

Table 2 Level of physical activity in people with metabolic syndrome and hazard ratio (HR) of all-cause and cardiovascular (CVD) deaths

PA Index	n	Person years	All-cause				CVD			
			Deaths	HR ^a	HR ^b (95%CI)	P-trend	Deaths	HR ^a	HR ^b (95%CI)	P-trend
<65 years old										
Inactive ^c	854	9357	70	1.0	1.0 (Ref.)		15	1.0	1.0 (Ref.)	
Low	3750	41 723	203	0.62	0.71 (0.54 to 0.94)		61	0.87	1.03 (0.58 to 1.83)	
Moderate	2723	30 398	114	0.52	0.58 (0.43 to 0.79)		26	0.56	0.63 (0.33 to 1.20)	
High	2556	28 119	73	0.46	0.52 (0.37 to 0.73)		17	0.51	0.60 (0.29 to 1.22)	
						<0.001				0.02
≥65 years old										
Inactive ^c	686	5620	375	1.0	1.0 (Ref.)		171	1.0	1.0 (Ref.)	
Low	1411	13 347	522	0.76	0.75 (0.65 to 0.86)		235	0.76	0.76 (0.62 to 0.93)	
Moderate	1043	10 157	361	0.70	0.65 (0.56 to 0.76)		140	0.61	0.58 (0.46 to 0.74)	
High	426	4293	121	0.69	0.59 (0.47 to 0.74)		46	0.59	0.52 (0.37 to 0.73)	
						<0.001				<0.001

^a Adjusted for age (continuous)

^b Adjusted for age (continuous), sex (men and women), marital status [married, unmarried, widow(er), divorced/separated], education (≤10, 11-14, ≥15 years, and unknown), alcohol consumption (frequency last two weeks: 0, 1-4, ≥5, total abstainer, and unknown), smoking status (never, former, current, and unknown), occupational activity (mostly sedentary, much walking, much walking & lifting, heavy physical work, and unknown)

^c Inactive participants served as the reference group

HR, hazard ratio; CI, confidence interval; n, number of participants.