

Supplementary Table 2. Comparison of lifestyle factors and laboratory data according to the presence of NAFLD and obesity in men

Variable	Without obesity			With obesity		
	No NAFLD	NAFLD	P-value	No NAFLD	NAFLD	P-value
Number (%)	3,286 (44.0)	1,278 (17.1)		1,046 (14.0)	1,860 (24.8)	
Age (yr)	54.2±9.4	54.1±8.4	0.654	54.0±9.4	52.3±9.0**	<0.001
Smoking (%)			<0.001			<0.001
Current	27.1	33.0		27.6*	33.7	
Ex-smoker	43.8	44.5		46.6	44.8	
Regular aerobic exercise (%)	48.8	43.0	<0.001	51.1**	40.6	<0.001
Total METs (min/week)	1,188 (594, 2,376)	1,035 (438, 1,980)	<0.001	1,285 (615, 2,457)**	990 (396, 2,100)	<0.001
Resistance E (%)	42.5	36.3	0.013	42.8*	33.4	0.047
SBP (mmHg)	121.3±12.9	123.5±12.3	<0.001	126.2±12.3**	128.3±12.8**	<0.001
DBP (mmHg)	77.2±9.9	79.5±9.9	<0.001	80.6±9.6*	82.5±10.1**	<0.001
FPG (mg/dL)	97.5±14.0	104.0±20.9	<0.001	100.0±20.8**	105.6±20.8*	<0.001
HbA1c (%)	5.52±0.51	5.79±0.75	<0.001	5.58±0.50**	5.87±0.77*	<0.001
LDL-C (mg/dL)	120.8±28.7	126.5±31.1	<0.001	122.2±30.8*	128.1±32.2	<0.001
HDL-C (mg/dL)	54.7±13.2	47.4±10.7	<0.001	49.5±11.2**	45.1±9.8**	<0.001
TG (mg/dL)	92 (69, 124)	128 (95, 175)	<0.001	109 (81, 143)	141 (105, 192)	<0.001
AST (IU/L)	26.6±10.1	28.5±12.2	<0.001	27.1±9.7*	31.6±13.6*	<0.001
ALT (IU/L)	22.9±16.7	30.7±16.7	<0.001	26.0±14.2**	38.7±23.2*	<0.001
r-GT (IU/L)	20 (15, 28)	27 (20, 38)	<0.001	24 (17, 36)*	31 (23, 46)**	<0.001
hsCRP (mg/dL)	0.04 (0.02, 0.08)	0.06 (0.03, 0.12)	<0.001	0.05 (0.03, 0.11)*	0.08 (0.04, 0.16)**	<0.001
Insulin (μIU/L)	3.2 (2.1, 5.1)	5.5 (3.4, 7.4)	<0.001	5.1 (3.2, 7.1)*	7.4 (5.5, 10.2)**	<0.001
HOMA-IR	0.78 (0.48, 1.25)	1.36 (0.85, 1.94)	<0.001	1.22 (0.78, 1.77)*	1.88 (1.34, 2.67)**	<0.001
Hypertension (%)	27.3	36.7	<0.001	42.1*	50.8**	<0.001
Diabetes (%)	7.7	17.2	<0.001	8.7**	19.6	<0.001

Values are presented as mean±standard deviation or median (interquartile range).

NAFLD, non-alcoholic fatty liver disease; MET, metabolic equivalent of task; SBP, systolic blood pressure; DBP, diastolic blood pressure; FPG, fasting plasma glucose; HbA1c, glycated hemoglobin; LDL, low-density lipoprotein; HDL, high-density lipoprotein; TG, triglyceride; hsCRP, high-sensitivity C-reactive protein; HOMA-IR, homeostasis model assessment for insulin resistance.

P-values represent comparisons between the groups with and without NAFLD by paired t-tests or Mann-Whitney U-tests for continuous variables and by chi-squared tests for categorical variables. The symbol (*) denotes a comparison vs. the NAFLD without obesity group (*P<0.05, **P<0.001).