

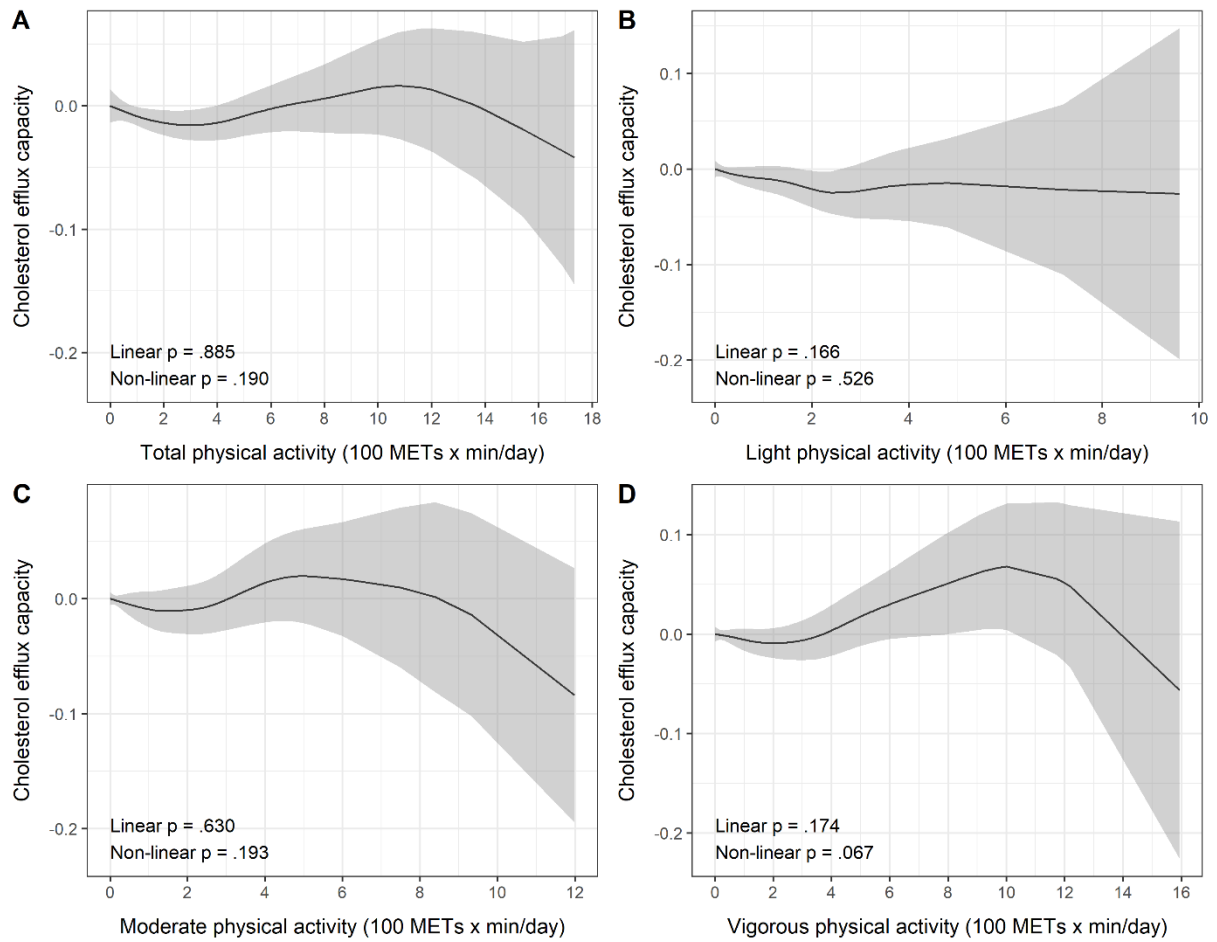
SUPPLEMENTARY DATA

Table 1 of the supplementary data. Relationship between past and current physical activity (total and by intensity), and HDL antioxidant capacity adjusted for confounding variables defined as model 1 and model 2 –

| | Model 1 | | | Model 2 | | |
|---|---------------------------|------------------|--------|---------------------------|------------------|--------|
| | β | 95%CI | P | β | 95% CI | P |
| Total physical activity | | | | | | |
| Past total LTPA (100 METs x min/d) | -0.001 | -0.004, 0.003 | .691 | 0.000 | -0.004, 0.003) | .928 |
| Current total LTPA (100 METs x min/d) | Nonlinear P < .001 | | | Nonlinear P < .001 | | |
| < 400 METs x min/d current total LTPA | -0.022 | -0.030, -0.013 | < .001 | -0.021 | -0.030, -0.012 | < .001 |
| ≥ 400 METs x min/d current total LTPA | 0.002 | -0.005, 0.008 | .632 | 0.002 | -0.005, 0.008 | .554 |
| Physical activity according to intensity | | | | | | |
| <i>Past physical activity practice</i> | | | | | | |
| Past light LTPA (100 METs-min/d) | -0.008 | (-0.016, 0.000) | .039 | -0.007 | (-0.016, 0.000) | .058 |
| Past moderate LTPA (100 METs x min/d) | 0.001 | (-0.005, 0.007) | .677 | 0.002 | (-0.005, 0.007) | .587 |
| Past vigorous LTPA (100 METs x min/d) | 0.001 | (-0.004, 0.007) | .638 | 0.002 | (-0.004, 0.007) | .515 |
| <i>Current physical activity practice</i> | | | | | | |
| Current light LTPA (100 METs x min/d) | -0.011 | (-0.019, -0.003) | .010 | -0.010 | (-0.019, -0.003) | .013 |
| Current moderate LTPA (100 METs x min/d) | Nonlinear P value = 0.042 | | | Nonlinear P value < 0.046 | | |
| < 200 METs x min/d current moderate LTPA | -0.028 | (-0.049, -0.007) | .010 | -0.028 | (-0.049, -0.007) | .011 |
| ≥ 200 METs x min/d current moderate LTPA | 0.007 | (-0.005, 0.019) | .265 | 0.007 | (-0.005, 0.019) | .276 |
| Current vigorous LTPA (100 METs x min/d) | Nonlinear P = .076 | | | Nonlinear P = .083 | | |
| < 200 METs x min/d current vigorous LTPA | -0.025 | (-0.043, -0.007) | .007 | -0.024 | (-0.043, -0.007) | .010 |
| ≥ 200 METs x min/d current vigorous LTPA | -0.004 | (-0.012, 0.005) | .363 | -0.003 | (-0.012, 0.005) | .495 |

Model 1, adjusted for age, sex, smoking status, diabetes, high-density lipoprotein cholesterol and low-density lipoprotein cholesterol. Model 2, further adjusted for body mass index. LTPA, leisure time physical activity; β , linear regression coefficient; CI, confidence interval.

Figure 1 of the supplementary data.



Dose-response association of different intensities of current leisure time physical activity (total, and light-, moderate- and vigorous-intensity [100 METs x min/d]) and cholesterol efflux capacity, assessed by restricted cubic splines. The black line represents the estimated effect size of the association and the grey area the 95% confidence interval.