

Table SI. Baseline characteristics of the study population

Characteristics	Male <i>n</i> = 894	Female <i>n</i> = 1,036
Body mass index, mean ± SD	27.2 ± 4.2	26.6 ± 2.7
Normal or underweight	276 (30.9)	483 (46.7)
Overweight	439 (49.1)	318 (30.8)
Obese	179 (20.0)	233 (22.5)
hs-CRP (median, Q1–Q3)	0.7 (0.2–23.5)	0.8 (0.2–35.6)
hs-CRP		
<1 mg/l	570 (64.5)	604 (59.1)
1–3 mg/l	235 (26.6)	298 (29.2)
>3 mg/l	79 (8.9)	120 (11.7)
Smoking status ^a		
Non-smoker	405 (47.1)	574 (57.4)
Former smoker	261 (30.4)	237 (23.7)
Current smoker	193 (22.5)	189 (18.9)
Education ^b		
Basic/Secondary	565 (63.2)	619 (59.7)
Tertiary	329 (36.8)	417 (40.3)
Physical activity ^c		
Inactive	169 (19.7)	224 (22.4)
Lightly active	340 (39.7)	382 (38.1)
Active	304 (35.5)	379 (37.8)
Very active	44 (5.1)	17 (1.7)
Use of hormonal contraceptives ^d		
No	894 (100.0)	659 (63.6)
Yes	0 (0.0)	377 (36.4)
Systemic disease ^e		
No	405 (46.8)	348 (34.5)
Yes	460 (53.2)	660 (65.5)

Data are presented as *n* (%) unless otherwise stated.

^aNon-smoker: those who had never smoked or who have not smoked regularly for at least a year. Former smokers: those who had smoked regularly but had quit smoking at least one month previously. Current smokers: those who smoked regularly and who had smoked in the last month. ^bBasic education: comprehensive schools (duration in total 9 years); secondary level: upper secondary schools/vocational school (10–12 years); tertiary level: university/polytechnics (over 13 years). ^cInactive: those who preferred to stay indoors reading or watching television and did not like sports much. Lightly active: those who exercised at least 4 h per week e.g. by walking, cycling, fishing. Active: those who liked fitness training and had e.g. running, swimming or skiing as a regular sport activity for at least 2 h per week. Very active: those who exercised several hours per week by running, practicing orienteering or playing ball games. ^dIncludes hormonal contraceptive pills and corresponding hormonal products, hormonal intrauterine contraceptives, contraceptive implant, hormone replacement therapy. ^eSystemic disease; cardiovascular diseases, diabetes mellitus, thyroid gland diseases, depression, rheumatic diseases, inflammatory bowel diseases.

SD: standard deviation; Q1 and Q3: first and third quartile.