

Table 4. Odds ratio of dyslipidemia, diabetes mellitus and hypertension by different physical activity patterns in men

Predictor	Hypercholesterolemia		Diabetes mellitus		Hypertension	
	Odds Ratio (95%CI)	P	Odds Ratio (95%CI)	P	Odds Ratio (95%CI)	P
Age group						
18-39	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
40-65	2.76 (2.14-3.56)	<0.001	2.46 (1.61-3.74)	<0.001	4.25 (2.93-6.17)	<0.001
>65	4.03 (2.79-5.84)	<0.001	9.62 (5.83-15.88)	<0.001	22.07 (14.38-33.87)	<0.001
Walking						
<2 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
2 – 3.9 hrs/week	1.18 (0.97-1.43)	0.100	1.02 (0.78-1.32)	0.544	1.08 (0.86-1.37)	0.509
4 – 6.9 hrs/week	1.14 (0.92-1.41)	0.220	0.88 (0.65-1.16)	0.236	1.08 (0.84-1.40)	0.534
≥7 hrs/week	0.91 (0.77-1.07)	0.250	0.79 (0.55-1.07)	0.092	0.98 (0.81-1.18)	0.808
Exercise						
<2 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
2 – 3.9 hrs/week	0.67 (0.42-1.08)	0.098	1.04 (0.54-1.99)	0.907	0.60 (0.32-1.11)	0.104
4 – 6.9 hrs/week	0.93 (0.62-1.41)	0.733	0.30 (0.10-0.96)	0.042	0.50 (0.28-1.00)	0.049
≥7 hrs/week	0.45 (0.23-0.90)	0.023	0.60 (0.22-1.65)	0.326	1.14 (0.64-2.05)	0.656
TV watching						
<16 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥16 hrs/week	1.20 (1.02-1.39)	0.023	1.17 (0.92-1.49)	0.194	1.36 (1.14-1.62)	0.001
Office work						
<14 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥14 hrs/week	1.55 (1.34-1.80)	<0.001	1.12 (0.87-1.44)	0.372	1.33 (1.11-1.59)	0.002
Entertainment						
<4 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥4 hrs/week	0.93 (0.80-1.07)	0.289	0.94 (0.75-1.18)	0.575	0.93 (0.79-1.10)	0.409