

Table G3.A3. Metabolic Syndrome: Physical Activity Cross-Sectional Studies

Author, Journal, Year	N	Finding
Wareham et al./ Br J Nutr/ 1998 (1)	162 M/W	Inverse association
Carroll et al./ Med. Sci. Sports Exerc./ 2000 (2)	711 M	Inverse association
Irwin et al./ Obes. Res./ 2002 (3)	146 W	Inverse association
Lakka et al./ Med. Sci. Sports Exerc./ 2003 (4)	1,069 M	Inverse association
Rennie et al./ Int. J. Epidemiol./ 2003 (5)	5,153 M/W	Inverse association
Brage et al./ Diab Care/ 2004 (6)	N=384 179 M 205 W	Inverse association
Chuang et al./ J. Chin. Med. Assoc/ 2004 (7)	N=24,329	Inverse association
Franks et al./ Diab Care/ 2004 (8)	N=868 378 M 490 W	Inverse association
Panagiotakos et al./ Am. Heart J./ 2004 (9)	N=2,282 1,128 M 1,154 W	Inverse association
Rguibi & Belahsen/ Am. J. Hum. Biol./ 2004 (10)	249 W	Inverse association
Villegas et al./ Ir. Med. J/ 2004 (11)	N=1,018	Inverse association
Zhu et al./ Metabolism/ 2004 (12)	N=11,239	Inverse association: Men NS: Women
Adams et al./ Diabetes Care/ 2005 (13)	N= 4,060	Inverse association
Bertrais et al. / Obes. Res./ 2005 (14)	N=3,834 1,902 M 1,032 W	Inverse association
Bo et al./ Diabetes Metab. Res./2005 (15)	N=1,658	Inverse association
Dunstan et al./ Diabetologia/ 2005 (16)	N=6,162 2,831 M 3,331 W	Inverse association
Ford et al./ Obes. Res./ 2005 (17)	N=1,626	NS Inverse association
Lee et al./ Diab. Res. Clin./ 2005 (18)	N=341	Inverse association
Misra et al./ Ethni. Dis./ 2005 (19)	N=56	Inverse association
Mohan et al./ Diab. Med./ 2005 (20)	N=1,262	Inverse association
Nakanishi et al./Ind. Health/ 2005 (21)	N=3,649	NS
Onat et al./ Metabolism/ 2005 (22)	N=1,974	NS
Pitsavos et al./ Eur. J. Cardiovasc. Prev. Rehab./ 2005 (23)	1,514 M 1,528 W	Inverse association
Brien et al./ Appl. Physiol. Nutr. Metab./ 2006 (24)	N=12,881	Inverse association
Desai et al./ Am. J. Cardio/ 2006 (25)	431 M	NS
Hassinen et al./ Arch. Int. Med./2006 (26)	101 W	NS
Liu et al./ Obesity/ 2006 (27)	N=360	Inverse association
Halldin M et al./ Nutr. Metab. Cardiovasc. Dis./ 2007 (28)	1,829 M 2,035 W	Inverse association

Table G3.A3. Metabolic Syndrome: Physical Activity Cross-Sectional Studies (continued)

Author, Journal, Year	N	Finding
Wijndaele K et al./ Med. Sci. Sports Exerc./ 2007 (29)	571 M 448 W	Inverse association
Ekelund et al./ Diabetes Care/ 2007 (30)	N=258	Inverse association
Brouwer et al./ Am. Heart J./ 2007 (31)	N=1097	Inverse association

M, men; N, number; NS, non-significant; W, women

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