

Additional file 5: Characteristics of the participants with and without colorectal cancer in the Melbourne Collaborative Cohort Study

|   | Non-cases<br>n(%) or mean[SD] | Cases<br>n(%) or mean[SD] |
|---|-------------------------------|---------------------------|
| <b>Participants</b>                                 | 20,232 (100.0)                | 373 (100.0)               |
| <b>Sex</b>  |                               |                           |
| Male  | 7,849 (38.8)                  | 183 (49.1)                |
| Female  | 12,383 (61.2)                 | 190 (50.9)                |
| <b>Country of birth</b>                             |                               |                           |
| Australia/New Zealand/UK                            | 17,077 (84.4)                 | 317 (85.0)                |
| Southern Europe                                     | 3,155 (15.6)                  | 56 (15.0)                 |
| <b>Index of Relative Socioeconomic Disadvantage</b> |                               |                           |
| 1st Quintile (most disadvantaged)                   | 2,483 (12.3)                  | 38 (10.2)                 |
| 2nd Quintile  | 3,605 (17.8)                  | 81 (21.7)                 |
| 3rd Quintile  | 3,575 (17.7)                  | 62 (16.6)                 |
| 4th Quintile  | 4,473 (22.1)                  | 89 (23.9)                 |
| 5th Quintile (least disadvantaged)                  | 6,096 (30.1)                  | 103 (27.6)                |
| <b>Highest level of education</b>                   |                               |                           |
| Less than primary school                            | 2,310 (11.4)                  | 46 (12.3)                 |
| Some high school                                    | 7,706 (38.1)                  | 148 (39.7)                |
| Completed high school                               | 4,459 (22.0)                  | 103 (27.6)                |
| Degree/diploma                                      | 5,757 (28.5)                  | 76 (20.4)                 |
| <b>Alcohol intake</b>                               |                               |                           |
| Lifetime abstainers                                 | 5,073 (25.1)                  | 86 (23.1)                 |
| Ex-drinkers   | 669 (3.3)                     | 16 (4.3)                  |
| Low intake  | 11,778 (58.2)                 | 201 (53.9)                |
| Moderate intake                                     | 1,901 (9.4)                   | 39 (10.5)                 |
| High intake   | 811 (4.0)                     | 31 (8.3)                  |
| <b>Mediterranean diet score</b>                     |                               |                           |
| ≤3  | 4,503 (22.3)                  | 86 (23.1)                 |
| 4   | 4,210 (20.8)                  | 89 (23.9)                 |
| 5   | 4,741 (23.4)                  | 86 (23.1)                 |
| 6   | 3,982 (19.7)                  | 58 (15.5)                 |
| ≥7  | 2,796 (13.8)                  | 54 (14.5)                 |
| <b>Physical activity score</b>                      |                               |                           |
| None - 0  | 3,973 (19.6)                  | 84 (22.5)                 |
| Low - >0 & <4                                       | 4,074 (20.1)                  | 85 (22.8)                 |
| Moderate - ≥4 & <6                                  | 6,954 (34.4)                  | 129 (34.6)                |
| High - ≥6   | 5,231 (25.9)                  | 75 (20.1)                 |
| <b>Marital status</b>                               |                               |                           |
| Married   | 14,109 (71.9)                 | 265 (72.4)                |
| Single  | 1,831 (9.3)                   | 31 (8.5)                  |
| Divorced  | 1,559 (7.9)                   | 30 (8.2)                  |
| de Facto  | 457 (2.3)                     | 4 (1.1)                   |
| Widow   | 1,212 (6.2)                   | 30 (8.2)                  |
| Separated   | 457 (2.3)                     | 6 (1.6)                   |

|   | Non-cases<br>n(%) or mean[SD] | Cases<br>n(%) or mean[SD] |
|---|-------------------------------|---------------------------|
| <b>Smoking status (cumulative smoking status)</b> |                               |                           |
| Lifetime abstainer                                | 12,371 (61.1)                 | 211 (56.6)                |
| Quit before baseline                              | 5,961 (29.5)                  | 130 (34.9)                |
| Quit between baseline and follow-up               | 881 (4.4)                     | 18 (4.8)                  |
| Current   | 1,019 (5.0)                   | 14 (3.8)                  |
| <b>Physical activity score at follow-up</b>       |                               |                           |
| None (0)  | 351 (1.7)                     | 4 (1.1)                   |
| Low (0,4)   | 1,763 (8.7)                   | 41 (11.0)                 |
| Moderate [4,6)                                    | 6,195 (30.6)                  | 123 (33.0)                |
| High [6,16)                                       | 11,923 (58.9)                 | 205 (55.0)                |
| <b>Mediterranean diet score at follow-up</b>      |                               |                           |
| ≤3  | 5,418 (26.8)                  | 113 (30.3)                |
| 4   | 4,300 (21.3)                  | 91 (24.4)                 |
| 5   | 4,549 (22.5)                  | 70 (18.8)                 |
| 6   | 3,504 (17.3)                  | 53 (14.2)                 |
| ≥7  | 2,461 (12.2)                  | 46 (12.3)                 |
| <b>Hips change (cm)</b>                           | 3.4 [5.9]                     | 2.9 [5.6]                 |
| <b>Waist change (cm)</b>                          | 7.0 [7.3]                     | 6.3 [7.0]                 |
| <b>Weight change (kg)</b>                         | 2.2 [5.8]                     | 0.9 [5.5]                 |