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| **Supplementary Material 4. Multivariable logistic regression analysis on low handgrip strength associated with levels of physical activity in women** |
|  | **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 | 1.67(1.29-2.16) | 1.52(1.19-1.94) | 1 | 1.53(0.82-2.85) | 2.16(1.25-3.70) | 1 | 1.25(0.98-1.59) | 1.31(1.04-1.65) |
| Model 1 | 1 | 1.61(1.24-2.09) | 1.35(1.05-1.75) | 1 | 1.48(0.79-2.77)  | 2.13(1.24-3.66) | 1 | 1.22(0.96-1.55) | 1.20(0.95-1.52) |
| Model 2 | 1 | 1.63(1.25-2.11) | 1.34(1.04-1.73) | 1 | 1.47(0.80-2.71) | 2.08(1.22-3.55) | 1 | 1.22(0.96-1.55) | 1.18(0.93-1.50) |
| Model 3 | 1 | 1.62(1.25-2.11) | 1.36(1.05-1.75) | 1 | 1.47(0.80-2.73) | 2.09(1.22-3.58) | 1 | 1.24(0.97-1.58) | 1.20(0.95-1.52) |
| 40-59 |  |  |  |  |  |  |  |  |  |
| Crude | 1 | 1.35(1.07-1.70) | 1.80(1.49-2.18) | 1 | 0.82(0.54-1.24) | 1.34(0.97-1.85) | 1 | 1.37(1.14-1.66) | 1.53(1.28-1.82) |
| Model 1 | 1 | 1.31(1.03-1.66) | 1.70(1.40-2.06) | 1 | 0.84(0.56-1.28) | 1.39(1.01-1.92) | 1 | 1.40(1.15-1.69) | 1.50(1.26-1.79) |
| Model 2 | 1 | 1.29(1.01-1.63) | 1.66(1.36-2.02) | 1 | 0.88(0.58-1.33) | 1.33(0.96-1.85) | 1 | 1.40(1.15-1.69) | 1.47(1.23-1.76) |
| Model 3 | 1 | 1.29(1.01-1.64) | 1.65(1.35-2.01) | 1 | 0.88(0.58-1.34) | 1.34(0.97-1.87) | 1 | 1.40(1.15-1.69) | 1.47(1.23-1.76) |
| 60+ |  |  |  |  |  |  |  |  |  |
| Crude | 1 | 1.03(0.77-1.39) | 1.64(1.29-2.08) | 1 | 0.86(0.50-1.50) | 1.81(1.24-2.63) | 1 | 1.07(0.86-1.34) | 1.59(1.32-1.91) |
| Model 1 | 1 | 0.95(0.71-1.28) | 1.41(1.10-1.81) | 1 | 0.95(0.54-1.65) | 1.76(1.21-2.56) | 1 | 1.04(0.83-1.31) | 1.37(1.14-1.66) |
| Model 2 | 1 | 0.96(0.72-1.30) | 1.37(1.07-1.76) | 1 | 0.97(0.55-1.69) | 1.63(1.12-2.38) | 1 | 1.06(0.84-1.33) | 1.35(1.11-1.64) |
| Model 3 | 1 | 0.97(0.72-1.30) | 1.35(1.05-1.74) | 1 | 0.99(0.56-1.73) | 1.62(1.11-2.36) | 1 | 1.05(0.84-1.32) | 1.35(1.11-1.63) |

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.