

APPENDIX TABLE 8. Baseline medical history status of WHI Dietary Modification participants by race/ethnicity

Medical History	Race/Ethnicity																	
	American Indian (N = 203)			Asian/Pacific Islander (N = 1107)			Black (N = 5266)			Hispanic (N = 1854)			White (N = 39,760)			Total <sup>a</sup> (N = 48,836)		
	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD	N	%	Mean ± SD
Hysterectomy <sup>b</sup>																		
No	95	46.8		701	63.3		2354	44.7		989	53.3		23,136	58.2		27,634	56.6	
Yes	108	53.2		406	36.7		2912	55.3		865	46.7		16,624	41.8		21,202	43.4	
Age at hysterectomy (y)																		
Not hysterectomized	95	47.3		701	63.4		2354	44.9		989	53.5		23,136	58.3		27,634	56.7	
<40	47	23.4		100	9.0		1318	25.1		346	18.7		5327	13.4		7245	14.9	
40–49	44	21.9		214	19.4		1233	23.5		362	19.6		7373	18.6		9350	19.2	
50+	15	7.5		90	8.1		338	6.4		151	8.2		3853	9.7		4502	9.2	
Age at menopause (y)																		
<40	34	18.4		68	6.4		732	15.6		185	11.2		3456	9.3		4542	10.0	
40–49	78	42.2		574	54.2		2042	43.4		780	47.3		19,165	51.4		22,914	50.4	
50+	73	39.5		418	39.4		1933	41.1		684	41.5		14,648	39.3		18,008	39.6	
Bilateral oophorectomy																		
No	149	76.4		852	78.3		3835	77.5		1427	80.0		31,104	79.6		37,855	79.3	
Yes	46	23.6		236	21.7		1115	22.5		357	20.0		7990	20.4		9881	20.7	
Ever pregnant																		
No	*	*		134	12.1		373	7.1		128	6.9		3404	8.6		4100	8.4	
Yes	197	97.0		973	87.9		4873	92.9		1715	93.1		36,304	91.4		44,650	91.6	
Age at first birth (y) <sup>c</sup>																		
Never had term pregnancy	5	2.8		34	3.9		278	6.9		53	4.0		840	2.5		1228	3.0	
<20	55	31.1		55	6.3		1404	34.6		321	24.2		4938	14.8		6892	17.1	
20–29	105	59.3		651	74.5		2078	51.2		835	63.0		24,792	74.3		28,798	71.5	
30+	12	6.8		134	15.3		298	7.3		116	8.8		2779	8.3		3380	8.4	
Number of live births																		
Never pregnant	*	*		134	12.1		373	7.1		128	7.0		3404	8.6		4100	8.4	
None	*	*		37	3.3		291	5.6		57	3.1		881	2.2		1290	2.7	
1	25	12.3		108	9.8		819	15.7		176	9.6		3101	7.8		4291	8.8	
2–4	128	63.1		731	66.2		2877	55.1		1092	59.7		26,447	66.8		31,669	65.2	
5+	39	19.2		95	8.6		864	16.5		377	20.6		5760	14.5		7242	14.9	
Number of pregnancies																		
Never pregnant	*	*		134	12.1		373	7.1		128	7.0		3404	8.6		4100	8.4	
1	17	8.4		86	7.8		515	9.9		122	6.6		2510	6.3		3293	6.8	
2–4	70	34.5		174	15.7		1614	30.9		647	35.3		10,049	25.3		12,747	26.2	
5+	110	54.2		712	64.4		2720	52.1		938	51.1		23,697	59.8		28,529	58.6	
Any induced abortions <sup>c</sup>																		
Pregnant, never had abortion	156	89.1		845	90.1		3686	82.6		1294	86.3		31,587	92.9		38,044	91.5	
One or more abortions	19	10.9		93	9.9		778	17.4		206	13.7		2401	7.1		3556	8.5	
Number of months breastfed																		
Never breastfed	79	39.5		456	41.4		2731	52.9		829	45.6		19,181	48.7		23,569	48.8	
1–6	64	32.0		323	29.3		1393	27.0		519	28.5		10,039	25.5		12,510	25.9	
7–12	19	9.5		163	14.8		530	10.3		203	11.2		4367	11.1		5353	11.1	
13–23	16	8.0		88	8.0		292	5.7		153	8.4		3585	9.1		4191	8.7	
24+	22	11.0		71	6.4		213	4.1		115	6.3		2186	5.6		2653	5.5	

(continued)

APPENDIX TABLE 8. *Continued*

Age at tubal ligation (y)												
Never had tubal ligation	151	75.1	852	77.3	3967	76.3	1425	77.8	32,718	82.7	39,629	81.6
<30	10	5.0	34	3.1	235	4.5	75	4.1	940	2.4	1316	2.7
30-34	15	7.5	80	7.3	407	7.8	106	5.8	1871	4.7	2519	5.2
35-39	14	7.0	99	9.0	409	7.9	141	7.7	2345	5.9	3050	6.3
40-44	10	5.0	32	2.9	161	3.1	71	3.9	1384	3.5	1674	3.4
45+	*	*	*	*	19	0.4	14	0.8	307	0.8	351	0.7
Age last had any menstrual bleeding (y)												
<40	40	24.4	105	10.1	1004	22.6	265	17.8	4242	12.8	5739	14.0
40-44	22	13.4	146	14.1	817	18.4	242	16.3	4495	13.5	5802	14.2
45-49	35	21.3	237	22.9	957	21.5	337	22.7	7145	21.5	8836	21.6
50-54	53	32.3	398	38.4	1136	25.5	473	31.8	11,488	34.6	13,722	33.5
55-60	11	6.7	118	11.4	428	9.6	136	9.1	4303	13.0	5062	12.4
60+	*	*	33	3.2	110	2.5	34	2.3	1547	4.7	1749	4.3
Current health care provider												
No	6	3.0	52	4.7	418	8.1	343	18.8	2195	5.6	3048	6.3
Yes	195	97.0	1053	95.3	4732	91.9	1479	81.2	37,278	94.4	45,344	93.7
Mammogram in last 2 y												
No	32	17.2	194	18.0	925	18.7	471	27.2	6106	15.8	7834	16.6
Yes	154	82.8	884	82.0	4023	81.3	1258	72.8	32,595	84.2	39,438	83.4
Pap smear in last 3 y												
No	11	13.3	96	14.7	247	12.9	137	17.5	2015	10.6	2550	11.2
Yes	72	86.7	555	85.3	1663	87.1	645	82.5	16,991	89.4	20,198	88.8
Total oral contraceptive duration (y)												
Nonuser	100	49.3	642	58.0	3068	58.3	1011	54.5	21,906	55.1	27,092	55.5
<5	61	30.0	266	24.0	1068	20.3	480	25.9	9877	24.8	11,915	24.4
5-<10	20	9.9	105	9.5	568	10.8	212	11.4	4096	10.3	5065	10.4
10+	22	10.8	94	8.5	562	10.7	151	8.1	3881	9.8	4764	9.8
History of PHT use <sup>d</sup>												
Never	91	44.8	400	36.2	3063	58.3	882	47.7	15,111	38.1	19,809	40.6
Past	35	17.2	127	11.5	755	14.4	246	13.3	5504	13.9	6765	13.9
Current	77	37.9	579	52.4	1438	27.4	721	39.0	19,089	48.1	22,190	45.5
Total PHT duration (y) <sup>d</sup>												
Nonuser	91	44.8	400	36.1	3063	58.2	882	47.6	15,111	38.0	19,809	40.6
<5	41	20.2	287	25.9	1169	22.2	487	26.3	9467	23.8	11,620	23.8
5-<10	28	13.8	179	16.2	433	8.2	205	11.1	5627	14.2	6552	13.4
10-<15	21	10.3	113	10.2	267	5.1	125	6.7	4106	10.3	4685	9.6
15+	22	10.8	128	11.6	334	6.3	155	8.4	5449	13.7	6170	12.6

History of E-alone use <sup>d</sup>																	
Never	123	60.6		725	65.6		3527	67.1		1221	66.0		24,318	61.2		30,319	62.2
Past	29	14.3		92	8.3		632	12.0		172	9.3		4600	11.6		5606	11.5
Current	51	25.1		289	26.1		1097	20.9		456	24.7		10,800	27.2		12,853	26.3
Total E-alone duration (y) <sup>d</sup>																	
Nonuser	123	60.6		725	65.5		3527	67.0		1221	65.9		24,318	61.2		30,319	62.1
<5	29	14.3		136	12.3		903	17.1		293	15.8		5638	14.2		7099	14.5
5-<10	18	8.9		84	7.6		335	6.4		132	7.1		2993	7.5		3609	7.4
10-<15	14	6.9		63	5.7		219	4.2		80	4.3		2461	6.2		2872	5.9
15+	19	9.4		99	8.9		282	5.4		128	6.9		4350	10.9		4937	10.1
History of E + P use <sup>d</sup>																	
Never	161	79.3		723	65.3		4654	88.4		1453	78.4		27,774	69.9		35,232	72.2
Past	15	7.4		89	8.0		261	5.0		130	7.0		3458	8.7		4006	8.2
Current	27	13.3		295	26.6		350	6.6		271	14.6		8498	21.4		9567	19.6
Total E + P duration (y) <sup>d</sup>																	
Nonuser	161	79.3		723	65.3		4654	88.4		1453	78.4		27,774	69.9		35,232	72.1
<5	21	10.3		201	18.2		399	7.6		254	13.7		6264	15.8		7238	14.8
5-<10	11	5.4		108	9.8		131	2.5		81	4.4		3306	8.3		3679	7.5
10-<15	8	3.9		53	4.8		51	1.0		46	2.5		1663	4.2		1846	3.8
15+	*	*		22	2.0		30	0.6		20	1.1		753	1.9		840	1.7
Family history of MI																	
No	92	48.7		682	65.8		2658	55.5		968	55.9		17,475	46.1		22,162	47.9
Yes	97	51.3		354	34.2		2128	44.5		763	44.1		20,421	53.9		24,065	52.1
Family history of breast cancer																	
No	153	80.5		908	85.0		4163	85.4		1536	87.6		30,719	81.3		37,963	82.0
Yes	37	19.5		160	15.0		714	14.6		217	12.4		7081	18.7		8325	18.0
Family history of colorectal cancer																	
No	146	82.0		857	83.0		3819	84.4		1482	88.6		30,645	83.4		37,427	83.7
Yes	32	18.0		175	17.0		707	15.6		190	11.4		6085	16.6		7285	16.3
Family history of stroke																	
No	109	58.6		585	55.3		2911	59.5		1116	65.3		23,471	62.3		28,578	62.0
Yes	77	41.4		472	44.7		1978	40.5		593	34.7		14,200	37.7		17,525	38.0
Family history of adult diabetes																	
No	94	50.8		594	57.6		2273	48.1		927	53.4		25,784	67.9		30,027	64.9
Yes	91	49.2		437	42.4		2454	51.9		808	46.6		12,209	32.1		16,226	35.1
Parent broke bone after age 40																	
No	108	63.2		688	67.3		3536	78.4		1160	69.7		21,196	57.2		27,077	60.2
Yes	63	36.8		335	32.7		972	21.6		504	30.3		15,854	42.8		17,907	39.8
Systolic blood pressure (mm Hg)																	
≥120	203		127.4 ± 16.2	1107		130.2 ± 17.8	5266.0		132.1 ± 17.0	1854		126.2 ± 16.8	39,758		127.1 ± 17.2	48,834	127.7 ± 17.2
>120-140	73	36.0		343	31.0		1440	27.3		783	42.2		15,232	38.3		18,098	37.1
>140	89	43.8		487	44.0		2375	45.1		740	39.9		16,578	41.7		20,530	42.0
>140	41	20.2		277	25.0		1451	27.6		331	17.9		7948	20.0		10,206	20.9
Diastolic blood pressure (mm Hg)																	
<90	203		76.6 ± 9.1	1107		79.3 ± 9.4	5266.0		78.6 ± 9.3	1854		75.6 ± 8.9	39,747		75.5 ± 9.0	48,823	75.9 ± 9.1
≥90	188	92.6		941	85.0		4573	86.8		1726	93.1		37,191	93.6		45,193	92.6
≥90	15	7.4		166	15.0		693	13.2		128	6.9		2556	6.4		3630	7.4

(continued)

APPENDIX TABLE 8. *Continued*

History of hypertension												
Never hypertensive	112	60.9	676	62.7	2158	44.7	1146	69.0	23,530	67.2	27,981	64.5
Untreated hypertensive	13	7.1	69	6.4	467	9.7	151	9.1	2749	7.9	3503	8.1
Treated hypertensive	59	32.1	333	30.9	2204	45.6	364	21.9	8739	25.0	11,883	27.4
Treated diabetes (pills or shots)												
No	188	92.6	1041	94.0	4654	88.4	1738	93.8	38,400	96.6	46,629	95.5
Yes	15	7.4	66	6.0	612	11.6	115	6.2	1356	3.4	2202	4.5
Treated hypercholesterolemia (pills)												
No	166	89.7	883	82.3	4135	86.4	1439	88.3	30,857	88.4	37,993	88.0
Yes	19	10.3	190	17.7	653	13.6	191	11.7	4040	11.6	5172	12.0
Depression (shortened CES-D/DIS $\geq$ 0.06)												
No	158	81.9	1018	93.4	4359	87.1	1388	82.1	35,099	90.1	42,573	89.5
Yes	35	18.1	72	6.6	646	12.9	302	17.9	3846	9.9	4985	10.5
Benign breast disease												
No	145	78.8	886	82.2	3935	80.7	1362	82.4	27,588	78.7	34,372	79.1
Yes, 1 biopsy	28	15.2	143	13.3	690	14.1	196	11.9	5349	15.3	6505	15.0
Yes, 2+ biopsies	11	6.0	49	4.5	252	5.2	94	5.7	2109	6.0	2561	5.9
History of cardiovascular disease <sup>c</sup>												
No	171	84.7	1046	94.9	4484	86.7	1667	91.2	35,364	90.0	43,303	89.7
Yes	31	15.3	56	5.1	689	13.3	160	8.8	3950	10.0	4950	10.3
History of MI												
No	198	97.5	1096	99.0	5115	97.1	1833	98.9	39,051	98.2	47,925	98.1
Yes	5	2.5	11	1.0	151	2.9	21	1.1	709	1.8	911	1.9
History of CABG/PTCA												
No	200	98.5	1095	99.4	5071	98.5	1805	99.0	38,818	98.9	47,617	98.8
Yes	*	*	7	0.6	79	1.5	18	1.0	447	1.1	562	1.2
History of CHF												
No	197	97.0	1103	99.6	5181	98.4	1840	99.2	39,540	99.4	48,502	99.3
Yes	6	3.0	*	*	85	1.6	14	0.8	219	0.6	333	0.7
History of angina												
No	191	94.1	1076	97.4	4965	94.9	1790	96.9	38,224	96.5	46,860	96.3
Yes	12	5.9	29	2.6	268	5.1	57	3.1	1397	3.5	1791	3.7
History of carotid endarterectomy/angioplasty												
No	203	100.0	1102	100.0	5139	99.7	1823	99.9	39,195	99.8	48,097	99.8
Yes	0	0.0	0	0.0	13	0.3	*	*	80	0.2	94	0.2

History of DVT												
No	194	95.6	1098	99.2	5090	96.7	1808	97.5	38,275	96.3	47,087	96.5
Yes	9	4.4	9	0.8	173	3.3	46	2.5	1469	3.7	1729	3.5
History of PE												
No	200	98.5	1103	99.7	5202	98.8	1846	99.6	39,408	99.1	48,401	99.1
Yes	*	*	*	*	63	1.2	7	0.4	341	0.9	421	0.9
History of PAD												
No	197	97.5	1102	99.6	5133	98.1	1815	98.2	39,223	98.9	48,105	98.8
Yes	5	2.5	*	*	97	1.9	34	1.8	423	1.1	568	1.2
History of stroke												
No	199	98.0	1097	99.1	5163	98.0	1827	98.5	39,375	99.0	48,303	98.9
Yes	*	*	10	0.9	103	2.0	27	1.5	385	1.0	533	1.1
History of polyp removal												
No	167	91.3	980	91.4	4424	92.3	1548	94.5	31,638	91.3	39,294	91.6
Yes	16	8.7	92	8.6	367	7.7	90	5.5	3001	8.7	3621	8.4
History of fracture at age 55+ <sup>f</sup>												
No	142	91.0	751	90.6	3572	91.9	1173	91.1	26,435	85.2	32,506	86.3
Yes	14	9.0	78	9.4	314	8.1	115	8.9	4591	14.8	5176	13.7
History of hip fracture at age 55+ <sup>f</sup>												
No	156	100.0	829	100.0	3877	99.8	1281	99.5	30,855	99.4	37,490	99.5
Yes	*	*	*	*	9	0.2	7	0.5	171	0.6	192	0.5
Number of falls in last 12 mo												
None	117	61.9	838	77.4	3500	70.7	1147	68.1	23,984	66.5	30,011	67.3
1	46	24.3	171	15.8	879	17.8	319	18.9	7522	20.9	9039	20.3
2	15	7.9	58	5.4	411	8.3	140	8.3	3091	8.6	3771	8.5
3+	11	5.8	16	1.5	157	3.2	78	4.6	1467	4.1	1755	3.9
History of cancer <sup>g</sup>												
No	185	92.0	1062	96.7	5001	96.3	1769	96.6	37,581	95.4	46,201	95.6
Yes	16	8.0	36	3.3	191	3.7	63	3.4	1799	4.6	2139	4.4
History of endometrial cancer												
No	199	98.0	1103	99.6	5212	99.0	1839	99.2	39,334	98.9	48,324	99.0
Yes	*	*	*	*	54	1.0	15	0.8	426	1.1	512	1.0
History of melanoma cancer												
No	201	99.0	1107	100.0	5264	100.0	1844	99.5	39,440	99.2	48,502	99.3
Yes	*	*	0	0.0	*	*	10	0.5	319	0.8	333	0.7
History of cervical cancer												
No	197	99.0	1092	99.7	5119	98.6	1818	99.0	38,830	98.7	47,683	98.8
Yes	*	*	*	*	73	1.4	18	1.0	498	1.3	603	1.2
History of ovarian cancer												
No	198	99.5	1090	99.5	5168	99.5	1834	99.9	39,183	99.6	48,106	99.6
Yes	*	*	6	0.5	26	0.5	*	*	158	0.4	195	0.4
History of lung cancer												
No	199	100.0	1093	99.8	5193	100.0	1835	100.0	39,303	99.9	48,258	99.9
Yes	0	0.0	*	*	*	*	*	*	23	0.1	28	0.1

(continued)

APPENDIX TABLE 8. *Continued*

History of osteoporosis													
No	190	95.0	1036	94.4	4925	96.1	1665	92.7	36,820	93.8	45,220	94.0	
Yes	10	5.0	62	5.6	201	3.9	131	7.3	2427	6.2	2878	6.0	
History of arthritis													
No arthritis	86	45.3	749	68.7	2586	51.7	1068	61.7	21,379	57.1	26,210	56.9	
Rheumatoid arthritis	19	10.0	45	4.1	367	7.3	91	5.3	1414	3.8	1974	4.3	
Other arthritis	85	44.7	297	27.2	2045	40.9	573	33.1	14,643	39.1	17,883	38.8	
Total hip BMD (WHO criteria)													
Normal					413	70.7	119	61.0	1614	58.0	2146	60.2	
Osteopenic					160	27.4	65	33.3	1051	37.8	1276	35.8	
Osteoporotic					11	1.9	11	5.6	119	4.3	141	4.0	
Hip scan (g/cm <sup>2</sup> )	29	0.89 ± 0.14	6	0.84 ± 0.12	584	0.97 ± 0.15	195	0.88 ± 0.14	2784	0.85 ± 0.13	3620	0.87 ± 0.14	
Spine scan (g/cm <sup>2</sup> )	29	0.96 ± 0.15	6	0.97 ± 0.23	581	1.07 ± 0.18	190	0.98 ± 0.16	2723	0.98 ± 0.16	3551	0.99 ± 0.17	
Whole body scan (g/cm <sup>2</sup> )	29	1.03 ± 0.11	6	1.01 ± 0.12	582	1.07 ± 0.11	195	1.05 ± 0.11	2786	1.01 ± 0.11	3620	1.03 ± 0.11	
Lean body mass + BMC (kg)	27	39.4 ± 4.9	6	34.1 ± 4.0	581	44.3 ± 6.5	193	39.3 ± 5.2	2751	39.7 ± 5.2	3580	40.5 ± 5.7	
Fat body mass (kg)	27	35.8 ± 11.6	6	22.8 ± 9.7	581	41.0 ± 13.1	193	34.6 ± 9.8	2751	33.4 ± 10.6	3580	34.7 ± 11.4	

CABG, coronary bypass surgery; PTCA, angioplasty; WHO, World Health Organization; E+P, estrogen+progestin; E-alone, estrogen alone; BMC, bone mineral content; PHT, postmenopausal hormone therapy; BMD, bone mineral density; MI, myocardial infarction; CHF, congestive heart failure; DVT, deep vein thrombosis; PE, pulmonary embolism; PAD, peripheral arterial disease.

<sup>a</sup>Total includes those of unknown ethnicity.

<sup>b</sup>Hysterectomy at randomization.

<sup>c</sup>Applies only to participants who have ever been pregnant.

<sup>d</sup>Based on estrogen and progesterone pills and patches only (creams and shots excluded). Episodes less than 3 months are excluded.

<sup>e</sup>Includes MI, stroke, CHF, angina, carotid endarterectomy/angioplasty, DVT, PE, PAD, and CABG/PTCA.

<sup>f</sup>Applies only to participants age 55 and older.

<sup>g</sup>Excluding nonmelanoma skin cancer.

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