Appendix 1. Multivariate linear regression analysis of factors associated with relative grip strength

Variables	Adjusted β (95% CI)	*p*
Abdominal obesity		<0.001
No	1.00 (ref.)	
Yes	-5.76 (-6.50 to -5.02)	<0.001
Monthly household income		
High	1.00 (ref.)	
Mid-high	0.59 (-0.38 to 1.56)	0.230
Mid-low	-0.13 (-1.16 to 0.90)	0.801
Low	-0.34 (-1.31 to 0.64)	0.498
Education level		
≥College	1.00 (ref.)	
High school	0.99 (-0.28 to 2.27)	0.126
Middle school	1.47 (0.08 to 2.86)	0.038
≤Elementary school	1.45 (0.19 to 2.70)	0.024
Walking practice		
No	1.00 (ref.)	
Yes	-0.43 (-1.18 to 0.32)	0.259
Current smoker		
No	1.00 (ref.)	
Yes	0.92 (-1.44 to 3.29)	0.444
Hypertension		
No	1.00 (ref.)	
Yes	0.54 (-0.47 to 1.55)	0.297
Diabetes mellitus		
No	1.00 (ref.)	
Yes	-1.22 (-1.98 to -0.45)	0.002
Age (y)	-0.29 (-0.36 to -0.22)	<0.001
Ln_CRP (mg/L)	-0.64 (-1.01 to -0.27)	<0.001
Vitamin D intake (μg/day)	-0.03 (-0.12 to 0.05)	0.447
Protein intake per body weight (g/kg/day)	1.99 (1.01 to 2.98)	<0.001

CI, confidence interval; ref, reference; Ln_CRP, natural logarithm of C-reactive protein.