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| **Supplementary Table 7. Characteristics of FHS participants (N=6911) according to quartiles of physical activity index.** |
|   |   | Physical Activity Index (PAI) | P |
|   |   | Q1 | Q2 | Q3 | Q4 |
|   |   | [0,13.80] | (13.80,19.30] | (19.30, 26.00] | (26.00, 88.90] |
|   |   | No./Mean | S.D./% | No./Mean | S.D./% | No./Mean | S.D./% | No./Mean | S.D./% |
| Age, year | 53.01 | 15.67 | 50.34 | 14.05 | 47.71 | 13.04 | 44.90 | 11.81 | <0.0001 |
| BMI, kg/m2 | 27.64 | 5.80 | 27.14 | 5.25 | 26.71 | 4.95 | 26.86 | 4.92 | <0.0001 |
| Energy Intake, kcal/day | 1892.8 | 686.2 | 1936.5 | 702.6 | 1997.8 | 733.0 | 2167.9 | 904.0 | <0.0001 |
| Smoking |   |   |   |   |   |   |   |   | 0.01 |
|   | No | 1449 | 83 | 1439 | 84 | 1449 | 83 | 1360 | 80 |   |
|   | Yes | 228 | 17 | 280 | 16 | 298 | 17 | 346 | 20 |   |
| Alcohol |   |   |   |   |   |   |   |   | <0.0001 |
|   | No | 405 | 23 | 331 | 19 | 255 | 15 | 179 | 10 |   |
|   | Yes | 1332 | 77 | 1387 | 81 | 1492 | 85 | 1528 | 90 |   |
| Sex |   |   |   |   |   |   |   |   | <0.0001 |
|   | Female | 779 | 45 | 735 | 43 | 762 | 44 | 922 | 54 |   |
|   | Male | 958 | 55 | 985 | 57 | 985 | 56 | 785 | 46 |   |