**Supplementary Digital Content 4**

Table S4. The association between metabolic syndrome components in adulthood and childhood muscular fitness levels.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Child muscular fitness\* | | | | | | | | | | | |
|  |  | Low | | |  | Moderate | | |  | High | | |  |
| Characteristic in adulthood | | β | SE | p-value |  | β | SE | p-value |  | β | SE | p-value | *ptrend* |
| Waist circumference (cm) | | 0 | REF | REF |  | -5.97 | 0.96 | <0.001 |  | -9.03 | 0.96 | <0.001 | *<0.001* |
| Systolic blood pressure (mmHg) | | 0 | REF | REF |  | -1.63 | 0.99 | 0.10 |  | -0.57 | 0.99 | 0.57 | *0.56* |
| Diastolic blood pressure (mmHg) | | 0 | REF | REF |  | -2.25 | 0.81 | 0.006 |  | -1.77 | 0.81 | 0.03 | *0.03* |
| HDL-C (mmol/L) | | 0 | REF | REF |  | 0.05 | 0.03 | 0.10 |  | 0.10 | 0.03 | <0.001 | *<0.001* |
| Triglycerides (mmol/L) | | 0 | REF | REF |  | -0.13 | 0.06 | 0.02 |  | -0.21 | 0.05 | <0.001 | *<0.001* |
| Blood glucose (mmol/L) | | 0 | REF | REF |  | -0.05 | 0.04 | 0.17 |  | -0.07 | 0.04 | 0.07 | *0.07* |
| \* Adjusted for age at baseline, sex, length to follow-up and childhood CRF.  Abbreviations: β, regression coefficient; SE, standard error; HDL-C, high-density lipoprotein cholesterol. | | | | | | | | | | | | | |