

Supplemental Table I. Meta-analysis of beta coefficients for association between adherence to recommended physical activity and cardiometabolic risk factors

Risk factors	Physical activity	
	beta coefficient (95% CI)	P value
Waist, cm	-2.013 (-3.379 to -0.648)	0.004
BMI	-0.036 (-0.060 to -0.011)	0.004
Systolic BP, mmHg	0.716 (-1.099 to 2.531)	0.439
Diastolic BP, mmHg	0.864 (-0.721 to 2.448)	0.285
HDL-C, mg/dL	0.044 (0.010 to 0.077)	0.010
Triglycerides, mg/dL	-0.047 (-0.123 to 0.030)	0.235
Insulin, uU/mL	-0.098 (-0.186 to -0.011)	0.027
2h glucose, mg/dL	-0.046 (-0.091 to -0.002)	0.041
HOMA-IR	-0.102 (-0.190 to -0.014)	0.023
HOMA- β	-0.085 (-0.159 to -0.011)	0.024
HbA1c	-0.021 (-0.069 to 0.027)	0.388

BMI: body mass index; BP: blood pressure; HbA1c: hemoglobin A1c; CI: confidence interval; HDL-C: high-density lipoprotein-cholesterol; HOMA-IR: Homeostatic Model Assessment for Insulin Resistance; HOMA- β : homeostasis model assessment of β -cell function.

Supplemental Table II. Differences in the cardiometabolic risk factors between adults who adhered or did not adhere to the recommended physical activity (defined as moderate activity >300 minutes/week)

Risk factors	Nonadherence	Adherence	beta coefficient	P value
Waist, cm	104.6 (104.1 to 105.9)	102.8 (102.0 to 103.7)	-1.797 (-2.850 to -0.744)	0.001
BMI	30.2 (29.7 to 30.7)	28.9 (28.5 to 29.3)	-0.045 (-0.065 to -0.024)	<0.001
Systolic BP, mmHg	125.2 (124.0 to 126.4)	125.3 (124.2 to 126.5)	0.126 (-1.324 to 1.577)	0.863
Diastolic BP, mmHg	70.3 (69.3 to 71.3)	70.4 (69.5 to 71.3)	0.119 (-1.295 to 1.533)	0.868
HDL-C, mg/dL	50.9 (50.1 to 51.8)	52.6 (51.5 to 53.7)	0.031 (0.007 to 0.056)	0.014
Triglycerides, mg/dL	117.5 (113.4 to 121.7)	109.7 (105.9 to 113.5)	-0.069 (-0.116 to -0.022)	0.005
Insulin, uU/mL	13.8 (13.2 to 14.4)	12.4 (11.9 to 13.0)	-0.100 (-0.149 to -0.051)	<0.001
2h glucose, mg/dL	123.9 (121.1 to 126.8)	118.2 (115.3 to 121.0)	-0.048 (-0.082 to -0.013)	0.008
HOMA-IR	3.6 (3.4 to 3.8)	3.3 (3.1 to 3.4)	-0.099 (-0.151 to -0.048)	<0.001
HOMA- β	116.8 (112.2 to 121.6)	105.5 (101.6 to 109.6)	-0.102 (-0.148 to -0.055)	<0.001
HbA1c	5.61 (5.59 to 5.65)	5.61 (5.59 to 5.63)	0.000 (-0.030 to 0.031)	0.979

Data are presented as mean with confidence interval in parenthesis.

BMI: body mass index; BP: blood pressure; HbA1c: hemoglobin A1c; HDL-C: high-density lipoprotein-cholesterol; HOMA-IR: Homeostatic Model Assessment for Insulin Resistance; HOMA- β : homeostasis model assessment of β -cell function.

Supplemental Table III. The associations between adherence to PAG for aerobic activity and the proportion of diabetes

	Nonadherence	Adherence	beta coefficient	P value
Unadjusted proportion of diabetes (%)	29.4 (27.0 to 31.7)	23.6 (21.9 to 25.3)	-5.8 (-8.6 to -3.0)	<0.001
Adjusted proportion of diabetes (%)	31.4 (28.3 to 34.6)	30.0 (27.5 to 32.6)	-1.5 (-5.3 to 2.3)	0.438

Data are presented as mean with 95% confidence intervals in parenthesis.

CI: confidence interval; PAG: Physical Activity Guidelines for American

Supplemental Table IV. Standardized beta coefficients for associations between sedentary time and the proportion of diabetes

	beta coefficient (95% CI)	P value
Unadjusted	2.7 (0.2 to 5.3)	0.035
Adjusted	1.6 (-1.9 to 5.1)	0.365

CI: confidence interval