

5-17-06

NIH-AARP Diet and Health Study Chart Characteristics

The demographic and nutritional tables (Tables 2 and 3) from the baseline paper are below. Of the 617,119 surveys returned, 545,784 were used to create these tables. To obtain the most meaningful results, several exclusions were made from the cohort:

- skipped all questions ($n = 1,723$),
- only answered box A and/or B ($n = 10,338$),
- answered box A ($n = 3,104$),
- skipped facing pages ($n = 25,829$),
- skipped gender questions ($n = 6$),
- surveys contained more than 10 scanner errors in food frequencies ($n = 8,028$),
- surveys contained fewer than 10 food frequencies ($n = 99$),
- withdrawals ($n = 824$),
- supplied duplicate surveys ($n = 179$),
- died before baseline ($n = 261$),
- moved before baseline ($n = 365$),
- answered box B ($n = 15,760$),
- calorie intake outliers ($n = 6033$)

The outbox macro was used to exclude calorie outliers from the data set. Surveys which reported energy intake was too low or too high (men, ≤ 415.77 or ≥ 6134.74 kcal/day, $n = 3,686$; women, ≤ 317.90 or ≥ 4790.16 kcal/day, $n = 2,347$) were excluded. After these exclusions, the cohort included 545,784 surveys.

Table 2 from the baseline paper shows the baseline cohort demographic characteristics by sex. The table includes:

- *age* {*entry_age*},
- *height* {*ht_cur*},
- *weight* {*wt_cur*},
- *BMI* {*bmi_cur*},
- *race/ethnicity* {*racei*},
- *level of education* {*educ*},
- *family history of cancer* {*fam_cancer*},
- *smoking status* {*smoke_former*},
- *amount of physical activity* {*physic*},
- *percent using hormone replacement therapy* {*horm_cur*},
- *median kcal intake/day* {*calories*},
- and *daily alcohol intake* {*alcohol*}.

The *racei* variable was altered to collapse levels 2-6 to obtain data for the sub group *Black, Hispanic, Asian, other*. The *educ* variable was altered to collapse levels 1 and 2 to obtain data for the sub group ≤ 11 years. The *physic* variable was altered to collapse levels 0 and 1 to obtain data for the sub group *Never/rarely*. For the categories *race/ethnicity*, *education*, and *physical activity*, an additional sub group was calculated to show the percentage of unknown values.

Table 3 from the baseline paper shows the baseline cohort dietary characteristics by quintile and sex. This table includes:

- *%kcal from fat* {*pctfat*},
- *dietary fiber (g/day)* {*fibertotal_ndsr*},
- *fruits and vegetables (servings/day)* {*fruittotal_pyr*, *vegtotal_pyr*},
- and *red meat (g/day)* {*g_meat_red*}.

The results from the quintile macro for the variables *fruittotal_pyr* and *vegtotal_pyr* were added to obtain the median values per quintile for fruits and vegetables together.

With the additional exclusions, only minimal changes from the tables in the baseline paper (Schatzkin, *et al.* pg 1122) are apparent.

Table 2. Baseline cohort characteristics, NIH-AARP* Diet and Health Study, 1995-1996 (n = 545,784)

	Men (n = 322,363)	Women (n = 223,421)
Age (mean)	62.3	62.0
Mean height in cm (inches)†	178.3 (70.2)	163.3 (64.3)
Mean weight in kg (pounds)†	86.7 (191.2)	71.7 (158.0)
Mean BMI* (weight (kg)/height (m) ²)	27.3	26.9
Race/ethnicity (%)		
White, not Hispanic	92.6	89.7
Black, Hispanic, Asian, other	6.2	8.8
Unknown	1.2	1.5
Education (%)		
≤11 years	5.8	6.2
12 years / high school	15.6	25.2
Vocational/technical	9.3	10.6
Some college	22.1	24.8
College graduate	21.7	14.8
Postgraduate	22.9	15.1
Unknown	2.7	3.3
Family history of cancer (participant or first-degree relative) (%)	48.0	52.2
Currently smoking (%)	10.3	14.2
Former smoker (%)	58.7	40.2
Physical activity (%)		
Never/rarely	15.2	22.7
1-3/month	13.0	14.2
1-2/week	21.8	20.9
3-4/week	27.9	24.9
≥5/week	21.2	16.1
Unknown	50.2	49.8
Currently using HRT*(%)		42.5
Median kcal/day	1865.0	1457.4
Alcohol intake (≥15 g/day) (%)	27.6	11.1

* NIH, National Institutes of Health; AARP, American Association of Retired Persons; BMI, body mass index; HRT, hormone replacement therapy

† 1 inch = 2.54 cm; 1 pound = 0.454 kg

Table 3. Dietary characteristics by quintile, NIH-AARP* Diet and Health Study, 1995,1996 (n =545,784)

Dietary factors	Median values per quintile				
	Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
Men (n = 322,363)					
%kcal from fat	20.3	26.5	30.7	34.6	40.0
Dietary fiber (g/day)	9.9	14.6	18.6	23.5	33.0
Fruits and vegetables (servings/day)	2.3	4.2	5.9	8.1	12.7
Red meat (g/day)	18.5	41.1	63.4	92.9	154.0
Women (n = 223,421)					
%kcal from fat	20.0	25.8	29.9	34.1	40.0
Dietary fiber (g/day)	8.3	12.5	16.1	20.5	29.1
Fruits and vegetables (servings/day)	2.1	4.0	5.7	7.9	12.4
Red meat (g/day)	9.7	22.9	36.8	55.9	95.9

* NIH, National Institutes of Health; AARP, American Association of Retired Persons