

Appendix C. Odds ratio to have metabolic syndrome in each step of logistic regression analysis

		Bivariate		PA submodel plus TV		plus Socio-demographic		plus Lifestyle		plus Family history		plus BMI		
		OR	(95% CI)	OR	(95% CI)	OR	(95% CI)	OR	(95% CI)	OR	(95% CI)	OR	(95% CI)	
Physical activity	Physical Activity	Domain												
		Recreational (MET-h/day)	0.91	(0.89; 0.92) ***	0.91	(0.89; 0.93) ***	0.93	(0.91; 0.96) ***	0.93	(0.91; 0.96) ***	0.93	(0.91; 0.96) ***	0.95	(0.93; 0.97) ***
		Domestic (MET-h/day)	1.09	(1.07; 1.11) ***	1.07	(1.05; 1.09) ***	1.02	(0.99; 1.04)	1.02	(0.99; 1.04)	1.02	(0.99; 1.04)	1.01	(0.99; 1.04)
		Active transport (MET-h/day)	0.90	(0.84; 0.95) ***	0.85	(0.80; 0.91) ***	0.88	(0.82; 0.94) ***	0.88	(0.82; 0.93) ***	0.88	(0.82; 0.94) ***	0.90	(0.84; 0.96) **
		Intensity												
		Light (MET-h/day)	1.08	(1.06; 1.11) ***	1.06	(1.03; 1.08) ***	1.02	(1.00; 1.05)	1.02	(1.00; 1.05)	1.02	(1.00; 1.05)	1.02	(0.99; 1.05)
		Moderate (MET-h/day)	0.93	(0.91; 0.95) ***	0.94	(0.92; 0.96) ***	0.93	(0.91; 0.95) ***	0.93	(0.91; 0.96) ***	0.93	(0.91; 0.96) ***	0.95	(0.92; 0.97) ***
		Vigorous (MET-h/day)	0.83	(0.80; 0.87) ***	0.85	(0.81; 0.89) ***	0.92	(0.88; 0.96) ***	0.91	(0.88; 0.95) ***	0.92	(0.88; 0.95) ***	0.94	(0.90; 0.97) ***
		Total PA (MET-h/day)	0.97	(0.96; 0.99) ***	0.97	(0.96; 0.98) ***	0.97	(0.95; 0.98) ***	0.96	(0.94; 0.98) ***	0.97	(0.95; 0.98) ***	0.97	(0.96; 0.99) *
		Total walking (MET-h/day)	0.99	(0.96; 1.02)	0.98	(0.95; 1.01)	0.95	(0.92; 0.98) **	0.95	(0.92; 0.98) **	0.95	(0.92; 0.98) **	0.96	(0.93; 0.99) *
PA level (≥ 3 MET-h/d vs < 3 MET-h/d)	0.83	(0.73; 0.94) **	0.82	(0.72; 0.93) **	0.74	(0.64; 0.85) ***	0.74	(0.64; 0.85) ***	0.74	(0.64; 0.85) ***	0.77	(0.66; 0.91) ***		
Socio-demographic	Age	18-30	1.00				1.00		1.00		1.00		1.00	
		31-45	3.26	(2.6; 4.1) ***			2.77	(2.20; 3.50) ***	2.75	(2.18; 3.47) ***	2.56	(2.02; 3.23) ***	2.17	(1.68; 2.79) ***
		46-60	8.78	(7.0; 11.0) ***			6.41	(5.05; 8.14) ***	5.94	(4.67; 7.55) ***	5.59	(4.39; 7.12) ***	3.81	(2.94; 4.95) ***
		> 60	16.3	(12.4; 21.4) ***			10.34	(7.76; 13.78) ***	9.08	(6.78; 12.15) ***	8.57	(6.39; 11.49) ***	6.63	(4.82; 9.12) ***
		Gender (men vs. women)	1.18	(1.05; 1.32) **			1.49	(1.29; 1.72) ***	1.48	(1.28; 1.72) ***	1.52	(1.31; 1.77) ***	1.42	(1.20; 1.67) ***
	Education	University	1.00				1.00		1.00		1.00		1.00	
		Secondary	1.40	(1.13; 1.75) ***			1.51	(1.19; 1.90) ***	1.51	(1.20; 1.92) ***	1.50	(1.18; 1.90) ***	1.20	(0.93; 1.56)
		Primary or lesser	3.59	(2.94; 4.38) ***			2.06	(1.65; 2.56) ***	2.06	(1.65; 2.57) ***	2.02	(1.62; 2.52) ***	1.38	(1.09; 1.76) ***
Ancestry (yes vs. no)	1.25	(1.07; 1.45) **			1.05	(0.89; 1.25)	1.03	(0.87; 1.22)	1.02	(0.86; 1.21)	1.06	(0.88; 1.27)		
Housekeeper (yes vs. no)	2.26	(1.98; 2.59) ***			1.72	(1.45; 2.05) ***	1.7	(1.43; 2.02) ***	1.71	(1.44; 2.04) ***	1.59	(1.31; 1.93) ***		
Lifestyle	TV watching	< 1 h/day	1.00		1.00		1.00		1.00		1.00		1.00	
		1 - < 2 h/day	0.97	(0.84; 1.12)	0.97	(0.84; 1.11)	0.94	(0.81; 1.09)	0.95	(0.82; 1.11)	0.94	(0.81; 1.10)	0.93	(0.79; 1.10)
		2 - < 3 h/day	1.22	(1.05; 1.41) **	1.23	(1.06; 1.43) ***	1.09	(0.93; 1.28)	1.10	(0.94; 1.29)	1.09	(0.92; 1.28)	1.09	(0.91; 1.30)
		3 - < 4 h/day	1.92	(1.52; 2.42) ***	1.93	(1.53; 2.44) ***	1.51	(1.17; 1.94) ***	1.52	(1.18; 1.96) ***	1.52	(1.18; 1.96) ***	1.35	(1.03; 1.78) *
		> 4 h/day	2.87	(1.99; 4.13) ***	2.90	(2.01; 4.16) ***	1.76	(1.18; 2.63) ***	1.80	(1.20; 2.69) ***	1.73	(1.15; 2.58) **	1.64	(1.06; 2.54) *
	Night-time sleep (< 6 vs. ≥ 6 h/day)	1.63	(1.45; 1.83) ***					1.37	(1.16; 1.61) ***	1.37	(1.16; 1.61) ***	1.24	(1.03; 1.49) *	
	Smoker (yes vs. no)	0.67	(0.59; 0.77) ***					0.76	(0.66; 0.88) **	0.75	(0.65; 0.87) **	0.97	(0.82; 1.14)	
	Alcohol intake (high vs low)	1.40	(1.12; 1.76) ***					1.17	(0.89; 1.54)	1.15	(0.87; 1.51)	1.09	(0.81; 1.47)	
Nap (yes vs. no)	1.45	(1.28; 1.64) ***					1.15	(1.00; 1.32) *	1.16	(1.01; 1.33) *	1.18	(1.01; 1.37) *		
Family history	Family history of CVD and diabetes	Neither	1.00							1.00		1.00		
		Paternal	1.2	(1.02; 1.43) *							1.26	(1.04; 1.51) *	1.27	(1.03; 1.55) *
		Maternal	1.55	(1.32; 1.81) ***							1.38	(1.16; 1.64) ***	1.40	(1.16; 1.69) ***
		Both parents	1.89	(1.62; 2.21) ***							1.63	(1.37; 1.92) ***	1.58	(1.31; 1.90) ***
Obesity	BMI	Normal	1.00									1.00		
		Overweight	8.4	(6.8; 10.4) ***									5.9	(4.7; 7.3) ***
		Obese	30.9	(24.8; 38.6) ***									21.1	(16.8; 26.6) ***