

Additional file 3: Distribution of baseline characteristics of the Melbourne Collaborative Cohort Study participants by change in anthropometric measure

	Weight (kg)		Waist (cm)		Hips (cm)	
	Mean	SD	Mean	SD	Mean	SD
All participants	7.0	7.3	2.2	5.8	3.4	5.9
Sex						
Male	5.4	6.6	1.7	5.4	2.8	5.0
Female	8.0	7.5	2.5	6.0	3.8	6.3
Country of birth						
Australia/New Zealand/UK	6.9	7.3	2.2	5.8	3.4	5.8
Southern Europ	7.2	7.5	2.5	5.8	3.6	6.0
Quintiles of socio-economic disadvantage						
1st quintile (most disadvantaged)	7.4	7.8	2.3	6.2	3.7	6.4
2nd quintile	7.1	7.6	2.4	6.1	3.6	6.1
3rd quintile	7.0	7.3	2.3	5.8	3.5	5.9
4th quintile	7.0	7.2	2.3	5.7	3.5	5.8
5th quintile (least disadvantaged)	6.7	7.0	1.9	5.4	3.1	5.5
Physical activity score						
None - 0	7.3	7.6	2.4	6.1	3.7	6.2
Low - >0 and <4	7.0	7.1	2.2	5.7	3.4	5.9
Moderate - ≥ 4 and <6	7.0	7.3	2.0	5.8	3.4	5.8
High - ≥ 6	6.8	7.1	2.3	5.4	3.3	5.6
Mediterranean diet score						
≤ 3	7.0	7.5	2.3	6.1	3.4	6.0
4	7.1	7.4	2.3	5.9	3.5	5.9
5	7.0	7.3	2.2	5.8	3.4	5.9
6	6.9	7.2	2.1	5.5	3.3	5.8
≥ 7	6.8	6.9	2.0	5.5	3.2	5.5
Family history of any cancer						
No	7.0	7.3	2.3	5.8	3.5	5.8
Yes	6.9	7.3	2.0	5.8	3.3	5.9
Cumulative smoking status						
Lifetime abstainer	7.0	7.3	2.2	5.6	3.5	5.9
Quit before baseline	6.5	7.2	1.9	5.7	3.1	5.7
Quit between baseline and follow-up	9.7	7.3	4.9	6.2	5.0	5.9
Current	6.8	7.7	2.0	6.4	2.9	6.0
Physical activity score at follow-up						
None - 0	7.2	8.0	2.2	6.9	3.8	6.5
Low - >0 and <4	8.0	7.4	3.0	6.3	4.4	6.3
Moderate - ≥ 4 and <6	7.2	7.5	2.3	5.9	3.5	5.9
High - ≥ 6	6.7	7.1	2.1	5.5	3.2	5.7
Mediterranean diet score at follow-up						
≤ 3	7.1	7.4	2.4	6.1	3.6	5.9
4	7.2	7.3	2.4	5.8	3.4	6.0
5	7.0	7.3	2.2	5.6	3.4	5.8
6	6.9	7.2	2.1	5.6	3.4	5.8
≥ 7	6.5	7.1	1.8	5.4	3.0	5.6