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| **Supplementary Material 3. Multivariable logistic regression analysis on low handgrip strength associated with levels of physical activity in men** |
|  | **Aerobic exercise\*** | **Muscle strengthening exercise** | **Walking exercise\*** |
|  | **Highly active** | **Active**  | **Inactive** | **Highly active** | **Active**  | **Inactive** | **Highly active** | **Active**  | **Inactive** |
|  | **Odds Ratio (95% confidence interval)** |
| **Age groups** |  |  |  |  |  |  |  |  |  |
| 19-39 |  |  |  |  |  |  |  |  |  |
| Crude | 1 | 1.49(1.16-1.93) | 1.26(1.00-1.60) | 1 | 1.08(0.73-1.60) | 1.78(1.29-2.46) | 1 | 1.08(0.84-1.38) | 0.96(0.74-1.23) |
| Model 1 | 1 | 1.35(1.04-1.75) | 1.07(0.83-1.38) | 1 | 1.08(0.73-1.61) | 1.83(1.31-2.5) | 1 | 1.04(0.81-1.34) | 0.86(0.66-1.12) |
| Model 2 | 1 | 1.33(1.01-1.74) | 1.07(0.82-1.39) | 1 | 1.13(0.76-1.68) | 2.02(1.44-2.85) | 1 | 1.05(0.81-1.36) | 0.83(0.63-1.09) |
| Model 3 | 1 | 1.32(1.00-1.73) | 1.07(0.82-1.38) | 1 | 1.13(0.75-1.68) | 2.01(1.43-2.84) | 1 | 1.05(0.81-1.37) | 0.83(0.63-1.10) |
| 40-59 |  |  |  |  |  |  |  |  |  |
| Crude | 1 | 1.59(1.22-2.06) | 1.53(1.24-1.88) | 1 | 1.18(0.82-1.70) | 1.31(0.98-1.75) | 1 | 1.12(0.89-1.42) | 1.04(0.84-1.29) |
| Model 1 | 1 | 1.57(1.21-2.05) | 1.45(1.17-1.80) | 1 | 1.22(0.84-1.76) | 1.33(0.99-1.78) | 1 | 1.14(0.90-1.44) | 1.01(0.81-1.26) |
| Model 2 | 1 | 1.55(1.19-2.02) | 1.44(1.16-1.79) | 1 | 1.23(0.84-1.79) | 1.31(0.98-1.76) | 1 | 1.16(0.92-1.46) | 1.01(0.81-1.26) |
| Model 3 | 1 | 1.55(1.18-2.02) | 1.44(1.16-1.79) | 1 | 1.25(0.86-1.82) | 1.33(0.99-1.78) | 1 | 1.14(0.90-1.44) | 1.00(0.80-1.25) |
| 60+ |  |  |  |  |  |  |  |  |  |
| Crude | 1 | 1.31(0.99-1.73) | 1.76(1.41-2.20) | 1 | 1.22(0.81-1.84) | 2.41(1.88-3.09) | 1 | 1.31(1.05-1.64) | 1.47(1.21-1.79) |
| Model 1 | 1 | 1.15(0.86-1.54) | 1.43(1.14-1.80) | 1 | 1.27(0.83-1.95) | 2.30(1.79-2.96) | 1 | 1.27(1.01-1.61) | 1.26(1.02-1.54) |
| Model 2 | 1 | 1.12(0.83-1.50) | 1.32(1.05-1.66) | 1 | 1.28(0.84-1.95) | 2.03(1.56-2.64) | 1 | 1.30(1.03-1.65) | 1.15(0.93-1.41) |
| Model 3 | 1 | 1.11(0.83-1.49) | 1.31(1.04-1.65) | 1 | 1.28(0.84-1.96) | 2.00(1.53-2.60) | 1 | 1.30(1.03-1.65) | 1.14(0.93-1.40) |

The data were presented as odds ratio (95% confidence interval).

Model 1: adjusted for age, BMI.

Model 2: further adjusted for education level, household income, smoking status, frequency of alcohol drinking.

Model 3: further adjusted for comorbidities (hypertension, diabetes, musculoskeletal disease, hypercholesterolemia, and hypertriglyceridemia).

\*We adjusted muscle strengthening exercise which could be influenced on an association between physical activity and handgrip strength.