

**Table 5.** Odds ratio of dyslipidemia, diabetes mellitus and hypertension by different physical activity patterns in women

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	2.40 (1.98-2.90)	<b>&lt;0.001</b>	1.73 (1.29-2.33)	<b>&lt;0.001</b>	3.27 (2.60-4.12)	<b>&lt;0.001</b>
>65	8.15 (6.32-10.50)	<b>&lt;0.001</b>	10.93 (7.83-15.25)	<b>&lt;0.001</b>	27.63 (21.10-36.18)	<b>&lt;0.001</b>
Walking						
<2 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
2 – 3.9 hrs/week	1.18 (0.96-1.46)	0.121	1.12 (0.81-1.54)	0.485	0.98 (0.77-1.24)	0.845
4 – 6.9 hrs/week	1.10 (0.88-1.39)	0.399	0.79 (0.54-1.16)	0.238	1.17 (0.91-1.50)	0.216
≥7 hrs/week	0.83 (0.68-1.02)	0.079	0.89 (0.66-1.19)	0.426	1.07 (0.87-1.32)	0.529
Exercise						
<2 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
2 – 3.9 hrs/week	0.82 (0.56-1.21)	0.316	0.46 (0.20-1.04)	0.062	0.64 (0.40-1.03)	0.069
4 – 6.9 hrs/week	0.61 (0.34-1.10)	0.103	0.87 (0.38-1.98)	0.739	0.83 (0.46-1.50)	0.535
≥7 hrs/week	1.17 (0.61-2.26)	0.636	1.66 (0.67-4.11)	0.277	0.60 (0.22-1.64)	0.320
TV watching						
<16 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥16 hrs/week	1.13 (0.95-1.35)	0.159	1.10 (0.85-1.42)	0.465	1.33 (1.11-1.60)	<b>0.002</b>
Office work						
<14 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥14 hrs/week	0.95 (0.76-1.19)	0.665	0.64 (0.42-0.97)	<b>0.034</b>	0.81 (0.63-1.06)	0.121
Entertainment						
<4 hrs/week	1.00 (Ref.)		1.00 (Ref.)		1.00 (Ref.)	
≥4 hrs/week	0.96 (0.79-1.16)	0.665	0.89 (0.66-1.21)	0.465	0.89 (0.72-1.10)	0.268