

Table 3 Adjusted* hazard ratios (HR) of all-cause and cardiovascular deaths related to physical activity and metabolic syndrome (MetS) status in HUNT-2

	Physical Activity Index			
	High	Moderate	Low	Inactive
Total death				
Without MetS				
n	11766	8723	9940	1953
Deaths	193	200	265	83
Person years	134 119	99 214	112 980	22 046
HR (95% CI)	1.0 (Ref.) ^a	1.02 (0.84 to 1.25)	1.08 (0.89 to 1.30)	1.54 (1.18 to 2.00)
MetS				
n	2556	2723	3750	854
Deaths	73	114	203	70
Person years	28 119	30 399	41 723	9357
HR (95% CI)	1.13 (0.87 to 1.49)	1.26 (0.99 to 1.59)	1.56 (1.28 to 1.92)	2.13 (1.61 to 2.83)
CVD				
Without MetS				
n	11766	8723	9940	1953
Deaths	31	41	48	17
Person years	134 119	99 214	112 980	22 046
HR (95% CI)	1.0 (Ref.) ^a	1.29 (0.81 to 2.07)	1.18 (0.74 to 1.87)	1.76 (0.97 to 3.22)
MetS				
n	2556	2723	3750	854
Deaths	17	26	61	15
Person years	28 119	30 399	41 723	9357
HR (95% CI)	1.51 (0.83 to 2.73)	1.63 (0.96 to 2.77)	2.75 (1.76 to 4.30)	2.55 (1.35 to 4.79)

*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)

^aParticipants who reported high physical activity and were without metabolic syndrome served as the reference group
HR, hazard ratio; CI, confidence interval; MetS, metabolic syndrome; CVD, cardiovascular deaths; n, number of participants.

