Supplementary Table 1: Participant characteristics at CARDIA year 25 (2010-2011), by tertiles of total physical activity, N=3,010

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|  | **Physical Activity Tertiles, Exercise Units**a | | |  |
|  | **<170 (N = 993)** | **170-400 (N = 1021)** | **>400 (N = 996)** |  |
| **Characteristic** | **Mean ± SD or N (%)** | | | **p-valueb** |
| Sex |  |  |  | <.001 |
| Female | 690 (69.5) | 571 (55.9) | 435 (43.7) |  |
| Male | 303 (30.5) | 450 (44.1) | 561 (56.3) |  |
| Age, years | 50.1 **±** 3.7 | 50.2 **±** 3.7 | 50.2 **±** 3.6 | 0.573 |
| Education, years | 14.5 **±** 2.7 | 15.1 **±** 2.6 | 15.5 **±** 2.7 | <.001 |
| Smoking |  |  |  | 0.002 |
| Never | 610 (61.4) | 629 (61.6) | 625 (62.8) |  |
| Former | 196 (19.7) | 227 (22.2) | 244 (24.5) |  |
| Current | 187 (18.8) | 165 (16.2) | 127 (12.8) |  |
| Alcohol, mg/day | 9.2 **±** 27.0 | 10.9 **±** 19.4 | 15.0 **±** 23.8 | <.001 |
| Total sedentary time, hours/day | 7.9 **±** 4.5 | 7.0 **±** 3.8 | 6.5 **±** 3.6 | <.001 |
| Fast food intake (frequency per week) | 2.6 **±** 3.5 | 2.1 **±** 3.0 | 1.8 **±** 2.7 | <.001 |
| Sugar-sweetened beverages (frequency per week) | 5.2 **±** 9.2 | 4.3 **±** 8.4 | 2.6 **±** 5.6 | <.001 |
| Body mass index, kg/m2 | 32.4 **±** 8.1 | 30.0 **±** 6.9 | 28.4 **±** 5.6 | <.001 |
| VAT, cm3 | 144.1 **±** 77.1 | 130.3 **±** 71.4 | 121.3 **±** 70.6 | <.001 |
| SAT, cm3 | 394.2 **±** 177.7 | 333.8 **±** 167.1 | 280.4 **±** 144.0 | <.001 |
| IMAT, cm3 | 163.7 **±** 84.3 | 148.9 **±** 78.0 | 138.1 **±** 75.7 | <.001 |
| Liver attenuation, HUc | 54.8 **±** 13.3 | 55.4 **±** 11.7 | 56.2 **±** 10.3 | 0.008 |

Abbreviations: VAT = visceral adipose tissue; SAT = subcutaneous adipose tissue; IMAT = intermuscular adipose tissue; HU = Housfield Units

aPhysical activity was assessed using the CARDIA physical questionnaire

bA linear trend over sedentary tertiles was tested using linear regression (continuous variables) or Chi-square test of independence (categorical variables)

cSample size for liver attenuation = 2,917; lower HU in liver indicates more fat