**Supplementary Digital Content 5**

Table S5. Relative risk of meeting abnormal levels of metabolic syndrome components in adulthood based on childhood muscular fitness levels.

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Child muscular fitness\* |  |
|  |  | Low |  | Moderate |  | High |  |
| Characteristic in adulthood | n/N | RR | 95% CI |  | n/N | RR | 95% CI |  | n/N | RR | 95% CI | *ptrend* |
| Waist circumference (cm) | 63/234 | 1 | REF |  | 29/230 | 0.47 | 0.32-0.70 |  | 12/235 | 0.20 | 0.11-0.36 | *<0.001* |
| Blood pressure (mmHg)† | 61/234 | 1 | REF |  | 49/230 | 0.79 | 0.58-1.07 |  | 55/235 | 0.88 | 0.65-1.19 | *0.41* |
| HDL-C (mmol/L) | 76/234 | 1 | REF |  | 58/230 | 0.79 | 0.59-1.05 |  | 49/235 | 0.67 | 0.49-0.91 | *0.01* |
| Triglycerides (mmol/L) | 46/234 | 1 | REF |  | 34/230 | 0.73 | 0.49-1.09 |  | 21/235 | 0.46 | 0.28-0.73 | *0.001* |
| Blood glucose (mmol/L) | 24/234 | 1 | REF |  | 22/230 | 0.87 | 0.51-1.49 |  | 20/235 | 0.79 | 0.45-1.37 | *0.39* |
| \*Adjusted for age at baseline, sex, length to follow-up and childhood CRF. † Noted as having either elevated systolic and/or elevated diastolic blood pressure. Abbreviations: RR, relative risk; CI, confidence intervals; WC, waist circumference; HDL-C, high density lipoprotein cholesterol. |