

Instituto Nacional de Salud Pública

Centro de Investigación en Salud Poblacional



ESMaestras

**Investigación para mejorar
la salud de la mujer**

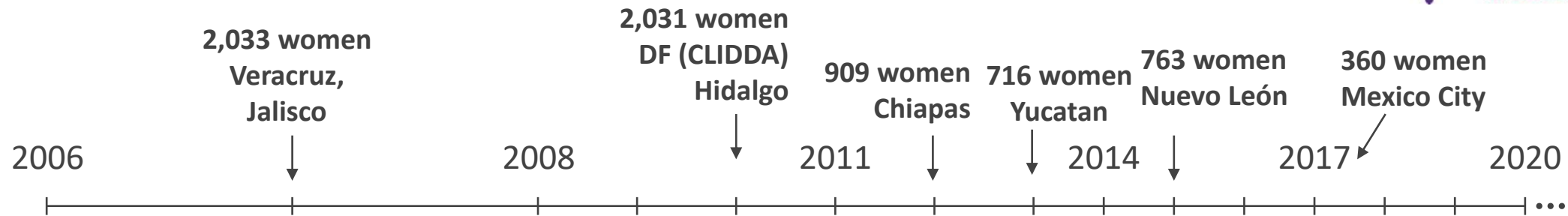
Población y Muestras

Ruy Lopez Ridauro y Martin Lajous: Investigadores principales

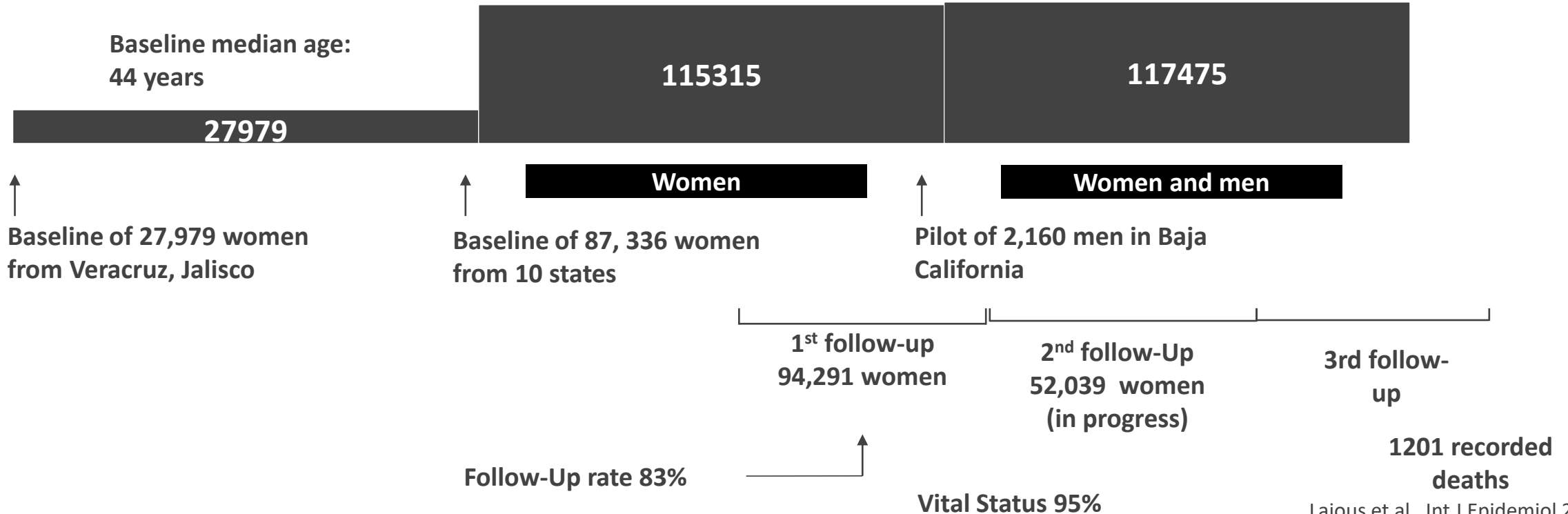
Cohort and clinical sub-cohort (Fixed cohort)



Sub-cohort



Main cohort



Mexican Teachers' Cohort: Study population

Source population: Members of the Teachers' Incentives Program (TIP) in 12 states in Mexico (≥ 25 years of age) who responded to a questionnaire in 2006-08

Unique features: job stability, internal communication system, well-maintained administrative database, ~70% members of the same public healthcare provider (ISSSTE)



Enrollment

- Response rate 64%
- Median age 44
- 24% teach at a rural school

AIM: Cancer cohort:
N= 115,315 women

Clinical sub-cohort

Source population: Random subsample of ~1,200 participants per state, stratified by age, menopausal status and rurality from six states.

In general older than full cohort.

For some states: 35 years and older

Clinical data: Differed across states depending on aims of ancillary study, performed at healthcare provider clinics

Breast cancer risk factors (**breast density:** V, J, H & CDMX)

Cardiovascular risk (**subclinical CVD:** Ch, Y NL & CDMX)

Enrollment: Response rate > 75 %,



AIM: “hard” assessments of intermediate markers
N= 6,812 women

Population characteristics at baseline (full cohort)

Characteristic	10th percentile	Median	90th percentile
Age at enrollment, years	32	44	52
Age at menarche, years	11	12	15
Body mass index, kg/m ²	22.2	26.7	33.3
Waist circumference, cm	75	88	104
Weight at age 18, kg	44	50	63
Parity	1	2	4
Age at first birth, years	20	25	31
Age at menopause, years	40	47	52
Energy intake from carbohydrate, %	46.7	57.5	67.8
Processed meat red, servings/week	1.6	4.5	11.2
Sugar-sweetened beverage, servings/week	1.3	6.9	22.1