

APPENDIX TABLE 5. Baseline demographic and general health characteristics of WHI Observational Study participants by race/ethnicity

Characteristic	Race/Ethnicity																	
	American Indian (N = 422)			Asian/Pacific Islander (N = 2671)			Black (N = 7639)			Hispanic (N = 3623)			White (N = 78,013)			Total ^a (N = 93,676)		
	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD
Age at screening (y)	422		61.7 ± 7.9	2671		63.8 ± 7.6	7639		62.1 ± 7.3	3623		60.6 ± 7.1	78,013		63.9 ± 7.3	93,676		63.6 ± 7.4
50–59	178	42.2		861	32.2		2978	39.0		1761	48.6		23,565	30.2		29,705	31.7	
60–69	161	38.2		1102	41.3		3256	42.6		1399	38.6		34,677	44.5		41,197	44.0	
70–79	83	19.7		708	26.5		1405	18.4		463	12.8		19,771	25.3		22,774	24.3	
Education																		
0–8 y	46	11.0		65	2.5		277	3.7		630	17.7		518	0.7		1560	1.7	
Some high school	46	11.0		95	3.6		726	9.6		318	8.9		2032	2.6		3288	3.5	
High school diploma/GED	69	16.5		416	15.7		1047	13.9		564	15.9		12,784	16.5		15,121	16.3	
School after high school	166	39.7		891	33.6		2789	37.0		1249	35.1		28,332	36.6		33,933	36.5	
College degree or higher	91	21.8		1185	44.7		2692	35.7		796	22.4		33,781	43.6		39,002	42.0	
Family income																		
<\$10,000	67	17.6		84	3.4		967	13.9		544	17.1		2175	3.0		3916	4.5	
\$10,000–\$19,999	78	20.5		241	9.7		1252	18.0		639	20.1		7704	10.6		10,100	11.6	
\$20,000–\$34,999	96	25.2		498	20.1		1635	23.5		745	23.4		16,953	23.4		20,226	23.3	
\$35,000–\$49,999	55	14.4		464	18.7		1228	17.6		531	16.7		14,932	20.6		17,429	20.1	
\$50,000–\$74,999	51	13.4		555	22.4		1149	16.5		409	12.9		15,092	20.8		17,486	20.2	
\$75,000+	34	8.9		637	25.7		732	10.5		311	9.8		15,713	21.7		17,608	20.3	
Occupation																		
Managerial/Professional	119	30.2		1094	42.1		2908	41.4		863	25.9		33,176	44.5		38,622	43.3	
Technical/Sales/ Administrative	98	24.9		835	32.1		1729	24.6		858	25.7		21,583	28.9		25,480	28.6	
Service/Labor	119	30.2		480	18.5		1809	25.8		906	27.2		11,847	15.9		15,470	17.3	
Homemaker only	58	14.7		191	7.3		575	8.2		706	21.2		8030	10.8		9658	10.8	
Body mass index (BMI), kg/m ²	409		29.7 ± 6.8	2654		24.2 ± 4.3	7539		30.7 ± 6.8	3570		28.6 ± 5.9	77,107		27.0 ± 5.7	92,568		27.3 ± 5.9
Underweight (<18.5)	5	1.2		119	4.5		52	0.7		15	0.4		903	1.2		1107	1.2	
Normal (18.5–24.9)	112	27.4		1565	59.0		1394	18.5		1012	28.3		32,134	41.7		36,687	39.6	
Overweight (25.0–29.9)	116	28.4		758	28.6		2551	33.8		1366	38.3		26,202	34.0		31,463	34.0	
Obesity I (30.0–34.9)	100	24.4		154	5.8		1899	25.2		751	21.0		11,466	14.9		14,578	15.7	
Obesity II (35.0–39.9)	44	10.8		36	1.4		928	12.3		283	7.9		4080	5.3		5451	5.9	
Obesity III (≥40)	32	7.8		22	0.8		715	9.5		143	4.0		2322	3.0		3282	3.5	
Height (cm)	412		160.4 ± 7.3	2657		154.8 ± 6.0	7575		162.3 ± 6.8	3576		157.2 ± 6.2	77,406		162.1 ± 6.6	92,920		161.7 ± 6.8
Weight (kg)	420		78.0 ± 20.8	2666		58.3 ± 12.2	7603		81.4 ± 19.3	3610		71.2 ± 16.6	77,605		71.2 ± 16.3	93,204		71.7 ± 16.9
Waist/hip ratio (WHR)	421		0.84 ± 0.1	2662		0.81 ± 0.1	7607		0.82 ± 0.1	3610		0.82 ± 0.1	77,568		0.80 ± 0.1	93,167		0.81 ± 0.1
Waist (cm)	421		91.8 ± 15.7	2666		77.4 ± 10.3	7618		90.8 ± 14.4	3613		85.9 ± 12.7	77,659		84.4 ± 13.5	93,279		84.8 ± 13.7
Marital status																		
Never married	19	4.6		157	5.9		493	6.5		180	5.0		3473	4.5		4390	4.7	
Divorced/Separated	86	20.7		302	11.4		2279	30.1		799	22.4		11,024	14.2		14,727	15.8	
Widowed	87	20.9		422	15.9		1803	23.8		541	15.1		13,174	17.0		16,290	17.5	
Presently married/ Living as married	224	53.8		1776	66.8		2990	39.5		2051	57.4		50,034	64.4		57,805	62.0	
Living alone																		
No	310	74.0		2192	82.6		5012	66.7		2800	79.6		57,086	73.6		68,310	73.5	
Yes	109	26.0		461	17.4		2499	33.3		717	20.4		20,436	26.4		24,603	26.5	
U.S. region																		
Northeast	49	11.6		138	5.2		1292	16.9		460	12.7		19,067	24.4		21,273	22.7	
South	94	22.3		172	6.4		3543	46.4		1360	37.5		19,028	24.4		24,459	26.1	
Midwest	39	9.2		112	4.2		1897	24.8		138	3.8		18,219	23.4		20,607	22.0	
West	240	56.9		2249	84.2		907	11.9		1665	46.0		21,699	27.8		27,337	29.2	

Years lived in current state												
<5	20	4.8	58	2.2	240	3.2	156	4.4	2804	3.6	3322	3.6
5-9	19	4.6	76	2.9	231	3.1	170	4.8	3035	3.9	3584	3.9
10-19	33	8.0	242	9.1	455	6.0	360	10.3	6219	8.0	7440	8.0
20+	343	82.7	2283	85.9	6612	87.7	2825	80.5	65,550	84.5	78,680	84.6
Born in the U.S.												
No	14	3.4	723	27.2	243	3.2	1313	37.3	4234	5.5	6802	7.3
Yes	401	96.6	1938	72.8	7267	96.8	2205	62.7	73,450	94.5	86,281	92.7
U.S. region of birth												
Not born in U.S.	14	3.4	723	27.2	243	3.3	1313	40.9	4234	5.5	6802	7.4
Northeast	59	14.4	33	1.2	864	11.6	158	4.9	24,326	31.4	25,763	27.9
South	137	33.3	22	0.8	5135	68.8	861	26.8	13,994	18.1	20,318	22.0
Midwest	62	15.1	43	1.6	1060	14.2	84	2.6	25,598	33.1	27,077	29.3
West	139	33.8	1834	69.1	160	2.1	798	24.8	9273	12.0	12,498	13.5
Smoking												
Never smoked	210	51.0	1963	74.0	3735	50.0	2236	63.4	38,169	49.6	47,023	50.9
Past smoker	157	38.1	599	22.6	2902	38.9	1055	29.9	34,305	44.6	39,514	42.8
Current smoker	45	10.9	92	3.5	828	11.1	237	6.7	4513	5.9	5791	6.3
Years as a child lived with smoker												
Never lived with a smoker	126	31.4	1008	39.4	3153	43.0	1437	42.3	26,892	35.2	33,137	36.2
<1	8	2.0	34	1.3	141	1.9	62	1.8	555	0.7	819	0.9
1-4	13	3.2	76	3.0	273	3.7	108	3.2	2093	2.7	2602	2.8
5-9	33	8.2	178	7.0	510	7.0	227	6.7	4217	5.5	5246	5.7
10-18	221	55.1	1263	49.4	3249	44.3	1566	46.1	42,729	55.9	49,636	54.3
Years as adult lived with smoker												
Never lived with a smoker	98	23.9	964	36.3	1745	23.3	1270	36.4	19,903	25.8	24,362	26.3
<1	10	2.4	71	2.7	227	3.0	99	2.8	1566	2.0	2012	2.2
1-4	34	8.3	276	10.4	704	9.4	281	8.1	7751	10.0	9155	9.9
5-9	29	7.1	268	10.1	797	10.7	288	8.3	7094	9.2	8573	9.3
10-19	68	16.6	368	13.8	1329	17.8	506	14.5	12,164	15.8	14,650	15.8
20-29	68	16.6	318	12.0	1097	14.7	447	12.8	11,781	15.3	13,888	15.0
30-39	59	14.4	228	8.6	793	10.6	324	9.3	9221	11.9	10,768	11.6
40+	44	10.7	165	6.2	784	10.5	274	7.9	7741	10.0	9133	9.9
Years worked with smoker												
Never worked with a smoker	129	31.2	792	29.9	1490	20.0	1266	36.2	19,350	25.1	23,343	25.3
<1	15	3.6	101	3.8	242	3.2	183	5.2	2792	3.6	3377	3.7
1-4	57	13.8	400	15.1	806	10.8	522	14.9	12,542	16.3	14,517	15.7
5-9	55	13.3	339	12.8	973	13.0	493	14.1	12,254	15.9	14,304	15.5
10-19	71	17.2	435	16.4	1591	21.3	529	15.1	14,554	18.9	17,408	18.8
20-29	52	12.6	357	13.5	1451	19.5	321	9.2	9365	12.1	11,722	12.7
30-39	21	5.1	157	5.9	659	8.8	122	3.5	4186	5.4	5241	5.7
40+	13	3.1	72	2.7	245	3.3	59	1.7	2094	2.7	2526	2.7
Alcohol intake												
Never drinker	80	19.2	1081	40.6	1419	18.9	725	20.4	6969	9.0	10,477	11.3
Past drinker	120	28.8	528	19.8	2557	34.0	856	24.1	13,202	17.0	17,555	18.9
<1 drink per mo	42	10.1	353	13.3	938	12.5	440	12.4	8799	11.3	10,733	11.5
<1 drink per wk	72	17.3	373	14.0	1275	17.0	721	20.3	16,023	20.6	18,728	20.1
1-<7 drinks per wk	74	17.7	244	9.2	987	13.1	629	17.7	21,654	27.9	23,842	25.6
7+ drinks per wk	29	7.0	82	3.1	340	4.5	177	5.0	10,962	14.1	11,709	12.6
Physical activity												
No activity	80	19.2	351	13.2	1614	21.3	695	19.9	9709	12.6	12,637	13.6
Some activity	188	45.1	1170	44.1	3309	43.7	1563	44.8	28,879	37.4	35,648	38.5
2-<4 episodes per wk of moderate + activity	52	12.5	448	16.9	1183	15.6	498	14.3	14,685	19.0	17,093	18.5
4+ episodes per wk of moderate + activity	97	23.3	684	25.8	1460	19.3	732	21.0	23,936	31.0	27,251	29.4

(continued)

APPENDIX TABLE 5. *Continued*

Characteristic	Race/Ethnicity																	
	American Indian (N = 422)			Asian/Pacific Islander (N = 2671)			Black (N = 7639)			Hispanic (N = 3623)			White (N = 78,013)			Total ^a (N = 93,676)		
	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD
Total expenditure/wk from physical activity (METs)																		
0–1.5	121	29.0		506	19.1		2202	29.1		939	26.9		13,853	17.9		17,888	19.3	
>1.5–8	107	25.7		670	25.3		2164	28.6		1017	29.2		19,027	24.6		23,330	25.2	
>8–19	89	21.3		764	28.8		1825	24.1		831	23.8		23,335	30.2		27,205	29.4	
>19	100	24.0		713	26.9		1375	18.2		701	20.1		20,994	27.2		24,206	26.1	
Total calcium intake (mg)																		
0–<400	52	13.6		410	16.4		1732	25.7		459	14.1		4630	6.1		7423	8.3	
400–<800	113	29.6		678	27.2		2515	37.3		987	30.3		18,425	24.3		23,076	25.7	
800–<1000	58	15.2		316	12.7		766	11.3		456	14.0		9531	12.6		11,267	12.5	
1000–<1200	35	9.2		271	10.9		551	8.2		327	10.0		9194	12.1		10,505	11.7	
1200+	124	32.5		822	32.9		1185	17.6		1025	31.5		34,024	44.9		37,645	41.9	
Any supplement use																		
No	183	43.4		650	24.3		3522	46.1		1452	40.1		19,373	24.8		25,567	27.3	
Yes	239	56.6		2021	75.7		4117	53.9		2171	59.9		58,640	75.2		68,109	72.7	
Multivitamin use (with or without minerals)																		
No	304	72.0		1684	63.0		5593	73.2		2594	71.6		43,842	56.2		54,840	58.5	
Yes	118	28.0		987	37.0		2046	26.8		1029	28.4		34,171	43.8		38,836	41.5	
Vitamin C as single supplement																		
No	337	79.9		1814	67.9		6283	82.2		2923	80.7		54,312	69.6		66,594	71.1	
Yes	85	20.1		857	32.1		1356	17.8		700	19.3		23,701	30.4		27,082	28.9	
Vitamin E as single supplement																		
No	316	74.9		1700	63.6		6141	80.4		2828	78.1		50,453	64.7		62,332	66.5	
Yes	106	25.1		971	36.4		1498	19.6		795	21.9		27,560	35.3		31,344	33.5	
Calcium as single supplement (including antacids)																		
No	339	80.3		1869	70.0		6591	86.3		2828	78.1		54,391	69.7		66,990	71.5	
Yes	83	19.7		802	30.0		1048	13.7		795	21.9		23,622	30.3		26,686	28.5	
Single supplement (not Vitamin C, E, or calcium)																		
No	286	67.8		1470	55.0		5607	73.4		2468	68.1		44,110	56.5		54,698	58.4	
Yes	136	32.2		1201	45.0		2032	26.6		1155	31.9		33,903	43.5		38,978	41.6	
Any supplement (excluding single supplement calcium)																		
No	198	46.9		773	28.9		3731	48.8		1613	44.5		22,100	28.3		28,844	30.8	
Yes	224	53.1		1898	71.1		3908	51.2		2010	55.5		55,913	71.7		64,832	69.2	

^aTotal includes those of unknown ethnicity.

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