**Supplementary Table S1.** Association between state-level injury incidence and state-level fitness quartile, BMI, age, and number of whites.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Males** | | | | |  | **Females** | | | | | | | | |
| **Parameter** | **Exponentiated**  **Estimate** | **95% Confidence Limits** | | **p-value** |  | **Parameter** | **Exponentiated**  **Estimate** | | **95% Confidence Limits** | | | | **p-value** | |
| Intercept | 0.09 | 0.02 | 0.37 | 0.0007 |  | Intercept | 0.21 | | 0.03 | | 1.66 | | 0.14 | |
| Q2 vs Q1 | 1.06 | 1.01 | 1.12 | 0.01 |  | Q2 vs Q1 | 1.10 | | 1.03 | | 1.19 | | 0.006 | |
| Q3 vs Q1 | 1.15 | 1.10 | 1.20 | <0.0001 |  | Q3 vs Q1 | | 1.16 | | 1.08 | | 1.24 | | <0.0001 |
| Q4 vs Q1 | 1.22 | 1.17 | 1.28 | <0.0001 |  | Q4 vs Q1 | 1.28 | | 1.19 | | 1.36 | | <0.0001 | |
| Mean Age | 1.00 | 0.96 | 1.04 | 0.89 |  | Mean Age | 1.05 | | 1.01 | | 1.10 | | 0.02 | |
| # whites | 1.00 | 1.00 | 1.00 | 0.09 |  | # whites | 1.00 | | 1.00 | | 1.00 | | 0.14 | |
| Median BMI | 1.02 | 0.95 | 1.09 | 0.61 |  | Median BMI | 0.97 | | 0.88 | | 1.07 | | 0.59 | |

Exponentiated estimate is equivalent to the injury incidence ratio.

Q1 = top 25% of fitness (most fit). Q4 = bottom 25% of fitness (least fit).

Pairwise tests showed values for all quartiles of fitness were significantly (p<0.05) different from each other within both sex groups.