

Table. Milk consumption and time to death and fracture in the Swedish Mammography Cohort*

	Categories of milk intake				
	<1 glass/day (<200 g/day)	1 to <2 glasses/day (200 to 399 g/day)	2 to <3 glasses/day (400 to 599 g/day)	≥3 glasses/day (≥600 g/day)	Continuous (per 200 g)
The Swedish Mammography Cohort					
	Total mortality				
Number of deaths	5490	5922	3192	1152	15756
Person-years of follow-up	478292	446938	231220	81341	1237791
Rate/1000 person-years [†]	10.8	12.8	15.5	17.9	12.7
Age-adjusted HR (95% CI)	1.00 (reference)	1.30 (1.26 to 1.35)	1.82 (1.74 to 1.91)	2.20 (2.06 to 2.34)	1.18 (1.16 to 1.20)
Multivariable-adjusted HR (95% CI) [‡]	1.00 (reference)	1.21 (1.17 to 1.26)	1.59 (1.52 to 1.67)	1.93 (1.80 to 2.06)	1.15 (1.13 to 1.17)
	Cardiovascular mortality				
Number of deaths	1935	2031	1049	364	5379
Person-years of follow-up	478292	446938	231220	81341	1237791
Rate/1000 person-years [†]	3.7	4.3	5.4	6.3	4.3
Age-adjusted HR (95% CI)	1.00 (reference)	1.26 (1.19 to 1.35)	1.84 (1.71 to 1.99)	2.21 (1.98 to 2.48)	1.20 (1.16 to 1.23)
Multivariable-adjusted HR (95% CI) [‡]	1.00 (reference)	1.17 (1.10 to 1.24)	1.59 (1.47 to 1.73)	1.92 (1.71 to 2.16)	1.15 (1.12 to 1.19)
	Cancer mortality				
Number of deaths	1424	1217	496	190	3327
Person-years of follow-up	478292	446938	231220	81341	1237791
Rate/1000 person-years [†]	2.8	2.7	2.4	2.8	2.7
Age-adjusted HR (95% CI)	1.00 (reference)	1.11 (1.03 to 1.20)	1.24 (1.12 to 1.37)	1.55 (1.33 to 1.81)	1.08 (1.04 to 1.13)
Multivariable-adjusted HR (95% CI) [‡]	1.00 (reference)	1.07 (0.99 to 1.16)	1.16 (1.04 to 1.29)	1.45 (1.23 to 1.70)	1.07 (1.02 to 1.11)

Any fracture					
Number of fractures	7126	6379	2948	954	17407
Person-years of follow-up	426280	404038	211864	75523	1117705
Rate/1000 person-years†	16.1	15.5	15.1	15.2	15.6
Age-adjusted HR (95% CI)	1.00 (reference)	1.08 (1.04 to 1.11)	1.17 (1.12 to 1.22)	1.17 (1.09 to 1.25)	1.02 (1.00 to 1.03)
Multivariable-adjusted HR (95% CI)‡	1.00 (reference)	1.07 (1.04 to 1.11)	1.16 (1.11 to 1.21)	1.17 (1.09 to 1.25)	1.02 (1.00 to 1.04)

Hip fracture					
Number of fractures	1604	1645	823	249	4321
Person-years of follow-up	470296	439023	227454	80204	1216977
Rate/1000 person-years†	3.2	3.6	4.2	4.2	3.6
Age-adjusted HR (95% CI)	1.00 (reference)	1.25 (1.16 to 1.34)	1.70 (1.56 to 1.85)	1.75 (1.53 to 2.00)	1.11 (1.07 to 1.15)
Multivariable-adjusted HR (95% CI)‡	1.00 (reference)	1.19 (1.11 to 1.28)	1.55 (1.42 to 1.69)	1.59 (1.38 to 1.83)	1.09 (1.05 to 1.13)

HR: Hazard Ratio, CI: confidence interval

*had access to repeat exposure information; exposures and covariates were treated as cumulative averages

† Age standardized rates, number of cases per 1000 person-years at risk

‡The multivariable-adjusted hazard ratios were adjusted for age, body mass index, height, total energy intake, total alcohol intake, a healthy dietary pattern, calcium and vitamin D supplementation, use of cortisone, educational level, living alone, physical activity level estimated as metabolic equivalents, smoking status, Charlson's comorbidity index, use of estrogen replacement therapy, and nulliparity.