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| **Supplementary Material 2. Associations between confounding variables and LTL among 2,002 study participants** |
| **Variable** | **Tertiles of Baseline LTL [range]** | ***p*-value****for trend\***  |
| **1st tertile** | **2nd tertile** | **3rd tertile** |
| **[0.0671-0.8862]** | **[0.8869- 1.1161]** | **[1.1173- 2.9311]** |
| Number of participants, (%) | 667 (33.3) | 668 (33.4) | 667 (33.3) |  |
| Males, % | 50.2 | 50.0 | 48.0 | 0.41 |
| Age, years | 59.1±7.6 | 58.2±7.4 | 57.7±6.9 | <0.001 |
| Body temperature, % | 36.1±0.3 | 36.1±0.4 | 36.0±0.4 | 0.06 |
| Body mass index, kg/m2 | 24.8±2.9 | 24.7±2.9 | 24.5±3.0 | 0.07 |
| Current smokers, % | 11.7 | 12.6 | 10.9 | 0.67 |
| Smoking pack-years among smokers | 3.3±10.9 | 3.3±10.8 | 3.1±10.4 | 0.95 |
| Ever alcohol drinkers, % | 48.0 | 47.3 | 47.1 | 0.74 |
| Presence of hypertension, % | 31.2 | 32.9 | 34.5 | 0.30 |
| Presence of diabetes mellitus, % | 19.2 | 18.4 | 17.8 | 0.53 |
| Presence of coronary artery disease, % | 4.80 | 5.69 | 6.00 | 0.34 |
| Presence of cancer, % | 4.5 | 2.8 | 4.2 | 0.25 |
| Physical activity, MET-hours/day† | 40.7±5.9 | 40.3±6.8 | 41.3±5.7 | 0.09 |
| Menopause in women, % | 39.6 | 42.0 | 43.5 | 0.34  |
| *Biochemical assay in blood* |  |  |  |  |
|  | Total cholesterol, mg/dL | 195.2±36.8 | 193.8±35.0 | 194.5±35.4 | 0.70 |
|  | HDL-cholesterol, mg/dL | 53.2±13.5 | 54.1±13.3 | 54.4±12.9 | 0.09 |
|  | Triglycerides, mg/dL | 147.9±115.1 | 134.2±72.3 | 135.9±78.5 | <0.05 |
|  | High sensitivity C-reactive protein, mg/L | 0.80±0.63 | 0.77±0.59 | 0.79±0.64 | 0.72 |
|  | Leukocyte count, 103cells/μL | 5.01±1.47 | 5.11±1.41 | 5.22±1.50 | <0.01 |
|   |  |  |  |   |   |

Values are presented mean±standard deviation or proportion.
*\*p*-value for trend was obtained using Cochran-Armitage trend test for categorical and a generalized linear model for continuous variables

LTL, leukocyte telomere length; MET, metabolic equivalent; HDL, high-density lipoprotein
† Average daily metabolic equivalents-hours