

Supplemental Table S1. Results of Univariate Logistic Regression Analysis for Potential Predictors of NAFLD

Variable	OR (95% CI)	P value
Age	0.977 (0.961–0.993)	0.006 ^a
Sex	1.014 (0.734–1.401)	0.931
BMI	1.452 (1.350–1.561)	<0.001 ^a
Waist circumference, cm	1.124 (1.098–1.150)	<0.001 ^a
Hypertension	1.648 (1.201–2.261)	0.002 ^a
Dyslipidemia	1.295 (0.946–1.772)	0.107 ^a
Regular exercise	0.592 (0.396–0.886)	0.011 ^a
Current smoker	1.438 (0.925–2.234)	0.107 ^a
Current drinker ^b	0.879 (0.637–1.212)	0.431
Fasting glucose	1.007 (1.003–1.012)	0.001 ^a
HbA1c, %	1.258 (1.104–1.432)	0.001 ^a
Total cholesterol, mg/dL	1.000 (0.996–1.004)	0.972
Triglyceride, mg/dL	1.010 (1.007–1.014)	<0.001 ^a
HDL-C, mg/dL	0.958 (0.945–0.972)	<0.001 ^a
LDL-C, mg/dL	1.003 (0.999–1.008)	0.128 ^a
AST, IU/L	1.032 (1.019–1.047)	<0.001 ^a
ALT, IU/L	1.033 (1.022–1.044)	<0.001 ^a
ALT/AST ratio	5.204 (3.062–8.846)	<0.001 ^a
GGT, IU/L	1.014 (1.007–1.020)	<0.001 ^a

Univariate logistic regression analysis was performed.

NAFLD, nonalcoholic fatty liver disease; OR, odds ratio; CI, confidence interval; BMI, body mass index; HbA1c, glycated hemoglobin A1c; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; AST, aspartate aminotransferase; ALT, alanine aminotransferase; GGT, gamma-glutamyl transferase.

^a $P < 0.2$; ^bCurrent drinker is defined as a person who drinks at least once a week. However, we excluded patients with excessive alcohol intake with following criteria; ≥ 210 g/week for males and ≥ 140 g/week for females.