|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | *Waist* | *BMI* | *Nutrition* | *Exercise* | *Blood Pressure* | *Cholesterol* | *Glucose* | *Smoking* | *Alcohol* | *Sleep* | *Stress* |
| Waist |  | 23.0  (20.92-25.24) | 1.5  (1.43-1.62) | 2.1  (2.01-2.29) | 2.5  (2.08-2.91) | 1.8  (1.66-2.02) | 4.4  (3.66-5.24) | 1.1 NS  (0.97-1.17) | 0.8  (0.77-0.93) | 1.3  (1.22-1.39) | 1.4  (1.28-1.56) |
| BMI | 23.0  (20.92-25.24) |  | 1.4  (1.34-1.48) | 1.9  (1.80-1.99) | 3.0  (2.52-3.53) | 1.6  (1.48-1.78) | 4.4  (3.67-5.38) | 1.1  (1.03-1.20) | 0.7  (0.69-0.81) | 1.3  (1.21-1.34) | 1.3  (1.20-1.34) |
| Nutrition | 1.5  (1.43-1.62) | 1.4  (1.34-1.48) |  | 2.6  (2.51-2.78) | 1.3  (1.13-1.51) | 1.5  (1.35-1.61) | 1.4  (1.21-1.60) | 2.0  (1.87-2.21) | 1.0 NS  (0.89-1.04) | 1.6  (1.52-1.70) | 1.8  (1.67-1.99) |
| Exercise | 2.1  (2.01-2.29) | 1.9  (1.80-1.99) | 2.6  (2.51-2.78) |  | 1.8  (1.55-2.11) | 1.4  (1.26-1.51) | 2.1  (1.82-2.48) | 1.5  (1.37-1.61) | 0.8  (0.70-0.81) | 1.3  (1.24-1.38) | 1.6  (1.51-1.79) |
| Blood Pressure | 2.5  (2.08-2.91) | 3.0  (2.52-3.53) | 1.3  (1.13-1.51) | 1.8  (1.55-2.11) |  | 2.4  (2.06-2.91) | 3.6  (2.88-4.56) | 1.1 NS  (0.88-1.36) | 1.3  (1.03-1.56) | 1.7  (1.48-1.97) | 1.5  (1.19-1.85) |
| Cholesterol | 1.8  (1.66-2.02) | 1.6  (1.48-1.78) | 1.5  (1.35-1.61) | 1.4  (1.26-1.51) | 2.4  (2.06-2.91) |  | 3.2  (2.70-3.73) | 1.1  (1.00-1.32) | 1.0 NS  (0.91-1.21) | 1.4  (1.26-1.51) | 1.5  (1.27-1.67) |
| Glucose | 4.4  (3.66-5.24) | 4.4  (3.67-5.38) | 1.4  (1.21-1.60) | 2.1  (1.82-2.48) | 3.6  (2.88-4.56) | 3.2  (2.70-3.73) |  | 1.0 NS  (0.82-1.27) | 0.8 NS  (0.61-1.01) | 1.6  (1.42-1.88) | 2.0  (1.61-2.42) |
| Smoking | 1.1  (0.97-1.17) | 1.1  (1.03-1.20) | 2.0  (1.87-2.21) | 1.5  (1.37-1.61) | 1.1 NS  (0.88-1.36) | 1.1  (1.00-1.32) | 1.0 NS  (0.82-1.27) |  | 1.9  (1.74-2.12) | 1.5  (1.36-1.59) | 1.3  (1.20-1.50) |
| Alcohol | 0.8  (0.77-0.93) | 0.7  (0.69-0.81) | 1.0 NS  (0.89-1.04) | 0.8  (0.70-0.81) | 1.3  (1.03-1.56) | 1.0 NS  (0.91-1.21) | 0.8 NS  (0.61-1.01) | 1.9  (1.74-2.12) |  | 1.3  (1.20-1.41) | 1.02 NS  (0.91-1.16) |
| Sleep | 1.3  (1.22-1.39) | 1.3  (1.21-1.34) | 1.6  (1.52-1.70) | 1.3  (1.24-1.38) | 1.7  (1.48-1.97) | 1.4  (1.26-1.51) | 1.6  (1.42-1.88) | 1.5  (1.36-1.59) | 1.3  (1.20-1.41) |  | 2.6  (2.41-2.83) |
| Stress | 1.4  (1.28-1.56) | 1.3  (1.20-1.34) | 1.8  (1.67-1.99) | 1.6  (1.51-1.79) | 1.5  (1.19-1.85) | 1.5  (1.27-1.67) | 2.0  (1.61-2.42) | 1.3  (1.20-1.50) | 1.02 NS  (0.91-1.16) | 2.6  (2.41-2.83) |  |