473	1.01 (0.00)	1.02 (0.00)
Q3	53 - 59	1689	0.85 (0.00)	0.85 (0.00)	1666	1.01 (0.00)	1.03 (0.00)
Q4	59 - 65	1553	0.85 (0.00)	0.85 (0.00)	1531	1.01 (0.00)	1.03 (0.00)
Q5	> 65	1747	0.84 (0.00)	0.84 (0.00)	1717	1.02 (0.00)	1.04 (0.00)
DASH							
Q1	< 20	1199	0.84 (0.00)	0.84 (0.00)	1179	1.00 (0.00)	1.01 (0.00)
Q2	20 - 23	1677	0.85 (0.00)	0.84 (0.00)	1661	1.00 (0.00)	1.02 (0.00)
Q3	23 - 25	1362	0.85 (0.00)	0.84 (0.00)	1328	1.01 (0.00)	1.03 (0.00)
Q4	25 - 28	1922	0.85 (0.00)	0.85 (0.00)	1887	1.01 (0.00)	1.03 (0.00)
Q5	> 28	1801	0.85 (0.00)	0.85 (0.00)	1778	1.02 (0.00)	1.04 (0.00)

Abbreviations: AHEI-2010, Alternate Healthy Eating Index 2010; aMED, alternate Mediterranean Diet; DASH, Dietary Approaches to Stop Hypertension; HEI-2010, Healthy Eating Index 2010; HR, hazard ratio; Q, quintile.

^aQ1 represents the least healthy quintile; Q5, the healthiest quintile.

^bAdjusted for age, race/ethnicity, body mass index, WHI clinical trial assignment, smoking status, physical activity, self-reported health, diabetes mellitus status, history of fracture at 55 years or older, physical function score, number of chronic medical conditions, number of psychoactive medications, and use of hormone therapy, bisphosphonates, calcitonin, and selective estrogen receptor modulators.

eTable 3. Lean Body Mass Measurements at Baseline and Year 6 by Quintiles of Dietary Pattern Scores in the Women’s Health Initiative BMD Study¹

Quintiles of Dietary Pattern and Score ^a		Lean body mass (kg)		
		No of individuals	Baseline Mean (SE) ^b	Year 6 Mean (SE) ^b
aMED				
Q1	< 2	1518	37.07 (0.13)	36.62 (0.13)
Q2	2 - 4	1476	37.31 (0.13)	36.80 (0.13)
Q3	4 - 5	1597	37.45 (0.12)	36.99 (0.12)
Q4	5 - 6	1461	37.73 (0.13)	37.29 (0.12)
Q5	> 6	1806	37.78 (0.12)	37.34 (0.11)
HEI-2010				
Q1	< 53	1546	37.32 (0.13)	36.84 (0.13)
Q2	53 - 60	1567	37.57 (0.13)	37.09 (0.13)
Q3	60 - 66	1582	37.51 (0.12)	36.99 (0.12)
Q4	66 - 72	1536	37.46 (0.12)	37.02 (0.12)
Q5	> 72	1627	37.54 (0.12)	37.16 (0.12)
AHEI-2010				
Q1	< 47	1458	37.28 (0.14)	36.83 (0.13)
Q2	47 - 53	1482	37.29 (0.13)	36.80 (0.13)
Q3	53 - 59	1673	37.49 (0.12)	37.05 (0.12)
Q4	59 - 65	1535	37.53 (0.13)	37.10 (0.12)
Q5	> 65	1710	37.75 (0.12)	37.26 (0.12)
DASH				
Q1	< 20	1180	37.40 (0.16)	36.94 (0.15)
Q2	20 - 23	1663	37.32 (0.12)	36.82 (0.12)
Q3	23 - 25	1350	37.45 (0.13)	36.97 (0.13)
Q4	25 - 28	1894	37.45 (0.11)	37.08 (0.11)
Q5	> 28	1771	37.72 (0.12)	37.23 (0.11)

Abbreviations: AHEI-2010, Alternate Healthy Eating Index 2010; aMED, alternate Mediterranean Diet; BMD, bone mineral density; DASH, Dietary Approaches to Stop Hypertension; HEI-2010, Healthy Eating Index 2010; HR, hazard ratio; Q, quintile.

^aQ1 represents the least healthy quintile; Q5, the healthiest quintile.

^bAdjusted for age, race/ethnicity, body mass index, WHI clinical trial assignment, smoking status, physical activity, self-reported health, diabetes mellitus status, history of fracture at 55 years or older, physical function score, number of chronic medical conditions, number of psychoactive medications, and use of hormone therapy, bisphosphonates, calcitonin, and selective estrogen receptor modulators.