

Supplementary Table 3. Comparison of lifestyle factors and laboratory data according to the presence of NAFLD and obesity in women

Variable	Without obesity		With obesity		P-value	P-value
	No NAFLD	NAFLD	No NAFLD	NAFLD		
Number (%)	4,673 (67.4)	883 (12.7)	647 (9.3)	727 (10.5)		
Age (yr)	52.0±8.5	55.8±8.1	55.8±9.4	56.5±8.5	<0.001	0.165
Smoking (%)					0.356	0.987
Current	2.6	3.0	2.5	2.5		
Ex-smoker	2.8	2.0	2.5	2.6		
Regular aerobic exercise (%)	49.3	45.1	48.1	39.5*	0.021	0.002
Total METs (min/week)	960 (396, 1,980)	792 (297, 1,782)	918 (396, 1,980)	777 (198, 1,668)	<0.001	0.010
Resistance E (%)	27.6	23.6	21.5	17.2*	0.013	0.047
SBP (mmHg)	114.6±13.5	121.5±14.5	124.8±14.3**	127.9±14.6**	<0.001	<0.001
DBP (mmHg)	71.5±10.2	75.5±10.3	76.6±10.3*	78.6±9.8**	<0.001	<0.001
FPG (mg/dL)	93.7±11.4	103.4±19.4	98.1±13.0**	107.2±22.0**	<0.001	<0.001
HbA1c (%)	5.45±0.42	5.88±0.78	5.59±0.46**	5.98±0.75*	<0.001	<0.001
LDL-C (mg/dL)	120.4±29.6	131.4±32.8	128.8±31.9	130.8±33.8	<0.001	0.253
HDL-C (mg/dL)	64.4±14.6	54.7±13.0	57.5±12.7*	52.6±11.6	<0.001	<0.001
TG (mg/dL)	76 (58, 103)	112 (84, 153)	91 (70, 124)**	121 (92, 160)*	<0.001	<0.001
AST (IU/L)	25.3±11.2	26.9±13.9	25.7±8.7*	29.6±14.0**	<0.001	<0.001
ALT (IU/L)	18.5±11.3	24.9±14.9	20.6±9.3*	30.3±19.7**	<0.001	<0.001
r-GT (IU/L)	13 (10, 17)	17 (13, 25)	15 (12, 20)**	20 (15, 30)**	<0.001	<0.001
hsCRP (mg/dL)	0.03 (0.02, 0.06)	0.05 (0.03, 0.11)	0.05 (0.03, 0.12)	0.09 (0.05, 0.21)**	<0.001	<0.001
Insulin (μIU/L)	3.3 (2.2, 5.3)	5.9 (3.8, 7.8)	5.5 (3.5, 7.2)*	7.8 (5.8, 10.7)**	<0.001	<0.001
HOMA-IR	0.80 (0.49, 1.26)	1.45 (0.93, 2.02)	1.30 (0.81, 1.79)**	2.02 (1.43, 2.92)**	<0.001	<0.001
Hypertension (%)	15.8	32.3	40.2*	48.4**	<0.001	0.002
Diabetes (%)	3.0	17.3	6.3**	20.6	<0.001	<0.001
Menopause (%)	47.3	63.0	56.7*	62.2	<0.001	0.018

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).