

Supplementary Table 1. Multiple linear regression analysis to determine whether serum hsCRP level is independently associated with hand grip strength after the stratification according to smoking, drinking, and resistance exercise status in men.

| Stratification | Dependent variable: hand grip strength | | |
|-----------------------------|--|--------------|--------------|
| | β | SE | <i>P</i> |
| Smoking status | | | |
| Never smoking group | -0.190 | 0.233 | 0.417 |
| Past smoking group | -0.225 | 0.104 | 0.032 |
| Current smoking group | -0.399 | 0.201 | 0.048 |
| Alcohol drinking status | | | |
| No drinking group | -0.224 | 0.086 | 0.010 |
| Moderate drinking group | -0.253 | 0.165 | 0.129 |
| Heavy drinking group | -0.583 | 0.364 | 0.113 |
| Resistance exercise status | | | |
| No exercise group | -0.290 | 0.105 | 0.007 |
| Intermittent exercise group | -0.249 | 0.256 | 0.334 |
| Regular exercise group | -0.312 | 0.149 | 0.040 |

The Enter method is applied to this model with hand grip strength (kg) as a dependent variable, and with serum hsCRP level (mg/L) as an independent variable. Multivariable adjustment model includes age, body mass index, fasting plasma glucose, serum total cholesterol, and systolic blood pressure as confounding factors. Bold numbers indicate statistically significant values. β , regression coefficient; SE, standard error; hsCRP, high sensitivity C-reactive protein.