Supplemental Table 1: Spearman Correlations and P-values for Fitness, Physical Activity, Television Viewing and Potential Confounders, the CARDIA Study (1985-2011), N=1,333\*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Fitness | Total PA | Moderate PA | Vigorous PA | TV | BMI | Waist  | Glucose | Insulin | HOMA-IR |
| Total PA | **0.311** **<0.001** |  |  |  |  |  |  |  |  |  |
| Moderate PA | **0.160****<0.001** | **0.689****<0.001** |  |  |  |  |  |  |  |  |
| Vigorous PA  | **0.312****<0.001** | **0.920****<0.001** | **0.385****<0.001** |  |  |  |  |  |  |  |
| TV | **-0.343****<0.001** | **-0.238****<0.001** | **-0.187****<0.001** | **-0.206****<0.001** |  |  |  |  |  |  |
| BMI | **-0.450****<0.001** | **-0.057****0.039** | -0.0080.767 | **-0.070****0.011** | **0.184****<0.001** |  |  |  |  |  |
| Waist  | **-0.426****<0.001** | **-0.072****0.008** | -0.0110.680 | **-0.084****0.002** | **0.171****<0.001** | **0.866****<0.001** |  |  |  |  |
| Glucose | -0.0280.307 | 0.0310.257 | **0.075****0.007** | 0.0090.734 | -0.0340.257 | **0.156****<0.001** | **0.173****<0.001** |  |  |  |
| Insulin | **-0.345****<0.001** | **-0.123****<0.001** | **-0.070****0.011** | **-0.125****<0.001** | **0.215****<0.001** | **0.426****<0.001** | **0.435****<0.001** | **0.242****<0.001** |  |  |
| HOMA-IR | **-0.306****<0.001** | **-0.096****<0.001** | -0.0420.132 | **-0.103****<0.001** | **0.184****<0.001** | **0.422****<0.001** | **0.435****<0.001** | **0.501****<0.001** | **0.951****<0.001** |  |
| HDL-C | **0.228****<0.001** | **0.122****<0.001** | **0.095****<0.001** | **0.104****<0.001** | **-0.095****0.002** | **-0.198****<0.001** | **-0.246****<0.001** | **-0.080****0.004** | **-0.245****<0.001** | **-0.235****<0.001** |

Abbreviations: PA: physical activity; TV = television time; BMI = body mass index; waist = waist circumference; HOMA-IR = homeostasis model assessment of insulin resistance. Bolded values are statistically significant (p<0.05). Some variation in sample sizes across covariates due to missing data.

\*All variables from baseline (1985-1986), with the exception of television viewing which was assessed at year 5 (1990-1991).