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** | -0.008  0.767 | **-0.070**  **0.011** | **0.184**  **<0.001** |  |  |  |  |  |
| Waist | **-0.426**  **<0.001** | **-0.072**  **0.008** | -0.011  0.680 | **-0.084**  **0.002** | **0.171**  **<0.001** | **0.866**  **<0.001** |  |  |  |  |
| Glucose | -0.028  0.307 | 0.031  0.257 | **0.075**  **0.007** | 0.009  0.734 | -0.034  0.257 | **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** | -0.042  0.132 | **-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).