

**Supplementary Table 3.** Lifestyle-associated, dietary and metabolic factors according to quartiles of circulating chemerin

		<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>
		n=613	n=619	n=595	n=606
	Chemerin concentration (ng/ml)	112.2 (102.7, 119.7)	137.2 (131.5, 142.0)	157.3 (152.3, 163.9)	192.5 (180.8, 209.3)
<b>General obesity</b>	BMI (kg/m <sup>2</sup> )	23.6 (21.7, 25.8)	25.5 (23.3, 27.6)	25.9 (23.6, 29.0)	28.0 (25.5, 30.8)
<b>Abdominal obesity</b>	Waist circumference (cm)	79.0 (71.0, 87.0)	84.5 (75.0, 93.0)	87.0 (77.0, 95.5)	92.3 (83.0, 101.0)
<b>Physical activity</b>	Recreational sports (h/w)	4.5 (2.0, 8.0)	5.0 (2.5, 8.0)	4.5 (2.0, 8.0)	4.5 (1.5, 8.5)
	Inactive	16.8%	22.2%	26.1%	33.7%
<b>Smoking</b>	Ever smoker	51.6%	51.9%	55.5%	53.3%
<b>Alcohol consumption</b>	Never drinkers *	3.4%	3.7%	2.4%	2.3%
	Light to moderate drinkers *	73.4%	77.7%	76.1%	78.4%
	Heavy drinkers *	23.2%	18.6%	21.5%	19.3%
	Alcohol † (g/d)	8.9 (3.3, 20.8)	9.0 (3.2, 20.5)	8.6 (2.9, 20.6)	7.6 (3.0, 16.5)
	Wine † (g/d)	35.6 (8.2, 89.0)	20.5 (4.1, 71.2)	20.5 (4.1, 71.2)	20.5 (4.1, 41.1)
	Beer † (g/d)	35.6 (4.1, 178.1)	41.1 (4.1, 213.7)	41.1 (0.0, 213.7)	35.6 (0.0, 178.1)
<b>Sleeping habits</b>	Sleeping duration (h/24 hours)	7.0 (6.5, 8.0)	7.0 (7.0, 8.0)	7.0 (6.5, 8.0)	7.5 (7.0, 8.0)
	Short (<7 h/d)	25.6%	24.9%	27.1%	22.6%
	Long sleep (>8 h/d)	11.9%	11.3%	9.6%	17.0%
	Sleep during day	8.7%	10.5%	12.4%	18.2%
	Sleeping disorder	12.9%	14.2%	15.5%	19.3%
<b>Health satisfaction</b>	Dissatisfied	13.2%	17.8%	18.6%	21.6%
<b>Diet</b>	Processed meat (g/d)	48.4 (29.9, 74.3)	49.9 (29.7, 73.0)	50.7 (37.0, 77.7)	50.2 (28.8, 79.3)
	Red meat (g/d)	34.2 (21.8, 49.4)	36.0 (22.9, 54.8)	37.9 (23.8, 56.9)	37.1 (24.9, 57.9)
	Fish (g/d)	18.4 (9.9, 29.0)	18.9 (9.9, 29.8)	18.9 (9.9, 31.2)	18.4 (9.9, 29.0)
	Dairy (g/d)	181.1 (94.6, 286.1)	176.5 (102.7, 279.8)	163.4 (88.1, 271.3)	165.4 (95.0, 277.4)

	Eggs (g/d)	15.7 (9.0, 21.9)	16.0 (9.0, 23.0)	16.0 (9.0, 21.9)	13.6 (6.8, 20.7)
	Legumes (g/d)	15.3 (8.5, 28.6)	16.3 (8.7, 31.7)	17.2 (9.6, 29.8)	18.0 (9.6, 31.5)
	Vegetables (g/d)	92.2 (67.4, 123.8)	91.1 (66.7, 124.5)	93.3 (64.7, 127.5)	95.7 (67.4, 131.7)
	Fruits (g/d)	125.6 (92.7, 201.7)	119.9 (93.3, 203.4)	117.9 (88.7, 194.9)	129.1 (91.6, 207.1)
	Nuts (g/d)	0.8 (0.4, 4.1)	0.8 (0.4, 4.1)	0.8 (0.4, 4.1)	0.8 (0.4, 3.6)
	Whole grains (g/d)	38.7 (9.7, 83.8)	30.2 (9.1, 73.7)	29.0 (10.1, 72.1)	29.7 (7.2, 70.5)
	Refined grains (g/d)	131.0 (79.7, 190.5)	132.6 (86.3, 192.8)	135.5 (84.9, 187.3)	135.8 (92.7, 190.2)
	Sugar sweetened beverages (g/d) †	19.0 (4.9, 84.0)	17.3 (4.9, 48.6)	24.7 (6.7, 101.6)	25.8 (6.4, 122.6)
<b>Chronic inflammation</b>	hs-CRP (µg/mL)	0.3 (0.1, 0.8)	0.6 (0.2, 1.5)	1.0 (0.4, 2.8)	1.8 (0.7, 4.5)
<b>Lipid metabolism</b>	Total cholesterol (mmol/L)	5.0 (4.3, 5.7)	5.2 (4.5, 5.9)	5.3 (4.7, 6.0)	5.5 (4.9, 6.4)
	LDL-C (mmol/L)	2.9 (2.3, 3.5)	3.0 (2.5, 3.7)	3.1 (2.6, 3.8)	3.3 (2.7, 3.9)
	HDL-C (mmol/L)	1.5 (1.3, 1.8)	1.4 (1.2, 1.7)	1.4 (1.2, 1.6)	1.3 (1.1, 1.6)
	Triglycerides (mmol/L)	0.9 (0.7, 1.3)	1.2 (0.8, 1.7)	1.3 (0.9, 2.0)	1.6 (1.2, 2.3)
<b>Liver function</b>	FLI	0.2 (0.1, 0.5)	0.4 (0.1, 1.4)	0.6 (0.2, 2.4)	1.6 (0.5, 5.0)
	ALT (U/L)	17.0 (14.0, 23.0)	19.0 (14.0, 27.0)	21.0 (15.0, 30.0)	23.0 (17.0, 33.0)
	GGT (U/L)	13.0 (9.0, 22.0)	17.0 (10.0, 30.0)	19.0 (13.0, 35.0)	23.0 (14.0, 43.0)
<b>Kidney function</b>	Uric acid (mg/dl)	4.1 (3.4, 5.0)	4.5 (3.7, 5.4)	4.7 (3.7, 5.6)	4.9 (4.1, 6.0)
	Creatinine (mg/dl)	0.8 (0.7, 0.9)	0.8 (0.7, 1.0)	0.8 (0.7, 1.0)	0.8 (0.8, 1.0)
	eGFR (mL/min per 1.73m <sup>2</sup> )	96.6 (86.3, 105.4)	91.9 (80.0, 100.9)	89.4 (78.7, 99.5)	85.5 (73.0, 96.8)
<b>Blood pressure</b>	Systolic (mmHg)	121.5 (113.5, 132.5)	126.5 (117.0, 138.0)	127.5 (117.5, 140.5)	132.5 (123.0, 145.0)
	Diastolic (mmHg)	79.5 (74.0, 86.0)	82.4 (75.5, 89.0)	83.8 (76.5, 90.6)	86.3 (79.5, 94.0)

Values are expressed as median (interquartile range), or percentage within the specified quartile.

\* Alcohol consumption categories: never drinkers (0 g/d), light to moderate drinkers (0–14.9 g/d for women, 0–29.9 g/d for men), and heavy drinkers ( $\geq 15$  g/d for women,  $\geq 30$  g/d for men)

† Data presents consumers only (alcohol consumers: Q1: n=592, Q2: n=596, Q3: n=581, Q4: n=592; sugar-sweetened beverages consumers: Q1: n=343, Q2: n=300, Q3: n=298, Q4: n=299)

Abbreviations: ALT, alanine aminotransferase; BP, blood pressure; BMI, body mass index; CI, confidence interval; CRP, c-reactive protein; d, day; eGFR, estimated glomerular filtration rate; FLI, fatty liver index; GGT, gamma-glutamyl transferase; g, grams; h, hours; HDL-C, high density lipoprotein cholesterol; hs, high sensitivity; LDL-C, low density lipoprotein cholesterol; Q, quartile; w, week