**Supplemental Digital Content 1. Association between total physical activity and risk of CP/CPPS, Health Professionals Follow-up Study, 1991 – 2008**

|  |  |
| --- | --- |
|  | **Categories of physical activity (MET-h/wk)** |
|  | **0 – 3.5** | **3.6 – 8.8** | **8.9 – 21.0** | **21.1 – 35.0** | **> 35.0** | **P for trend** |
| **Total physical activity** |  |  |  |  |  |  |
|  | No. of cases | 176 | 128 | 154 | 70 | 94 |  |
|  | OR\* | 1.00 | 1.02 | 0.85 | 0.63 | 0.68 |  |
|  | 95% CI |  | (0.81, 1.29) | (0.68, 1.06) | (0.47, 0.84) | (0.52, 0.88) | <0.001 |
| **Physical activity by intensity** |  |  |  |  |  |  |
| Vigorous activity |  |  |  |  |  |  |
|  | No. of cases | 338 | 67 | 109 | 50 | 58 |  |
|  | OR† | 1.00 | 0.96 | 0.83 | 0.72 | 0.76 |  |
|  | 95% CI |  | (0.74, 1.26) | (0.66, 1.03) | (0.53, 0.98) | (0.57, 1.02) | 0.02 |
| Moderate activity |  |  |  |  |  |  |
|  | No. of cases | 362 | 142 | 82 | 22 | 14 |  |
|  | OR† | 1.00 | 0.97 | 0.80 | 0.75 | 0.57 |  |
|  | 95% CI |  | (0.80, 1.19) | (0.62, 1.02) | (0.49, 1.17) | (0.33, 0.98) | 0.01 |

Abbreviation: CP/CPPS, chronic prostatitis/chronic pelvic pain syndrome; MET, metabolic equivalent;

\*Multivariable models adjusted for age (5-year interval), ethnicity (white, African-American, Asian, other), BMI (<25.0, 25.0-27.4, 27.5-29.9, ≥30.0), cigarette smoking (never smoked, quit at least 10 years, quit less than 10 years, current smokers <15, ≥15 cigarettes/day), alcohol drink (<1.0, 1.0-4.9, 5.0-14.9, 15.0-29.9, ≥30.0 g/day), BPH history (yes or no), diagnosis of hypertension (yes or no), aHEI (in quintiles);

†In addition to covariates included in multivariable models above, models included vigorous- and moderate-intensity activities simultaneously;