

## Dual trajectories of physical activity and blood lipids in midlife women: The Study of Women's Health Across the Nation

### Supplemental Material

Supplemental Table 1. Comparison of sociodemographic and medical characteristics of SWAN participants at baseline in women included vs excluded from the final analysis

	<b>Included (n=2789)</b>	<b>Excluded (n=513)</b>
Age (years), mean (SD)	45.9 (2.7)	45.8 (2.8)
Sports/exercise physical activity index score, mean (SD)	2.7 (1.0)	2.2 (0.9)
Sports/exercise physical activity index score, median (IQR)	2.5 (1.8)	2.0 (1.3)
Missing, n	69	21
Race/ethnicity, n (%)		
Hispanic	0 (0)	286 (56)
Non-Hispanic white	1375 (49)	176 (34)
Black	894 (32)	40 (8)
Japanese	274 (10)	7 (1)
Chinese	246 (9)	4 (1)
Education, n (%)		
Less than high school	100 (4)	138 (28)
High school graduate	469 (17)	112 (22)
Some college/technical school	922 (33)	129 (26)
College graduate	597 (22)	64 (13)
Post graduate education	685 (25)	55 (11)
Missing	16	15
BMI category, n (%)		
Underweight (<18.5 kg/m <sup>2</sup> )	47 (2)	5 (1)
Normal weight (18.5-24.9 kg/m <sup>2</sup> )	1021 (37)	138 (29)
Overweight (25-29.9 kg/m <sup>2</sup> )	777 (28)	157 (33)
Obese (≥30 kg/m <sup>2</sup> )	944 (34)	171 (36)
Missing	0	42
Menopausal status, n (%)		
Pre-menopause	1505 (54)	256 (54)
Early perimenopause	1284 (46)	209 (44)
Unknown/hormone therapy	0 (0)	6 (1)
Missing	0	42
Alcohol use, n (%)		
None	1323 (50)	230 (47)
<1/week	263 (10)	63 (13)
1-7/week	656 (25)	157 (32)
>7/week	405 (15)	36 (7)
Missing	142	27
Smoking status, n (%)		
Never	1586 (57)	304 (59)
Former	722 (26)	108 (21)
Current	481 (17)	99 (19)
Missing	0	2

\*Using Asian-specific BMI cutoffs for Chinese and Japanese women

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Supplemental Table 2. Measures of final trajectory model fit

<b>Final trajectory group</b>	<b>Mean posterior membership probability</b>	<b>Odds of correct classification</b>
Physical activity		
Consistently low	0.91	5
Increasing	0.74	15
Decreasing	0.70	56
Consistently high	0.78	26
HDL cholesterol		
Low	0.94	21
Moderate	0.93	19
High	0.95	100
LDL cholesterol		
Low-increasing	0.90	41
Consistently moderate	0.87	8
Moderate-decreasing	0.88	16
High-decreasing	0.91	158
Triglycerides		
Consistently low	0.99	11
High-decreasing	0.95	171