**Supplementary Table 1:** Description of dietary habits stratified by the presence of metabolic syndrome

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Study population | Patients with MetS  | Patients without MetS | p |
| Lipid-rich diet (n=392) | 102 (26.0) | 54 (52.9) | 48 (47.1) | 0.4 |
| Consumption of fast-food > 1/week (n=392) | 61 (15.6) | 28 (45.9) | 33 (54.1) | 0.7 |
| Consumption of fruits > 1/week (n=392) | 276 (70.4) | 140 (50.7) | 136 (49.3) | 0.3 |
| Consumption of readymade meals ≥1/day n=392 | 38 (9.7) | 24 (63.2) | 14 (36.8) | 0.09 |
| Consumption of sweet snacks ≥1/day, n=392 | 115 (29.3) | 60 (52.2) | 55 (47.8) | 0.5 |
| Consumption of sweetened drinks ≥1/day, n=392 | 98 (25) | 44 (44.9) | 54 (55.1) | 0.5 |
| **Consumption of wine ≥ 40g/week, n=378** | **195 (51.6)** | **84 (43.1)** | **111 (56.9)** | **0.004** |
| Consumption of beer wine ≥ 40g/day, n=392 | 80 (20.4) | 39 (48.8) | 41 (51.2) | 0.9 |
| Consumption of after meal drinks ≥ 40g/day, n=392 | 81 (20.7) | 39 (48.1) | 42 (51.8) | 0.9 |
| Consumption of coffee, n=391 | 308 (78.8) | 153 (49.7) | 155 (50.3) | 0.5 |
| Consumption of green tea, n=392 | 96 (24.5) | 51 (53.1) | 45 (46.9) | 0.4 |
| Consumption of dietary supplements ≥1/day, n=390 | 72 (18.5) | 40 (55.6) | 32 (44.4) | 0.3 |
| Physical activity ≥ 30mn/day, n=391 | 220 (56.3) | 107 (48.6) | 113 (51.4) | 0.9 |
| Recreational activity (including physical activity) ≥ 2/week, n=392 | 125 (31.9) | 52 (41.6) | 73 (58.4) | 0.07 |
| Domestic activity (cleaning, gardening, etc.) ≥ 2/week, n=392 | 151 (38.5) | 82 (54.3) | 69 (45.7) | 0.1 |
| **Cycling/walking to go to work ≥ 2/week, n=392** | **348 (88.8)** | **163 (46.8)** | **185 (53.2)** | **0.04** |

**Suppl Table 2.** Multivariate analysis of risk factors for liver fibrosis and cirrhosis

|  |  |  |  |
| --- | --- | --- | --- |
|  | Fibrosis ≥ F2 | Fibrosis ≥ F3 | Cirrhosis |
| VARIABLES | unadjOR (CI95%) | adjOR (CI95%) | p | unadjOR (CI95%) | adjOR (CI95%) | p | unadjOR (CI95%) | adjOR (CI95%) | P value |
| MetS | 3.9 (2.1 – 7.1) | 2.3 (1.1 – 4.8) | 0.02 | 6.1 (2.5 – 15.0) | 4.3 (1.6 – 11.8) | 0.05 | 9.1 (2.1 – 40.1) | 7.9 (1.5 – 42.2) | 0.02 |
| CDC staging* A
* B
* C
 | 12.6 (1.3 – 4.9)0.8 (0.4 – 1.6) | 12.9 (1.4 – 6.2)0.8 (0.4 – 1.7) | -0.030.5 | 12.6 (1.0 – 5.1)0.8 (0.3 – 2.0) | 12.3 (0.9 – 5.7)0.7 (0.3 – 1.9) | 0.080.5 | 15.1 (1.9 – 15.9)1.5 (0.4 – 5.1) | 17.7 (2.1 – 27.7)1.4 (0.3 – 6.1) | 0.0020.7 |
| Obesity (BMI≥30kg/m2) | 4.2 (2.0 – 8.8) | 3.2 (1.3 – 7.5) | 0.009 | 5.1 (2.2 – 11.7) | 3.0 (1.1 – 8.4) | 0.03 | 7.8 (2.8 – 21.3) | 4.3 (1.1 – 16.7) | 0.03 |
| Present treatment with AZT/DDI/D4T | a | a |  | a | a |  | 3.3 (0 .9 – 12.1) |  |  |
| HDL (mmol/L) | 0.3 (0.1 – 0.7) | b |  | a | a |  | 0.4 (0.1 – 1.6) | b |  |
| HOMA-IR ≥2.5 | 1.1 (1.06 – 1.2) | 1.05 (01.0 – 1.14) | 0.3 | 1.2 (1.1 – 1.3) | 1.1 (1.007 – 1.2) | 0.03 | 1.2 (1.1 – 1.3) | 1.1 (0.9 – 1.3) | 0.09 |
|  CD4/CD8 ratio | 0.8 (0.4 – 1.6) | b |  | 0.4 (0.2 – 1.1) | 0.3 (0.1 – 0.9) | 0.03 |  |  |  |
| ALP (IU/L) | 1.02 (1.007 – 1.03) | 1.02 (1.003 – 1.03) | 0.01 | 1.02 (1.002 – 1.03) | 1.01 (0.99 – 1.03 | 0.09 | 1.03 (1.01 – 1.05) | 1.03 (1.006 – 1.05) | 0.009 |
| GGT IU/L) | 1.007 (1.002 – 1.01) | 1.002 (1.0 – 1.007) | 0.4 | 1.007 (1.002 – 1.01) | 1.004 (1.0 – 1.01) | 0.1 | 1.007 (1.002 – 1.01) | 1.006 (1.0 – 1.01) | 0.08 |
| AST IU/L) | 1.01 (1.0 – 1.02) | 1.01 (1.0 – 1.03) | 0.1 | 1.006 (1.0 – 1.02) | b |  | 1.008 (1.0 – 1.02) | b |  |
| ALT IU/L) | 1.01 (1.0006 – 1.02) | 1.0 (0.99 – 1.01) | 0.9 | 1.006 (1.0 – 1.02) | b |  | a | a |  |
| LDL (mmol/L) | 0.8 (0.6 – 1.09) | - |  | 1.09 (0.94 – 1.24) | b |  | 0.69 (0.39 – 1.21) | b |  |
| TG (mmol/L) | 1.3 (1.06 – 1.5) | 1.11 (0.9 – 1.3) | 0.2 | a | a |  | 1.05 (0.86 – 1.28) | b |  |

Only variables with p>0.2 in univariate analysis for at least one category of fibrosis are reported in this table.

a variable was associated to outcome with p>0.2 in univariate analysis

b variable was associated with p>0.2 in unadjusted logistic regression and was not entered in final multivariate logistic model

Abbreviations: BMI: body mass index. HOMA: Homeostasis model assessment