

Supplementary Table 3. Determinants of increased IR in premenopausal and postmenopausal women

Subgroup	OR (95% CI)
Premenopausal women	
TMA/Wt	
Middle tertile (vs. upper tertile)	1.15 (0.70–1.88)
Lower tertile (vs. upper tertile)	1.00 (0.58–1.60)
Age, 1 SD increase	1.17 (1.01–1.58)
Systolic blood pressure, 1 SD increase	1.06 (0.86–1.31)
Triglyceride, 1 SD increase	1.19 (0.98–1.45)
Current smoker (vs. non-smoker)	1.03 (0.45–2.32)
Current heavy drinker (vs. non-drinker)	1.62 (0.68–3.59)
Regular exerciser (vs. non-regular exerciser)	0.98 (0.67–1.44)
Sleep duration, 1 SD increase	1.06 (0.88–1.28)
Visceral fat area, 1 SD increase	2.12 (1.62–3.19)
Postmenopausal women	
TMA/Wt	
Middle tertile (vs. upper tertile)	0.76 (0.54–1.08)
Lower tertile (vs. upper tertile)	0.77 (0.54–1.10)
Age, 1 SD increase	0.94 (0.82–1.09)
Systolic blood pressure, 1 SD increase	1.18 (1.03–1.35)
Triglyceride, 1 SD increase	1.26 (1.11–1.44)
Current smoker (vs. non-smoker)	1.24 (0.38–4.12)
Current heavy drinker (vs. non-drinker)	2.29 (1.07–4.93)
Regular exerciser (vs. non-regular exerciser)	0.91 (0.68–1.21)
Sleep duration, 1 SD increase	0.99 (0.87–1.14)
Visceral fat area, 1 SD increase	3.68 (2.76–4.72)

IR, insulin resistance; OR, odds ratio; CI, confidence interval; TMA, thigh muscle area; Wt, weight; SD, standard deviation.