**Supplementary Table: Physical Activity and Alcohol Consumption among Women and Mena: Adjusted odds of higher versus lower levels of drinkingb**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Alcohol Intakec**  |  |  |
|  | **Women** | **Women** | **Men** | **Men** |
|  | **Heavy vs. Light/Moderate** **Drinking** | **Moderate/Heavy vs. Light** **Drinking** | **Heavy vs. Light/Moderate** **Drinking** | **Moderate/Heavy vs. Light** **Drinking** |
|  | **OR** | **OR** | **OR** | **OR** |
| **Physical Activity (PA)d** | **(95% CI)** | **(95% CI)** | **(95% CI)** | **(95% CI)** |
|  |  |  |  |  |
| **Meeting PA Guidelines (vs. Not Meeting)** | 1.07 | 1.15\* | 0.92 | 1.11\*\* |
|  | 0.83 - 1.36 | 1.03 - 1.28 | 0.83 - 1.01 | 1.03 - 1.18 |
| **Exceeding PA Guidelines (vs Not Meeting)** | 0.97 | 1.36\*\* | 0.92 | 1.16\*\* |
|  | 0.79 - 1.21 | 1.24 - 1.49 | 0.85 - 1.00\* | 1.09 - 1.23 |
|   |   |   |   |  |

OR: Odds Ratio; CI- Confidence Interval

\* p<0.05; \*\*p<0.01.

a Cooper Center Longitudinal Study (CCLS)- 1988-2020; n= 38,653; women: n=10,922; men: n=27,731.

b Multiple regression models were computed to examine the relationship between fitness (low, moderate, high) and alcohol intake (heavy versus light/moderate, and moderate/heavy vs light) adjusting for age, birth cohort (Generation X and millennials vs Boomers), marital status: married (yes/no), and BMI. Separate models were estimated for women and men.

c Current drinking was grouped into three categories for participants aged 18-64 years: (1) light drinking: ≤3 drinks per week; (2) moderate drinking: >3-7 drinks per week (women) and >3-14 drinks per week (men); and (3) heavy drinking: >7 drinks per week (women) and >14 drinks per week (men). Among participants age ≥65 years, moderate drinking was regarded as >3-7 weekly drinks for both women and men, whereas heavy drinking was considered >7 drinks a week for both sexes; light drinking remained the same as above.

d Physical activity was based on questions pertaining to the frequency (sessions per week) and duration (on average) of activities in the 3 previous months. These included aerobic activities such as walking, jogging, or running. The reported frequency and duration of activity were converted to minutes of activity per week and multiplied by an estimated MET value based on the Compendium of Physical Activities. This resulted in metabolic equivalent of task (MET) minutes per week (MET·min/wk) for each participant. Based on the 2018 Health and Human Services Physical Activity Guidelines for Americans, three categories were constructed: (1) Not meeting guidelines (<500 MET·min/wk); (2) Meeting Guidelines (500-1000 MET·min/wk); and (3) Exceeding Guidelines (>1000 MET·min/wk).