

Table 4. Relation of behavioural, physical and demographic factors to saturated fat intake and survival by sex and age.

Factor	fifth of saturated fat intake			survival status				
	1 (lowest)	5 (highest)	p value (trend)	alive	dead-CHD (p value)		dead-other causes (p value)	
<b>men aged 40-59 (n=824)</b>				<b>(n=704)</b>	<b>(n=39)</b>		<b>(n=81)</b>	
mean saturated fat (g/wk)	177	544	0.0000	325	360	(0.1095)	351	(0.1006)
mean age (yrs)	48	50	0.0003	48	53	(0.0000)	53	(0.0000)
proportion non-drinkers (%)	15	22	0.1634	18	33	(0.0161)	18	(0.8904)
mean alcohol consumption amongst drinkers (units/wk)	20.2	14.2	0.0118	17.1	13.3	(0.3233)	23.3	(0.0187)
proportion moderate/heavy smokers (%)	23	42	0.0002	29	46	(0.0193)	45	(0.0025)
proportion not participating in exercise activity (%)	70	88	0.0000	75	95	(0.0053)	83	(0.1447)
proportion not of lean body shape (%) <sup>a</sup>	68	67	0.8741	70	86	(0.0752)	73	(0.7016)
proportion hypertensive (%)	9.8	11.0	0.8690	9.1	23.1	(0.0043)	11.1	(0.5533)
proportion manual social class (%)	42	68	0.0000	58	77	(0.0167)	56	(0.7339)
mean deprivation index	-0.3455	0.0576	0.4164	-0.1929	0.6030	(0.1693)	0.3576	(0.1890)
<b>men aged 60-75 (n=401)</b>				<b>(n=164)</b>	<b>(n=59)</b>		<b>(n=178)</b>	
mean saturated fat (g/wk)	184	510	0.0000	331	326	(0.7937)	330	(0.9399)
mean age (yrs)	66	68	0.0405	66	68	(0.0005)	69	(0.0000)
proportion non-drinkers (%)	20	28	0.0362	26	34	(0.2230)	23	(0.5788)
mean alcohol consumption amongst drinkers (units/wk)	15.2	13.6	0.7770	14.6	12.3	(0.5156)	12.2	(0.2561)
proportion moderate/heavy smokers (%)	20	34	0.0401	23	36	(0.0636)	32	(0.0630)
proportion not participating in exercise activity (%)	82	87	0.3336	84	95	(0.0280)	89	(0.1170)
proportion not of lean body shape (%) <sup>b</sup>	74	69	0.4522	70	94	(0.0048)	74	(0.5096)
proportion hypertensive (%)	20.5	22.0	0.5689	14.0	27.1	(0.0232)	22.5	(0.0441)
proportion manual social class (%)	58	66	0.6968	58	64	(0.3664)	67	(0.0629)
mean deprivation index	-0.0771	0.1064	0.7000	-0.3358	-0.1435	(0.7017)	0.0948	(0.2340)
<b>women aged 40-59 (n=965)</b>				<b>(n=874)</b>	<b>(n=14)</b>		<b>(n=77)</b>	
mean saturated fat (g/wk)	119	376	0.0000	228	264	(0.1574)	260	(0.0041)
mean age (yrs)	48	49	0.0083	48	55	(0.0000)	53	(0.0000)
proportion non-drinkers (%)	31	38	0.3317	33	36	(0.8058)	31	(0.7959)
mean alcohol consumption amongst drinkers (units/wk)	6.7	5.8	0.3106	6.1	6.3	(0.8993)	5.4	(0.4680)
proportion moderate/heavy smokers (%)	24	40	0.0002	28	43	(0.2106)	43	(0.0038)
proportion not participating in exercise activity (%)	69	80	0.0040	72	93	(0.0806)	87	(0.0038)
proportion not of lean body shape (%) <sup>c</sup>	68	62	0.4124	63	91	(0.0571)	77	(0.0627)
proportion hypertensive (%)	6.7	7.3	0.8529	5.5	28.6	(0.0003)	13.0	(0.0084)
proportion manual social class (%)	47	56	0.1240	52	57	(0.6875)	61	(0.1169)
mean deprivation index	-0.9001	0.0056	0.0044	-0.4796	1.2789	(0.0604)	-0.0021	(0.2491)
<b>women aged 60-75 (n=486)</b>				<b>(n=307)</b>	<b>(n=43)</b>		<b>(n=136)</b>	
mean saturated fat (g/wk)	140	409	0.0000	245	293	(0.0023)	278	(0.0010)
mean age (yrs)	66	67	0.0406	66	69	(0.0000)	68	(0.0000)
proportion non-drinkers (%)	45	54	0.1582	49	56	(0.4156)	53	(0.4659)
mean alcohol consumption amongst drinkers (units/wk)	4.2	4.4	0.7035	5.2	3.7	(0.3304)	4.0	(0.1985)
proportion moderate/heavy smokers (%)	13	17	0.0506	14	26	(0.0503)	29	(0.0001)
proportion not participating in exercise activity (%)	86	96	0.0097	89	98	(0.0733)	92	(0.3372)
proportion not of lean body shape (%) <sup>d</sup>	83	82	0.5571	79	71	(0.3859)	78	(0.9460)
proportion hypertensive (%)	20.0	17.3	0.4522	18.2	25.6	(0.2519)	17.6	(0.8808)
proportion manual social class (%)	53	64	0.1105	54	83	(0.0004)	66	(0.0276)
mean deprivation index	-0.4591	0.2857	0.0544	-0.2537	1.2823	(0.0046)	0.7146	(0.0069)

<sup>a</sup> n=498 (426 alive; 28 dead-CHD; 44 dead-other causes)    <sup>b</sup> n=257 (113 alive; 33 dead-CHD; 111 dead-other causes)    <sup>c</sup> n=618 (560 alive; 11 dead-CHD; 47 dead-other causes)

<sup>d</sup> n=322 (211 alive; 28 dead-CHD; 83 dead-other causes)