**Supplemental Digital Content 2. Odds ratios (95% CI) of CP/CPPS according to categories of physical activity, stratified by age\*, smoking status**†**, and alcohol intake**‡**, Health Professionals Follow-up Study**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Age ≤ 65** | **Age > 65** |  |
| **Physical activity,** **MET-h/wk**  | OR | 95% CI | P for trend | OR | 95% CI | P for trend | P for interaction |
| 0 – 3.5 | 1.00 |  |  | 1.00 |  |  |  |
| 3.6 – 8.8 | 1.04 | (0.66, 1.64) |  | 1.01 | (0.78, 1.30) |  |  |
| 8.9 – 21.0 | 0.67 | (0.42, 1.07) |  | 0.92 | (0.72, 1.16) |  | 0.37 |
| 21.1 – 35.0 | 0.47 | (0.25, 0.87) |  | 0.66 | (0.49, 0.90) |  |  |
| > 35.0 | 0.63 | (0.38, 1.03) | 0.03 | 0.75 | (0.57, 0.99) | 0.009 |  |
|  | **Never smokers** | **Ever smokers** |  |
| **Physical activity,** **MET-h/wk** | OR | 95% CI | P for trend | OR | 95% CI | P for trend | P forinteraction |
| 0 – 3.5 | 1.00 |  |  | 1.00 |  |  |  |
| 3.6 – 8.8 | 1.22 | (0.89, 1.65) |  | 0.83 | (0.60, 1.15) |  |  |
| 8.9 – 21.0 | 0.88 | (0.64, 1.19) |  | 0.82 | (0.61, 1.10) |  | 0.80 |
| 21.1 – 35.0 | 0.77 | (0.53, 1.12) |  | 0.47 | (0.31, 0.71) |  |  |
| > 35.0 | 0.79 | (0.56, 1.12) | 0.04 | 0.65 | (0.46, 0.93) | 0.006 |  |
|  | **Alcohol ≤ 6g/d** | **Alcohol > 6g/d** |  |
| **Physical activity,** **MET-h/wk** | OR | 95% CI | P for trend | OR | 95% CI | P for trend | P forinteraction |
| 0 – 3.5 | 1.00 |  |  | 1.00 |  |  |  |
| 3.6 – 8.8 | 1.05 | (0.78, 1.40) |  | 0.95 | (0.67, 1.35) |  |  |
| 8.9 – 21.0 | 0.86 | (0.65, 1.14) |  | 0.84 | (0.61, 1.16) |  | 0.26 |
| 21.1 – 35.0 | 0.62 | (0.43, 0.91) |  | 0.60 | (0.40, 0.91) |  |  |
| > 35.0 | 0.63 | (0.44, 0.89) | 0.001 | 0.81 | (0.57, 1.16) | 0.17 |  |

Abbreviations: CP/CPPS, chronic prostatitis/chronic pelvic pain syndrome; MET, metabolic equivalent; OR, odds ratio; CI, confidence interval.

\*Adjusted for 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 intake (<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), and aHEI (in quintiles).

†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), alcohol intake (<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), and aHEI (in quintiles).

‡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), BPH history (yes or no), diagnosis of hypertension (yes or no), and aHEI (in quintiles).