

LONDON  
SCHOOL of  
HYGIENE  
& TROPICAL  
MEDICINE



Ekelund, U; Palla, L; Brage, S; Franks, PW; Peters, T; Balkau, B; Diaz, MJT; Huerta, JM; Agnoli, C; Arriola, L; Ardanaz, E; Boeing, H; Clavel-Chapelon, F; Crowe, F; Fagherazzi, G; Groop, L; Hainaut, P; Johnsen, NF; Kaaks, R; Khaw, KT; Key, TJ; de Lauzon-Guillain, B; May, A; Monninkhof, E; Navarro, C; Nilsson, P; Ostergaard, JN; Norat, T; Overvad, K; Palli, D; Panico, S; Redondo, ML; Ricceri, F; Rolandsson, O; Romaguera, D; Romieu, I; Perez, MJS; Slimani, N; Spijkerman, A; Teucher, B; Tjonneland, A; Travier, N; Tumino, R; Vos, W; Vigl, M; Sharp, S; Langenberg, C; Forouhi, N; Riboli, E; Feskens, E; Wareham, NJ; Interact, C (2012) Physical activity reduces the risk of incident type 2 diabetes in general and in abdominally lean and obese men and women: the EPIC-InterAct Study. *Diabetologia*, 55 (7). pp. 1944-1952. ISSN 0012-186X DOI: <https://doi.org/10.1007/s00125-012-2532-2>

Downloaded from: <http://researchonline.lshtm.ac.uk/1924878/>

DOI: [10.1007/s00125-012-2532-2](https://doi.org/10.1007/s00125-012-2532-2)

#### Usage Guidelines

Please refer to usage guidelines at <http://researchonline.lshtm.ac.uk/policies.html> or alternatively contact [researchonline@lshtm.ac.uk](mailto:researchonline@lshtm.ac.uk).

Available under license: <http://creativecommons.org/licenses/by/2.5/>

**Supplementary Table 2.** Joint effects (Hazard Ratios; 95% CI) of overall physical activity and central obesity (waist circumference) with incident diabetes in men and women (Abdominally lean and Active as the reference group).

	<u>Active</u> (n=2,511)	<u>Moderately Active</u> (n=2,524)	<u>Moderately Inactive</u> (n=3,449)	<u>Inactive</u> (n=2,261)
<b>Men</b>				
Waist circumference (<94 cm)	1.00	1.09 (0.88-1.36)	1.19 (0.97-1.47)	1.45 (1.14-1.85)
Waist circumference (≥94 cm)	1.44 (1.16-1.80)	1.54 (1.24-1.92)	1.77 (1.43-2.19)	1.85 (1.48-2.33)
	<u>Active</u> (n=2,294)	<u>Moderately Active</u> (n=2,890)	<u>Moderately Inactive</u> (n=5,204)	<u>Inactive</u> (n=4,429)
<b>Women</b>				
Waist circumference (<80 cm)	1.00	0.98 (0.76-1.26)	1.13 (0.90-1.42)	1.36 (1.06-1.75)
Waist circumference (≥80 cm)	1.95 (1.51-2.50)	2.28 (1.78-2.91)	2.10 (1.67-2.65)	2.35 (1.84-2.99)

Models are adjusted for study centre, education (no/primary/technical/other secondary, professional), smoking status (never/former/current), alcohol consumption (g/day) energy intake (kcal/day) and baseline waist circumference.