Supple Table 1. Univariate linear regression analysis for correlates of total physical activity index in 1999

|  |  |  |  |
| --- | --- | --- | --- |
| Variables | β | SE | *p* |
| Age (year) | 0.009 | 0.004 | 0.034 |
| Sex (males=0, females=1) | -0.180 | 0.081 | 0.032 |
| Body mass index (kg/m2) | 0.001 | 0.013 | 0.978 |
| Waist circumference (cm) | 0.005 | 0.004 | 0.243 |
| Systolic blood pressure (mmHg) | 0.001 | 0.002 | 0.788 |
| Diastolic blood pressure (mmHg) | 0.001 | 0.004 | 0.982 |
| Heart rate (bpm/min) | -0.012 | 0.004 | 0.004 |
| Hepatocyte growth factor (ng/ml) | -1.642 | 0.462 | 0.001 |
| Estimated GFR (ml/min/1.73m2) | 0.001 | 0.003 | 0.711 |
| Uric acid (µmol/L) | 0.022 | 0.029 | 0.441 |
| Total cholesterol (mmol/L) | -0.002 | 0.001 | 0.140 |
| HDL-cholesterol (mmol/L) | 0.002 | 0.003 | 0.589 |
| LDL-cholesterol (mmol/L) | -0.002 | 0.001 | 0.174 |
| Triglycerides† (mmol/L) | -0.071 | 0.076 | 0.352 |
| HbA1c (%) (NGSP) | 0.012 | 0.063 | 0.844 |
| Fasting plasma glucose (mmol/L) | 0.001 | 0.003 | 0.679 |
| HOMA-index† | -0.138 | 0.062 | 0.026 |
| Smoking (%, yes) | -0.036 | 0.115 | 0.755 |
| Alcohol intake (%, yes) | 0.181 | 0.094 | 0.055 |
| Medication for hypertension (%, yes) | 0.127 | 0.109 | 0.243 |
| Medication for dyslipidemia (%, yes) | -0.219 | 0.189 | 0.247 |
| Medication for diabetes (%, yes) | 0.258 | 0.290 | 0.372 |

Abbreviations; SE; Standard deviation, GFR; glomerular filtration rate,

HDL-C; High-density lipoprotein cholesterol, LDL-C; Low-density lipoprotein cholesterol,

HbA1c; Glycosylated hemoglobin A1c, HOMA; Homeostasis model assessment

†: These variables were represented in the original scale after analysis using log (natural) transformed values.

Supple Table 2. Multivariate linear regression analysis for correlates of total index in 1999

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| variables | Model 1 | | Model 2 | | Model 3 | |
|  | β (SE) | *p* | β (SE) | *p* | β (SE) | *p* |
| Body mass index | -0.003(0.013) | 0.831 | - | - | - | - |
| Waist circumference | -0.001(0.005) | 0.926 | 0.001(0.009) | 0.874 | 0.005(0.009) | 0.539 |
| Systolic blood pressure | -0.001(0.002) | 0.557 | -0.001(0.002) | 0.534 | - | - |
| Diastolic blood pressure | -0.003(0.004) | 0.451 | -0.003(0.004) | 0.414 | -0.003(0.005) | 0.603 |
| Heart rate | -0.011(0.004) | 0.012 | -0.011(0.004) | 0.013 | -0.009(0.005) | 0.061 |
| Hepatocyte growth factor | -1.872(0.467) | <0.0001 | -1.894(0.472) | <0.0001 | -1.761(0.479) | 0.0002 |
| Estimated GFR | -0.001(0.004) | 0.862 | -0.001(0.004) | 0.892 | -0.001(0.004) | 0.980 |
| Uric acid | -0.028(0.035) | 0.418 | -0.026(0.036) | 0.477 | -0.014(0037) | 0.699 |
| Total cholesterol | -0.001(0.001) | 0.241 | - | - | - | - |
| HDL-cholesterol | 0.003(0.003) | 0.270 | 0.005(0.003) | 0.144 | 0.003(0.003) | 0.305 |
| LDL-cholesterol | -0.001(0.001) | 0.295 | -0.001(0.003) | 0.935 | -0.001(0.003) | 0.702 |
| Triglycerides† | -0.120(0.078) | 0.123 | -0.111(0.086) | 0.197 | -0.044(0.092) | 0.635 |
| HbA1c | -0.028(0063) | 0.660 | -0.019(0.065) | 0.764 | 0.012(0.066) | 0.861 |
| Fasting plasma glucose | -0.001(0.003) | 0.871 | -0.001(0.003) | 0.939 | 0.003(0.003) | 0.381 |
| HOMA-index† | -0.134(0.062) | 0.031 | -0.171(0.070) | 0.015 | - | - |
| Smoking | -0.155(0.130) | 0.233 | -0.129(0.130) | 0.323 | - | - |
| Alcohol intake | 0.098(0.119) | 0.408 | 0.110(0.119) | 0.355 | 0.091(0.120) | 0.447 |
| Medication for hypertension | 0.089(0.111) | 0.425 | 0.081(0.112) | 0.470 | 0.133(0.120) | 0.273 |
| Medication for dyslipidemia | -0.213(0.190) | 0.264 | -0.192(0.192) | 0.317 | -0.185(0.195) | 0.344 |
| Medication for diabetes | 0.191(0.289) | 0.509 | 0.191(0.289) | 0.508 | 0.261(0.299) | 0.384 |

Total index = Total physical activity index (a+b+c)

Abbreviations; SE; Standard deviation, GFR; glomerular filtration rate,

HDL-C; High-density lipoprotein cholesterol, LDL-C; Low-density lipoprotein cholesterol,

HbA1c; Glycosylated hemoglobin A1c, HOMA; Homeostasis model assessment

Model 1: adjusted for age and sex.

Model 2: adjusted for Model 1 + body mass index, total cholesterol, and systolic blood pressure.

Model 3: adjusted for Model 2 + HOMA-index, and smoking.