

Supplemental Table 2. Causal estimates by summary-level MR analysis after disregarding SNPs associated with other phenotypes by the GWAS catalog screening.

Outcome	N of instrumented SNPs	MR-Egger intercept P value	MR methods	Causal estimates [beta (95% CI)]	P value
Leukocyte telomere length (Z-score)	363	0.530	MR-IVW	-0.04 (-0.053, -0.027)	< 0.001
			Weighted median	-0.041 (-0.057, -0.025)	< 0.001
			MR-Egger	-0.025 (-0.058, 0.007)	0.07
Appendicular lean mass index	344	0.356	MR-IVW	-0.007 (-0.008, -0.006)	< 0.001
			Weighted median	-0.005 (-0.007, -0.003)	< 0.001
			MR-Egger	0 (-0.004, 0.004)	0.47
Walking pace (ordinal category)	362	0.209	MR-IVW	-0.046 (-0.056, -0.035)	< 0.001
			Weighted median	-0.034 (-0.045, -0.024)	< 0.001
			MR-Egger	-0.015 (-0.037, 0.007)	0.09
Handgrip strength (kg)	362	0.463	MR-IVW	0.125 (-0.006, 0.256)	0.06
			Weighted median	0.072 (-0.057, 0.201)	0.28
			MR-Egger	0.38 (0.125, 0.635)	0.001
Time on moderat-to-vigorous physical activity (hours/week)	363	0.542	MR-IVW	-0.376 (-0.538, -0.214)	< 0.001
			Weighted median	-0.235 (-0.44, -0.031)	0.02
			MR-Egger	-0.034 (-0.427, 0.359)	0.44

MR = Mendelian randomization, SNP = single nucleotide polymorphism, MR-IVW = multiplicative random-effect inverse-variance weighted method

Causal estimates are scaled towards 2-fold increase in prevalence of tobacco smoking.