

APPENDIX TABLE 3. Baseline demographic and general health characteristics of WHI Dietary Modification participants by race/ethnicity

Characteristic	Race/Ethnicity																	
	American Indian (N = 203)			Asian/Pacific Islander (N = 1107)			Black (N = 5266)			Hispanic (N = 1854)			White (N = 39,760)			Total ^a (N = 48,836)		
	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD
Age at screening (y)	203		61.0 ± 6.6	1107		61.0 ± 7.1	5266		60.8 ± 6.8	1854		59.7 ± 6.3	39,760		62.6 ± 6.8	48,836		62.3 ± 6.9
50–59	89	43.8		496	44.8		2386	45.3		972	52.4		13,806	34.7		18,003	36.9	
60–69	91	44.8		461	41.6		2267	43.0		739	39.9		18,877	47.5		22,713	46.5	
70–79	23	11.3		150	13.6		613	11.6		143	7.7		7077	17.8		8120	16.6	
Education																		
0–8 y	*	*		*	*		100	1.9		258	14.2		200	0.5		576	1.2	
Some high school	13	6.5		24	2.2		367	7.0		163	8.9		1039	2.6		1639	3.4	
High school diploma/GED	35	17.6		165	15.1		699	13.4		311	17.1		7186	18.2		8518	17.6	
School after high school	105	52.8		381	34.8		2146	41.2		683	37.5		15,719	39.7		19,308	39.8	
College degree or higher	44	22.1		520	47.4		1901	36.5		407	22.3		15,412	39.0		18,488	38.1	
Family income																		
<\$10,000	19	9.7		25	2.4		499	10.1		263	15.5		951	2.5		1783	3.9	
\$10,000–\$19,999	35	17.9		68	6.4		808	16.4		308	18.2		3982	10.6		5294	11.5	
\$20,000–\$34,999	47	24.1		160	15.2		1224	24.9		435	25.7		9298	24.8		11,315	24.6	
\$35,000–\$49,999	43	22.1		197	18.7		944	19.2		295	17.4		8220	21.9		9822	21.3	
\$50,000–\$74,999	37	19.0		308	29.2		892	18.1		251	14.8		7959	21.2		9549	20.8	
\$75,000+	14	7.2		297	28.2		558	11.3		140	8.3		7133	19.0		8242	17.9	
Occupation																		
Managerial/Professional	66	36.9		488	46.0		2013	43.7		450	28.4		14,570	42.6		17,790	42.1	
Technical/Sales/ Administrative	50	27.9		373	35.2		1178	25.5		452	28.5		11,152	32.6		13,404	31.8	
Service/Labor	51	28.5		146	13.8		1106	24.0		394	24.8		5248	15.4		7079	16.8	
Homemaker only	12	6.7		53	5.0		314	6.8		290	18.3		3211	9.4		3934	9.3	
Body mass index (BMI), kg/m ²	202		30.4 ± 5.9	1103		26.1 ± 4.9	5234		32.1 ± 6.5	1842		29.8 ± 5.7	39,587		28.8 ± 5.7	48,612		29.1 ± 5.9
Underweight (<18.5)	0	0.0		19	1.7		12	0.2		*	*		118	0.3		154	0.3	
Normal (18.5–24.9)	41	20.3		500	45.3		600	11.5		353	19.2		10,872	27.5		12,503	25.7	
Overweight (25.0–29.9)	59	29.2		399	36.2		1579	30.2		681	37.0		14,456	36.5		17,387	35.8	
Obesity I (30.0–34.9)	58	28.7		131	11.9		1545	29.5		489	26.5		8794	22.2		11,198	23.0	
Obesity II (35.0–39.9)	28	13.9		40	3.6		911	17.4		219	11.9		3781	9.6		5048	10.4	
Obesity III (≥40)	16	7.9		14	1.3		587	11.2		96	5.2		1566	4.0		2322	4.8	
Marital status																		
Never married	6	3.0		58	5.3		289	5.6		76	4.2		1512	3.8		1970	4.1	
Divorced/Separated	49	24.5		124	11.3		1581	30.4		399	21.9		5433	13.7		7704	15.8	
Widowed	29	14.5		127	11.5		1072	20.6		232	12.7		6093	15.4		7646	15.7	
Presently married/ Living as married	116	58.0		793	72.0		2264	43.5		1115	61.2		26,601	67.1		31,293	64.4	
Height (cm)	39,647		161.8 ± 6.0	5241		155.5 ± 5.8	1846		162.7 ± 6.5	203		157.4 ± 6.2	1103		162.5 ± 6.4	48,685		162.1 ± 6.5
Weight (kg)	39,724		79.5 ± 15.9	5263		63.4 ± 13.9	1853		85.2 ± 18.4	202		74.3 ± 15.6	1107		76.1 ± 16.0	48,795		76.7 ± 16.5
Waist/hip ratio (WHR)	39,639		0.85 ± 0.1	5249		0.82 ± 0.1	1844		0.82 ± 0.1	202		0.82 ± 0.1	1104		0.82 ± 0.1	48,682		0.82 ± 0.1
Waist (cm)	39,659		93.7 ± 15.8	5255		81.2 ± 11.1	1845		93.6 ± 13.7	202		88.7 ± 13.4	1104		88.6 ± 13.7	48,711		89.0 ± 13.8
Living alone																		
No	153	76.1		965	87.6		3776	72.8		1542	84.9		30,719	77.7		37,676	77.7	
Yes	48	23.9		137	12.4		1411	27.2		275	15.1		8817	22.3		10,809	22.3	
U.S. region																		
Northeast	34	16.7		45	4.1		917	17.4		177	9.5		10,108	25.4		11,417	23.4	
South	50	24.6		53	4.8		2533	48.1		905	48.8		9104	22.9		12,745	26.1	
Midwest	19	9.4		28	2.5		1228	23.3		70	3.8		8539	21.5		9962	20.4	
West	100	49.3		981	88.6		588	11.2		702	37.9		12,009	30.2		14,712	30.1	

Smoking												
Never smoked	88	44.7	771	70.0	2519	48.7	1160	63.4	20,064	51.0	24,948	51.7
Past smoker	94	47.7	292	26.5	2086	40.3	546	29.9	16,839	42.8	20,101	41.6
Current smoker	15	7.6	39	3.5	566	10.9	123	6.7	2457	6.2	3250	6.7
Alcohol intake												
Never drinker	17	8.4	333	30.2	778	15.0	289	15.8	3269	8.3	4763	9.8
Past drinker	57	28.2	250	22.7	1707	32.8	412	22.5	6358	16.1	8900	18.4
<1 drink per mo	22	10.9	184	16.7	735	14.1	259	14.2	5302	13.4	6604	13.6
<1 drink per wk	44	21.8	195	17.7	1034	19.9	433	23.7	8804	22.3	10,657	22.0
1-<7 drinks per wk	46	22.8	113	10.3	744	14.3	353	19.3	11,507	29.1	12,914	26.6
7+ drinks per wk	16	7.9	27	2.5	205	3.9	82	4.5	4271	10.8	4650	9.6
Physical activity												
No activity	46	24.3	204	18.9	1301	26.5	425	25.2	6519	18.5	8621	19.7
Some activity	82	43.4	476	44.1	2267	46.1	760	45.1	15,331	43.4	19,164	43.8
2-<4 episodes per wk of moderate + activity	26	13.8	206	19.1	673	13.7	229	13.6	6270	17.8	7523	17.2
4+ episodes per wk of moderate + activity	35	18.5	194	18.0	673	13.7	272	16.1	7171	20.3	8454	19.3
Total expenditure/wk from physical activity (METs)												
0-1.5	62	32.8	275	25.5	1717	34.9	580	34.4	9155	25.9	11,958	27.3
>1.5-8	45	23.8	297	27.5	1541	31.4	489	29.0	10,379	29.4	12,920	29.5
>8-19	51	27.0	292	27.0	1038	21.1	374	22.2	9493	26.9	11,405	26.1
>19	31	16.4	216	20.0	618	12.6	243	14.4	6264	17.7	7479	17.1
Total calcium intake (mg)												
0-<400	28	13.8	182	16.5	1326	25.3	243	13.2	2649	6.7	4531	9.3
400-<800	58	28.6	324	29.4	2109	40.2	584	31.7	11,408	28.8	14,667	30.2
800-<1000	35	17.2	144	13.1	589	11.2	246	13.3	5662	14.3	6753	13.9
1000-<1200	22	10.8	143	13.0	375	7.1	207	11.2	4785	12.1	5604	11.5
1200+	60	29.6	310	28.1	846	16.1	564	30.6	15,071	38.1	17,059	35.1
Any supplement use												
No	76	37.4	325	29.4	2674	50.8	842	45.4	13,109	33.0	17,266	35.4
Yes	127	62.6	782	70.6	2592	49.2	1012	54.6	26,651	67.0	31,570	64.6
Multivitamin use (with or without minerals)												
No	135	66.5	732	66.1	4070	77.3	1371	73.9	24,756	62.3	31,497	64.5
Yes	68	33.5	375	33.9	1196	22.7	483	26.1	15,003	37.7	17,338	35.5
Vitamin C as single supplement												
No	158	77.8	819	74.0	4433	84.2	1512	81.6	30,084	75.7	37,503	76.8
Yes	45	22.2	288	26.0	833	15.8	342	18.4	9676	24.3	11,333	23.2
Vitamin E as single supplement												
No	158	77.8	784	70.8	4447	84.4	1468	79.2	29,099	73.2	36,447	74.6
Yes	45	22.2	323	29.2	819	15.6	386	20.8	10,661	26.8	12,389	25.4
Calcium as single supplement (including antacids)												
No	160	78.8	803	72.5	4672	88.7	1516	81.8	29,412	74.0	37,074	75.9
Yes	43	21.2	304	27.5	594	11.3	338	18.2	10,348	26.0	11,762	24.1
Single supplement (not Vitamin C, E, or calcium)												
No	135	66.5	666	60.2	4002	76.0	1319	71.1	25,658	64.5	32,198	65.9
Yes	68	33.5	441	39.8	1264	24.0	535	28.9	14,102	35.5	16,638	34.1
Any supplement (excluding single supplement calcium)												
No	85	41.9	383	34.6	2883	54.7	918	49.5	15,023	37.8	19,558	40.0
Yes	118	58.1	724	65.4	2383	45.3	936	50.5	24,737	62.2	29,278	60.0

*Total includes those of unknown ethnicity.

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