

Supporting Information

Association Between Physical Activity-related miRNAs and Metabolic Syndrome

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Table S1 Characteristics of the study participants.

| Variables | Control (n=234) | Mets (209) | p value |
|------------------------------------|------------------------|--------------------|---------------------|
| Age | 62.23±6.72 | 62.51±7.09 | 0.660 ^a |
| Male, n% | 49.6 | 40.7 | 0.069 ^c |
| Body mass index, kg/m ² | 21.95(18.34-27.37) | 25.03(20.18-29.87) | <0.001 ^a |
| Smoking(smoking/quit/never),% | 21.6/13.8/64.7 | 14.9/8.7/76.4 | 0.025 ^a |
| Drinking(drinking/quit/never),% | 22.3/6.0/71.7 | 20.1/4.8/75.1 | 0.691 ^a |
| Waist (cm) | 77(64.9-91.25) | 85(72-99.5) | <0.00 ^b |
| Triglyceride, mmol /L | 0.85(0.44-1.9) | 1.39(0.59-2.9) | <0.001 ^b |
| HDL, mmol /L | 1.49(0.87-2.39) | 1.1(0.85-2.04) | <0.001 ^b |
| Blood pressure, mm Hg | | | |
| Systolic | 130(100-160) | 130(100-170) | <0.001 ^b |
| Diastolic | 80(60-100) | 85(62.5-100) | 0.002 ^b |
| Fasting blood glucose, mmol/L | 5.3(4.32-7.2) | 5.9(4.76-14.8) | <0.001 ^b |
| Past history, % | | | |
| Coronary heart disease | 9.4 | 14.6 | 0.103 ^c |
| stroke | 18.6 | 32.4 | <0.001 ^c |
| Diabetes | 4.0 | 17.0 | <0.001 ^c |
| MET (hours/week) | 18.6(0-65.06) | 11.5(0-55.35) | 0.014 ^b |

Data are mean±SD for normally distributed or medians (5%–95%) for skewed parameters, or number (%). *P* value was obtained by Student's *t* test^a or Kruskal-Wallis Test^b or Kruskal-Wallis Test or chi-square test^c