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Table 3. Prospective association of soy product and soy milk consumption frequency with the presence of vasomotor menopausal symptoms at the follow-up survey

| Soy consumption | n | VMS[a] (%) | Crude OR (95% CI) | Model 1[b] OR (95% CI) | Model 2[c] OR (95% CI) |
|---|---|---|---|---|---|
| **Soy products** | | | | | |
| **ALSWH (n=2,852)** | | | | | |
| Less frequent[d] | 2688 | 35.5 | Reference | Reference | Reference |
| Frequent | 164 | 26.2 | 0.65 (0.45 to 0.92) | 0.63 (0.44 to 0.91) | 0.63 (0.44 to 0.90) |
| **HOW, WHITEHALL (n=,1670)** | | | | | |
| Less frequent | 1625 | 12.4 | Reference | Reference | Reference |
| Frequent | 45 | 6.7 | 0.56 (0.17 to 1.85) | 0.58 (0.18 to 1.91) | 0.60 (0.18 to 1.97) |
| **OVERALL (n=4,522)** | | | | | |
| Less frequent | 4313 | 26.8 | Reference | Reference | Reference |
| Frequent | 209 | 22.0 | 0.64 (0.45 to 0.90) | 0.63 (0.45 to 1.88) | 0.63 (0.45 to 0.89) |
| **Soy milk** | | | | | |
| **ALSWH (n=2,849)** | | | | | |
| Less frequent | 2608 | 34.9 | Reference | Reference | Reference |
| Frequent | 241 | 35.7 | 1.04 (0.79 to 1.37) | 1.05 (0.79 to 1.38) | 1.04 (0.79 to 1.38) |
| **HOW, WHITEHALL (n=1,655)** | | | | | |
| Less frequent | 1614 | 12.2 | Reference | Reference | Reference |
| Frequent | 41 | 17.1 | 2.01 (0.85 to 4.78) | 2.08 (0.86 to 4.99) | 2.18 (0.91 to 5.23) |
| **OVERALL (n=4,504)** | | | | | |
| Less frequent | 4222 | 26.2 | Reference | Reference | Reference |
| Frequent | 282 | 33.0 | 1.09 (0.84 to 1.43) | 1.10 (0.84 to 1.43) | 1.11 (0.85 to 1.45) |

Logistic regression models were used to estimate odds ratios (OR) and 95% confidence intervals (95% CI).
[a] VMS was defined as "presence of VMS" for 'never' and 'rarely/mild' VMS and "absence of VMS" for 'sometimes/moderate' and 'often/severe' VMS
[b] Model 1 was adjusted for menopausal status and current use of menopausal hormone therapy at follow-up
[c] Model 2 was adjusted for model 1 along with other covariates including smoking status, and education level
[d] Soy consumption frequency was defined as "frequent" for 'daily' and 'weekly' consumption and "less frequent" for 'monthly' and 'never/rarely' consumption