Supplemental figures and tables

Table 1S Quartiles of total physical activity levels (MET h/d) among normotensive and hypertensive participants.

Variable	Normotensive	Hypertensive
Male		
25 th percentile	18.0	16.0
50 th percentile	36.0	32.0
75 th percentile	60.0	56.0
Female		
25 th percentile	17.0	15.4
50 th percentile	32.0	28.0
75 th percentile	52.0	48.0

MET: metabolic equivalent.

Table 2S Sensitivity analyses for hazard ratios (95% CI) of incident hypertension according to quartiles of total physical activity.

Variable	Quartile 1 (n = 13405)	Quartile 2 (n = 13491)	Quartile 3 (n = 13700)	Quartile 4 (n = 14129)	P-trend
Cases	3442	3158	2616	2619	-
Person-years	103 132.88	101 556.80	93 936.99	95 257.24	-
Incidence rate (per 1000 person-years)	33.38	31.10	27.85	27.49	-
HR (95% CI)					
Model 1	1.00	1.01 (0.96, 1.06)	0.86 (0.81, 0.91)**	0.79 (0.75, 0.83)**	< 0.001
Model 2	1.00	1.01 (0.96, 1.06)	0.87 (0.82, 0.92)**	0.80 (0.75, 0.84)**	< 0.001
Model 3	1.00	1.01 (0.96, 1.06)	0.86 (0.81, 0.91)**	0.80 (0.76, 0.85)**	< 0.001

New-onset hypertension within 1 year after recruitment (n = 376) were excluded for sensitivity analyses. Model 1: adjusted for age, gender, BMI, region, and area. Model 2: adjusted for covariates in model 1 plus educational level, smoking status, alcohol drinking status, blood glucose level and total cholesterol level. Model 3: adjusted for covariates in model 2 plus baseline SBP. |**P < 0.001 vs. the quartile 1 group.

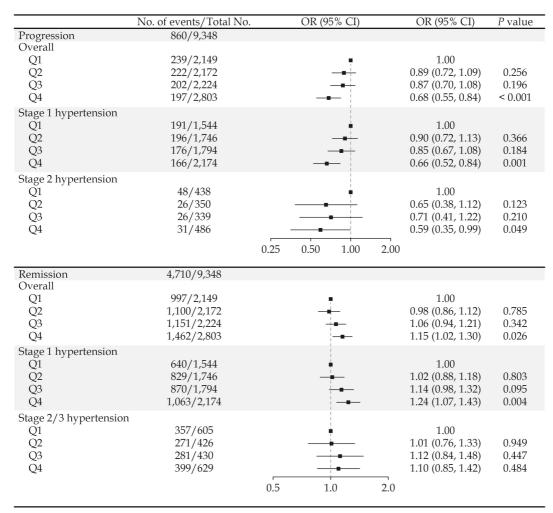


Figure 1S Sensitivity analyses for progression and remission of hypertension among hypertensive participants according to quartiles of total physical activity. Model adjusted for age, gender, BMI, region, area, educational level, smoking status, alcohol drinking status, blood glucose level, total cholesterol level, and baseline SBP. Q1: <25th percentile; Q2: 25th-50th percentile; Q3: 50th-75th percentile; Q4: >75th percentile.

	No. of events/Total No.		OR (95% CI)		OR (95% CI)	P value
Progression	952/2,263					
Stayed sedentary	92/203		•		1.00	
Became active	169/364				0.97 (0.67, 1.39)	0.854
Became sedentary	119/269				0.99 (0.67, 1.47)	0.974
Stayed active	572/1,427	-	-		0.84 (0.59, 1.19)	0.323
Remission	830/2,263					
Stayed sedentary	74/203		÷		1.00	
Became active	135/364			_	1.23 (0.84, 1.80)	0.278
Became sedentary	82/269	_			0.86 (0.57, 1.31)	0.483
Stayed active	539/1,427		-		1.32 (0.92, 1.90)	0.137
		0.5	1.0			
		0.5	1.0	2.0		

Figure 2S Odd ratios (95% CI) of progression and remission of hypertension among hypertensive participants according to changes in total physical activity. Model adjusted for age, gender, BMI, region, area, educational level, smoking status, alcohol drinking status, blood glucose level, total cholesterol level, baseline SBP and baseline total MET.

	No. of events/Total No.	OR (95% CI)	OR (95% CI)	P value	
Progression	268/1,579				
Stayed sedentary	22/133	÷	1.00		
Became active	44/239		1.13 (0.64, 2.02)	0.670	
Became sedentary	34/184		0.88 (0.47, 1.63)	0.678	
Stayed active	168/1,023		0.62 (0.35, 1.11)	0.106	
Remission	830/1,579				
Stayed sedentary	74/133	+	1.00		
Became active	135/239	- i = - -	1.21 (0.77, 1.89)	0.409	
Became sedentary	82/184		0.84 (0.52, 1.35)	0.471	
Stayed active	539/1,023	-	1.45 (0.94, 2.23)	0.091	
	0.050, 1.00, 0.00, 1.00				
	0.25 0.50 1.00 2.00 4.00				

Figure 3S Sensitivity analyses for progression and remission of hypertension among hypertensive participants according to changes in total physical activity. Model adjusted for age, gender, BMI, region, area, educational level, smoking status, alcohol drinking status, blood glucose level, total cholesterol level, baseline SBP, and baseline total MET.