Table 2. Sedentary behavior and cardiometabolic risk factors by level of moderate-vigorous physical activitya

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| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  | Quartile of Sedentary Hours |  |  |
|  |  | 1 | 2 | 3 | 4 |  |  |
| Biomarker | Activity Category | 0-7.92 | 7.93-8.17 | 8.18-10.63 | ≥10.64 | ptrend | pinteraction |
| Weightb | Insufficient | 72.9 (1.9) | 76.9 (1.4) | 78.8 (1.4) | 81.7 (1.0) | <0.01 | <0.01 |
| Sufficient | 71.4 (2.1) | 71.8 (2.2) | 73.1 (2.2) | 70.8 (1.7) | 0.95 |  |
| BMIb | Insufficient | 26.7 (0.7) | 27.9 (0.6) | 28.4 (0.5) | 29.7 (0.4) | <0.01 | 0.01 |
| Sufficient | 26.0 (0.7) | 26.0 (0.7) | 26.6 (0.7) | 26.3 (0.7) | 0.54 |  |
| Waist Circumferenceb | Insufficient | 98.6 (1.7) | 101.9 (1.4) | 104.0 (1.4) | 107.0 (1.0) | <0.01 | <0.01 |
| Sufficient | 96.3 (1.8) | 95.9 (2.7) | 99.2 (2.1) | 97.6 (1.6) | 0.23 |  |
| Systolic BPb | Insufficient | 141 (1) | 138 (1) | 134 (1) | 138 (1) | 0.19 | 0.19 |
| Sufficient | 133 (1) | 139 (1) | 138 (1) | 138 (1) | 0.41 |  |
| Diastolic BPb | Insufficient | 63 (1) | 63 (2) | 60 (2) | 63 (1) | 0.59 | 0.19 |
| Sufficient | 61 (2) | 63 (2) | 56 (3) | 59 (3) | 0.18 |  |
| Total Cholesterolb | Insufficient | 190 (4) | 185 (4) | 186 (4) | 185 (4) | 0.35 | 0.87 |
| Sufficient | 189 (7) | 187 (5) | 197 (8) | 179 (8) | 0.55 |  |
| HDLb | Insufficient | 53.0 (1.0) | 49.8 (1.0) | 50.4 (1.0) | 50.0 (1.1) | 0.06 | 0.66 |
| Sufficient | 51.3 (1.1) | 55.3 (1.1) | 50.4 (1.1) | 48.6 (1.1) | 0.22 |  |
| HbA1cb | Insufficient | 6.11 (1.02) | 6.03 (1.02) | 6.08 (1.02) | 6.19 (1.03) | 0.09 | 0.12 |
| Sufficient | 6.08 (1.02) | 6.03 (1.02) | 6.08 (1.03) | 6.00 (1.03) | 0.45 |  |
| CRPb | Insufficient | 0.25 (1.14) | 0.25 (1.12) | 0.29 (1.13) | 0.39 (1.13) | <0.01 | 0.15 |
| Sufficient | 0.20 (1.24) | 0.22 (1.24) | 0.22 (1.19) | 0.23 (1.27) | 0.65 |  |
| Triglyceridesc | Insufficient | 135.8 (1.1) | 140.3 (1.1) | 140.9 (1.1) | 138.2 (1.1) | 0.82 | 0.15 |
| Sufficient | 125.8 (1.1) | 102.3 (1.1) | 159.4 (1.1) | 149.0 (1.1) | 0.10 |  |
| LDLc | Insufficient | 92.3 (6.2) | 93.2 (6.1) | 93.7 (5.0) | 90.3 (5.9) | 0.72 | 0.08 |
| Sufficient | 101.1 (9.1) | 98.4 (6.5) | 86.9 (7.9) | 82.3 (10.4) | 0.06 |  |
| Plasma Glucosec | Insufficient | 114.0 (1.1) | 115.3 (1.1) | 118.2 (1.1) | 119.5 (1.1) | 0.06 | 0.30 |
| Sufficient | 122.2 (1.1) | 112.0 (1.1) | 125.5 (1.1) | 118.0 (1.1) | 0.95 |  |

a Values are least squares mean (standard error), and adjusted for age, gender, ethnicity, education, income, marital status, alcohol consumption, current smoking status, cardiovascular disease, accelerometer wear time, and BMI (except for weight, waist circumference, and BMI).BMI=body mass index; BP = blood pressure; HDL = high-density lipoprotein; LDL = low-density lipoprotein; CRP = C-reactive protein; and HbA1c = glycated hemoglobin.

b n=1914.

c n = 809; 12-hour fasting blood draw subsample.