

Supplementary Table 2: Multi-variate analysis of all factors associated with IBD development

Variables	OR (95% CI)	P value
Crohn's disease		
Breastfeeding > 12 months	0.145 (0.049-0.427)	0.000
Antibiotic use before age 15	0.246 (0.086-0.708)	0.009
Pet animals		
Dogs	0.503 (0.276-0.916)	0.025
Fish	0.473 (0.226-0.990)	0.047
Daily tea consumption	0.608 (0.411-0.900)	0.013
Physical activity (weekly)	0.594 (0.375-0.942)	0.027
Ulcerative colitis		
Breastfeeding > 12 months	0.063 (0.018-0.217)	0.000
Fish	0.333 (0.134-0.827)	0.018
Ex-smoking	2.545 (1.466-4.417)	0.001
Daily coffee consumption	0.577 (0.402-0.827)	0.003
Daily tea consumption	0.669 (0.481-0.929)	0.017