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| **Supplementary Table 6. Characteristics of JHS participants (N=3001) according to simple sport score.** |
|  |  | Simple Sport Score (SSS) |   | P |
|  |  | SSS=1 | SSS=2 | SSS=3 | SSS=4 | SSS=5 |
|   |   | No./Mean | S.D./% | No./Mean | S.D./% | No./Mean | S.D./% | No./Mean | S.D./% | No./Mean | S.D./% |
| Age, year | 57.19 | 12.51 | 52.93 | 12.81 | 53.13 | 12.94 | 50.54 | 12.53 | 36.03 | 11.32 | <0.0001 |
| BMI, kg/m2 | 32.39 | 7.57 | 31.68 | 7.36 | 31.47 | 7.10 | 31.50 | 6.20 | 33.9 | 7.42 | 0.01 |
| Energy Intake, kcal/day | 2205.7 | 1300.8 | 2160.7 | 1175.7 | 2205.2 | 1194.7 | 2428.6 | 1411.4 | 3364.10 | 1252.60 | 0.96 |
| Smoking |   |   |   |   |   |   |   |   |   |   | <0.0001 |
|   | No | 1277 | 83 | 1042 | 89 | 224 | 91 | 22 | 79 | 3 | 1 |   |
|   | Yes | 258 | 17 | 123 | 11 | 22 | 9 | 6 | 21 | 0 | 0 |   |
| Alcohol |   |   |   |   |   |   |   |   |   |   | <0.0001 |
|   | No | 890 | 58 | 547 | 47 | 113 | 46 | 13 | 45 | 2 | 1 |   |
|   | Yes | 649 | 42 | 622 | 53 | 132 | 54 | 16 | 55 | 0 | 0 |   |
| Sex |   |   |   |   |   |   |   |   |   |   | 0.46 |
|   | Female | 976 | 63 | 724 | 62 | 114 | 58 | 17 | 59 | 1 | 33 |   |
|   | Male | 572 | 37 | 450 | 38 | 103 | 42 | 12 | 41 | 2 | 67 |   |