

Sociocultural Factors, Access to Healthcare, and Lifestyle: Multifactorial Indicators in Association with Colorectal Cancer Risk.

Supplemental Table 3. The associations between components of the Diet Quality Score based on the ACS Guidelines on Nutrition and Physical Activity for Cancer Prevention <sup>a</sup> with colorectal cancer incidence.							
Guidelines	Total Analytic Cohort				Black participants		
	Cohort	Cases	HR (95%CI) <sup>b</sup>		Cohort	Cases	HR (95%CI) <sup>b</sup>
A healthy eating pattern includes:							
Consuming at least 4 cups of vegetables and fruit per day							
Meets recommendation	22629	215	1 (ref.)		16580	172	1 (ref.)
Does not meet recommendation	47404	476	1.04 (0.88 to 1.24)		30410	336	1.00 (0.83 to 1.22)
Choose at least ½ your grains as whole grains as opposed to refined grain products							
Meets recommendation	1479	21	1 (ref.)		46289	496	1 (ref.)
Does not meet recommendation	68554	670	0.80 (0.52 to 1.25)		701	12	0.84 (0.47 to 1.51)
A healthy eating pattern limits or does not include:							
Limit consumption of processed meat and red meat							
Least meat intake	17369	215	1 (ref.)		11820	174	1 (ref.)
Quartile 2	17316	163	0.84 (0.69 to 1.04)		11378	115	0.76 (0.60 to 0.96)
Quartile 3	17313	159	0.86 (0.70 to 1.06)		11346	110	0.77 (0.60 to 0.98)
Most meat intake	17301	148	0.85 (0.68 to 1.07)		12078	105	0.74 (0.57 to 0.97)
Abbreviations: ACS, American Cancer Society; HR, hazard ratio; CI, confidence interval; Ref., reference.							
<sup>a</sup> American Cancer Society recommendations found at: <a href="http://www.cancer.org">www.cancer.org</a>							
<sup>b</sup> Adjusted for sex, race, enrollment source, household income, education, family history of colorectal cancer, insurance coverage, neighborhood deprivation, colorectal cancer screening participation, BMI, physical activity, sedentary time, alcohol intake, and smoking status.							