

APPENDIX TABLE 4. Baseline demographic and general health characteristics of WHI Calcium and Vitamin D participants by race/ethnicity

Characteristic	Race/Ethnicity																	
	American Indian (N = 149)			Asian/Pacific Islander (N = 722)			Black (N = 3317)			Hispanic (N = 1507)			White (N = 30,153)			Total ^a (N = 36,282)		
	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD
Age at screening (y)	149		61.5 ± 6.7	722		61.4 ± 7.1	3317		60.6 ± 6.8	1507		59.3 ± 6.4	30,153		62.7 ± 6.9	36,282		62.4 ± 7.0
50–59	61	40.9		309	42.8		1572	47.4		844	56.0		10,469	34.7		13,422	37.0	
60–69	68	45.6		301	41.7		1354	40.8		546	36.2		14,057	46.6		16,520	45.5	
70–79	20	13.4		112	15.5		391	11.8		117	7.8		5627	18.7		6340	17.5	
Education																		
0–8 y	*	*		*	*		67	2.0		259	17.4		175	0.6		527	1.5	
Some high school	10	6.8		23	3.2		280	8.5		143	9.6		895	3.0		1375	3.8	
High school diploma/GED	26	17.6		105	14.7		476	14.5		273	18.4		5713	19.1		6673	18.5	
School after high school	72	48.6		267	37.3		1389	42.4		538	36.2		11,921	39.8		14,372	39.9	
College degree or higher	37	25.0		315	44.1		1064	32.5		272	18.3		11,285	37.6		13,098	36.3	
Family income																		
<\$10,000	11	7.6		24	3.5		330	10.6		281	20.5		790	2.8		1465	4.3	
\$10,000–\$19,999	30	20.7		63	9.1		553	17.7		273	19.9		3365	11.7		4353	12.6	
\$20,000–\$34,999	33	22.8		120	17.4		798	25.6		320	23.3		7544	26.3		8911	25.9	
\$35,000–\$49,999	29	20.0		133	19.2		586	18.8		215	15.7		6250	21.8		7302	21.2	
\$50,000–\$74,999	30	20.7		178	25.8		526	16.9		180	13.1		5866	20.4		6849	19.9	
\$75,000+	12	8.3		173	25.0		326	10.5		102	7.4		4876	17.0		5546	16.1	
Occupation																		
Managerial/Professional	52	38.8		300	43.4		1162	40.4		327	24.9		10,837	41.1		12,813	40.3	
Technical/Sales/ Administrative	35	26.1		234	33.9		770	26.8		367	27.9		8573	32.5		10,102	31.8	
Service/Labor	40	29.9		118	17.1		723	25.1		356	27.1		4485	17.0		5815	18.3	
Homemaker only	7	5.2		39	5.6		220	7.7		265	20.2		2495	9.5		3069	9.7	
Body mass index (BMI), kg/m ²	149		30.8 ± 6.0	720		26.0 ± 4.8	3296		31.9 ± 6.7	1495		29.8 ± 5.6	30,002		28.7 ± 5.8	36,095		29.0 ± 5.9
Underweight (<18.5)	0	0.0		11	1.5		7	0.2		*	*		126	0.4		148	0.4	
Normal (18.5–24.9)	25	16.8		335	46.5		415	12.6		279	18.7		8278	27.6		9430	26.1	
Overweight (25.0–29.9)	47	31.5		248	34.4		1030	31.3		580	38.8		10,907	36.4		12,955	35.9	
Obesity I (30.0–34.9)	42	28.2		89	12.4		926	28.1		392	26.2		6639	22.1		8203	22.7	
Obesity II (35.0–39.9)	22	14.8		32	4.4		543	16.5		161	10.8		2834	9.4		3644	10.1	
Obesity III (≥40)	13	8.7		5	0.7		375	11.4		79	5.3		1218	4.1		1715	4.8	
Marital status																		
Never married	*	*		39	5.4		194	5.9		62	4.2		1120	3.7		1437	4.0	
Divorced/Separated	40	26.8		102	14.2		1014	30.9		327	22.0		4158	13.8		5724	15.8	
Widowed	22	14.8		92	12.8		684	20.9		203	13.6		4939	16.4		6012	16.6	
Presently married/ Living as married	85	57.0		484	67.5		1387	42.3		896	60.2		19,853	66.0		22,962	63.5	
Height (cm)	149		161.7 ± 6.1	720		155.2 ± 5.8	3301		162.6 ± 6.4	1498		157.3 ± 6.3	30,062		162.4 ± 6.3	36,163		162.0 ± 6.5
Weight (kg)	149		80.6 ± 16.2	722		63.0 ± 13.5	3314		84.5 ± 18.4	1507		74.2 ± 15.9	30,112		76.0 ± 16.1	36,238		76.4 ± 16.6
Waist/hip ratio (WHR)	147		0.83 ± 0.1	720		0.82 ± 0.1	3301		0.83 ± 0.1	1500		0.82 ± 0.1	30,048		0.82 ± 0.1	36,149		0.82 ± 0.1
Waist (cm)	147		92.8 ± 13.8	720		81.1 ± 11.0	3307		93.2 ± 13.6	1501		88.7 ± 13.2	30,070		88.5 ± 13.7	36,179		88.9 ± 13.7
Living alone																		
No	121	82.9		613	85.1		2391	73.1		1249	84.6		23,226	77.4		27,952	77.6	
Yes	25	17.1		107	14.9		881	26.9		227	15.4		6766	22.6		8085	22.4	
U.S. region																		
Northeast	27	18.1		30	4.2		537	16.2		161	10.7		7189	23.8		8019	22.1	
South	39	26.2		42	5.8		1545	46.6		720	47.8		6219	20.6		8631	23.8	
Midwest	16	10.7		30	4.2		921	27.8		58	3.8		7750	25.7		8828	24.3	
West	67	45.0		620	85.9		314	9.5		568	37.7		8995	29.8		10,804	29.8	

Smoking												
Never smoked	68	46.9	500	69.5	1592	48.9	943	63.4	15,424	51.6	18,753	52.2
Past smoker	62	42.8	181	25.2	1275	39.1	443	29.8	12,262	41.1	14,388	40.1
Current smoker	15	10.3	38	5.3	391	12.0	101	6.8	2180	7.3	2761	7.7
Alcohol intake												
Never drinker	17	11.4	235	32.6	513	15.6	282	19.1	2649	8.8	3754	10.4
Past drinker	41	27.5	148	20.6	1039	31.7	337	22.8	4748	15.8	6401	17.8
<1 drink per mo	18	12.1	119	16.5	453	13.8	226	15.3	4165	13.9	5049	14.0
<1 drink per wk	29	19.5	125	17.4	659	20.1	299	20.2	6417	21.4	7621	21.2
1-<7 drinks per wk	30	20.1	75	10.4	492	15.0	271	18.3	8435	28.1	9389	26.1
7+ drinks per wk	14	9.4	18	2.5	122	3.7	65	4.4	3556	11.9	3810	10.6
Physical activity												
No activity	28	20.3	126	17.8	792	25.5	343	24.7	4938	18.1	6324	19.2
Some activity	69	50.0	319	45.0	1420	45.7	651	46.8	11,691	42.9	14,312	43.4
2-<4 episodes per wk of moderate + activity	18	13.0	132	18.6	447	14.4	173	12.4	4694	17.2	5534	16.8
4+ episodes per wk of moderate + activity	23	16.7	132	18.6	451	14.5	223	16.0	5920	21.7	6824	20.7
Total expenditure/wk from physical activity (METs)												
0-1.5	41	29.7	176	24.8	1050	33.8	463	33.3	6855	25.2	8709	26.4
>1.5-8	43	31.2	182	25.7	956	30.7	402	28.9	7902	29.0	9589	29.1
>8-19	35	25.4	205	28.9	667	21.4	322	23.2	7283	26.7	8609	26.1
>19	19	13.8	146	20.6	437	14.1	203	14.6	5203	19.1	6087	18.4
Total calcium intake (mg)												
0-<400	20	14.0	121	17.2	794	24.9	205	14.3	2033	6.8	3248	9.1
400-<800	34	23.8	224	31.8	1254	39.3	453	31.5	8552	28.8	10,635	29.9
800-<1000	36	25.2	85	12.1	365	11.4	192	13.4	4302	14.5	5030	14.1
1000-<1200	18	12.6	86	12.2	238	7.5	162	11.3	3617	12.2	4170	11.7
1200+	35	24.5	188	26.7	539	16.9	424	29.5	11,189	37.7	12,500	35.1
Any supplement use												
No	54	36.2	212	29.4	1666	50.2	696	46.2	10,090	33.5	12,878	35.5
Yes	95	63.8	510	70.6	1651	49.8	811	53.8	20,063	66.5	23,404	64.5
Multivitamin use (with or without minerals)												
No	99	66.4	482	66.8	2571	77.5	1122	74.5	18,791	62.3	23,354	64.4
Yes	50	33.6	240	33.2	745	22.5	385	25.5	11,362	37.7	12,927	35.6
Vitamin C as single supplement												
No	115	77.2	536	74.2	2818	85.0	1255	83.3	23,034	76.4	28,094	77.4
Yes	34	22.8	186	25.8	499	15.0	252	16.7	7119	23.6	8188	22.6
Vitamin E as single supplement												
No	114	76.5	501	69.4	2783	83.9	1195	79.3	22,297	73.9	27,224	75.0
Yes	35	23.5	221	30.6	534	16.1	312	20.7	7856	26.1	9058	25.0
Calcium as single supplement (including antacids)												
No	124	83.2	534	74.0	2911	87.8	1263	83.8	22,442	74.4	27,626	76.1
Yes	25	16.8	188	26.0	406	12.2	244	16.2	7711	25.6	8656	23.9
Single supplement (not Vitamin C, E, or calcium)												
No	96	64.4	435	60.2	2501	75.4	1073	71.2	19,756	65.5	24,147	66.6
Yes	53	35.6	287	39.8	816	24.6	434	28.8	10,397	34.5	12,135	33.4
Any supplement (excluding single supplement calcium)												
No	60	40.3	249	34.5	1809	54.5	754	50.0	11,551	38.3	14,600	40.2
Yes	89	59.7	473	65.5	1508	45.5	753	50.0	18,602	61.7	21,682	59.8

*Total includes those of unknown ethnicity.

*Data withheld from cells where $N < 5$ (< 10 where data are sensitive).