

Supplementary Materials

Pre-Diagnosis Diet and Physical Activity and Risk of Cardiovascular Disease Mortality among Female Cancer Survivors

Table S1. Age adjusted¹ characteristics of female cancer survivors in the California Teachers Study cohort by quartiles of the pre-cancer diagnosis Metabolic Equivalent Task Scores (N=18,533 participants).

Characteristics	Physical Activity in 3 Years Prior to Baseline			
	Q1	Q2	Q3	Q4
aMED score, mean \pm SD	4.1 \pm 1.8	4.6 \pm 1.8	4.9 \pm 1.8	5.2 \pm 1.8
Physical activity, MET-hrs/wk mean \pm SD	0.9 \pm 1.2	7.5 \pm 2.5	19.1 \pm 4.2	51.2 \pm 24.0
Age, yr mean \pm SD	56.9 \pm 12.1	55.5 \pm 11.9	56.5 \pm 11.8	55.8 \pm 12.1
Years of diagnosis, n (%)				
>0- <5 yrs	2,057 (44.2)	1,994 (43.8)	2,029 (44.2)	2,019 (42.5)
5 - <10 yrs	1,047 (23.0)	1,081 (23.5)	1,073 (23.5)	1,146 (24.1)
\geq 10 yrs	1,508 (32.8)	1,506 (32.7)	1,486 (32.4)	1,587 (33.4)
Age of diagnosis, yr mean \pm SD	68.4 \pm 11.8	67.4 \pm 11.8	68.4 \pm 11.8	67.7 \pm 12.2
Baseline BMI, n(%)				
< 18 kg/m ²	224 (4.7)	201 (4.5)	219 (4.8)	230 (4.8)
18 - <22.5 kg/m ²	1,155 (25.3)	1,321 (28.6)	1,539 (33.7)	1,942 (41.0)
22.5 - <25 kg/m ²	840 (18.2)	970 (21.2)	1,093 (23.8)	1,189 (25.0)
25 - <30 kg/m ²	1,309 (28.3)	1,279 (28.1)	1,190 (25.8)	1,049 (22.0)
\geq 30 kg/m ²	1,084 (23.5)	810 (17.5)	547 (11.9)	342 (7.1)
Alcohol intake, %				
Nondrinker	1,767 (38.2)	1,469 (32.2)	1,279 (27.9)	1,224 (25.7)
< 15 g/day	2,090 (45.7)	2,287 (49.6)	2,358 (51.4)	2,358 (49.6)
\geq 15 g/day	755 (16.1)	825 (18.2)	955 (20.7)	1,170 (24.8)
Race/ethnicity, %				
White	4,001 (86.4)	4,107 (89.7)	4,189 (91.2)	4,352 (91.8)
Other Race/unspecified	611 (13.6)	474 (10.3)	399 (8.8)	400 (8.2)
Menopausal status and HT use, %				
Premenopausal	1,199 (28.2)	1,367 (27.8)	1,242 (27.9)	1,373 (28.0)
Peri-/postmenopausal, never use HT	716 (15.0)	611 (14.1)	616 (13.1)	644 (13.7)
Peri-/postmenopausal, past use HT	404 (8.5)	335 (7.7)	367 (7.8)	336 (7.1)
Peri-/postmenopausal, current use HT	1,536 (32.6)	1,533 (34.7)	1,651 (35.5)	1,713 (36.0)
Peri-/postmenopausal, unknow HT use	240 (5.0)	201 (4.6)	238 (5.1)	223 (4.7)
Unknown menopausal status	517 (10.8)	534 (11.1)	474 (10.5)	463 (10.5)
Smoking status, %				
Smokers	1,764 (37.8)	1,757 (38.7)	1,818 (39.4)	2,010 (42.8)
Non-Smokers/unknown	2,848 (62.2)	2,824 (61.3)	2,770 (60.6)	2,742 (57.2)
History of diabetes, %	156 (3.3)	125 (2.8)	108 (2.3)	89 (1.9)
History of hypertension, %	1,091 (23.0)	908 (20.5)	827 (17.9)	771 (16.3)
Daily Vitamin use, %	2,814 (60.7)	3,040 (66.8)	3,170 (68.9)	3,450 (72.8)
Total energy intake, kcal/d mean \pm SD	1,561.6 \pm 523.0	1,572.5 \pm 497.8	1,548.0 \pm 476.0	1,565.2 \pm 501.3

aMED=alternative Mediterranean diet, SD=standard deviation, Q=quartile, BMI=body mass index, HT=hormonal therapy ¹ All variables except for age and age of diagnosis are age-standardized.

Table S2. HRs (95% CIs) for association between aMED, physical activity, and CVD death.

aMED Score, Tertiles	Physical Activity, MET-hrs/wk	Cases	Person-Years	HR (95% CI) ¹	HR (95% CI) ²
<4	<6.25	101	16,542	1.00 (reference)	1.00 (reference)
	6.25 - <22.5	52	11,556	0.89 (0.64, 1.24)	0.88 (0.63, 1.24)
	≥22.5	45	9,095	0.72 (0.50, 1.02)	0.72 (0.51, 1.03)
4 - <6	<6.25	140	17,255	0.92 (0.71, 1.19)	0.90 (0.69, 1.17)
	6.25 - <22.5	89	16,523	0.71 (0.53, 0.94)	0.72 (0.54, 0.96)
	≥22.5	97	18,361	0.68 (0.51, 0.89)	0.68 (0.52, 0.90)
≥6	<6.25	132	11,501	0.94 (0.72, 1.21)	0.94 (0.72, 1.23)
	6.25 - <22.5	113	16,339	0.77 (0.59, 1.01)	0.77 (0.59, 1.01)
	≥22.5	146	21,569	0.67 (0.53, 0.87)	0.67 (0.52, 0.87)
				P _{interaction} =0.12	P _{interaction} =0.13

HR=hazard ratio, CI=confidence interval, CVD=cardiovascular disease, aMED=alternative Mediterranean diet. ¹ Adjusted for interval from questionnaire 1 to cancer diagnosis, age at cancer diagnosis (Model 1). ² Adjusted for time interval from questionnaire 1 to cancer diagnosis date, age at cancer diagnosis, race, smoking status, menopausal status and hormone use, total energy intake, and daily vitamin use (Model 2).