

**Table SI.** Subgroup analyses of the meta-analysis

Subgroup	Number of studies	Sample		Mean difference [95% CI]	p for heterogeneity	I-squared value, %	P value between groups
		case	control				
<b>Country</b>							
European	3	2,355	396	0.07 [-0.01, 0.16]	0.09	96	
Asia	2	1,066	566	0.28 [0.10,0.46]	0.002	72	
South America	6	5,967	5,305	0.14 [0.01, 0.27]	0.04	100	0.11
<b>Sex</b>							
Male	3	1,049	348	0.11 [0.02, 0.21]	0.02	96	
Female	4	3,625	1,669	0.20 [0.02,0.37]	0.03	76	
Mixed	4	4,714	4,240	0.10 [0.05, 0.15]	0.002	100	0.57
<b>Age</b>							
Old (> 65 years)	2	1,347	644	0.11 [-0.09, 0.31]	0.27	99	
Young (<65 years)	3	3,773	1,273	0.25 [0.09, 0.40]	0.002	100	
Unclear	6	4,268	4,340	0.04 [0.03, 0.05]	<0.001	100	0.03
<b>Study design</b>							
Cross-sectional study	1	715	229	0.04 [0.04, 0.05]	<0.001	-	
Case-control study	7	7,552	5,448	0.18 [0.05, 0.31]	0.009	100	
Cohort study	3	1,121	580	0.11 [0.02 0.20]	0.02	91	0.04
<b>Type of exercise</b>							
Aerobic exercise	3	531	286	0.07 [-0.02, 0.17]	0.14	87	
Unclear	8	8,857	5,971	0.16 [0.05, 0.27]	0.005	100	0.24
<b>Tissue resource</b>							
Leukocyte	10	9,321	6,201	0.13 [0.03, 0.23]	0.01	100	
PBMC	1	67	56	0.40 [0.20, 0.60]	<0.001	-	0.01
<b>Measure method of telomere length</b>							
TRF	4	3,072	920	0.16 [0.08, 0.24]	<0.001	98	
PCR/T/S ratio	6	5,945	4,991	0.12 [-0.01, 0.25]	0.07	100	
Southern blot	1	371	346	0.23 [0.14, 0.32]	<0.001	-	0.32

PBMC: peripheral blood mononuclear cell; TRF: terminal restriction fragment; T/S ratio: telomere (T), single copy gene (S) ratio T/S.