Original objectives (1993-2005)

To test three promising approaches to prevent chronic diseases:

- Menopausal hormone therapy
- Low-fat dietary pattern
- Calcium & vitamin D supplements

To identify risk factors for the major causes of morbidity and mortality in post-menopausal women
Hormone Therapy Trials

Calcium/Vitamin D Trial

Dietary Modification Trial

Observational Study

Total: 161,808 women
WHI Extension Study: 2005 and beyond

• What is involved?
  • Ongoing updates of your health information
  • A home visit in a small subset of participants

• Why is this important?
  • Assess longer term effects of the original interventions
  • Support efficient conduct of new studies. Examples include studies of:
    • Sleep
    • Physical Activity
    • Memory and cognitive function
    • Multivitamins and cocoa flavanol supplements
    • Eye health
    • Rare diseases
WHI participants in 2020

Residential addresses

Age Distribution

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Thank you for all you have contributed!