

Supplementary Table 1. Findings from the linear regressions of potential confounders e.g., age, BMI, percentage fat mass (independent variable), on log-transformed values of inflammatory markers (dependent variable) in the whole sample.

| Inflammatory marker | Age | | | | | BMI | | | | | Percentage fat mass | | | | |
|---------------------|-----|-------|-------------|---------------|--|-----|-------|--------------|---------------|--|---------------------|-------|--------------|---------------|--|
| | N | df | F | p | % variance explained (R ² *100) | N | df | F | p | % variance explained (R ² *100) | N | df | F | p | % variance explained (R ² *100) |
| BDNF | 40 | 1, 38 | 0.31 | 0.5821 | 0.80% | 40 | 1, 38 | 13.86 | 0.0007 | 26.47% | 39 | 1, 37 | 7.08 | 0.0114 | 16.07% |
| bFGF | 40 | 1, 38 | 0.39 | 0.5350 | 1.02% | 39 | 1, 37 | 0.36 | 0.5526 | 0.96% | 39 | 1, 37 | 0.34 | 0.5651 | 0.90% |
| CRP | 40 | 1, 38 | 1.68 | 0.2022 | 4.24% | 40 | 1, 38 | 0.10 | 0.7584 | 0.25% | 39 | 1, 37 | 0.10 | 0.7512 | 0.27% |
| Eotaxin | 39 | 1, 37 | 1.33 | 0.2557 | 3.48% | 40 | 1, 38 | 0.29 | 0.5906 | 0.77% | 39 | 1, 37 | 0.33 | 0.5693 | 0.88% |
| Eotaxin-3 | 39 | 1, 37 | 5.68 | 0.0224 | 13.32% | 39 | 1, 37 | 3.05 | 0.0889 | 7.62% | 38 | 1, 36 | 1.75 | 0.1940 | 4.64% |
| Flt-1 | 37 | 1, 35 | 1.91 | 0.1757 | 5.17% | 37 | 1, 35 | 0.04 | 0.8493 | 0.01% | 37 | 1, 35 | 1.64 | 0.2090 | 4.47% |
| GM-CSF | 35 | 1, 33 | 0.01 | 0.9163 | 0.03% | 35 | 1, 33 | 0.78 | 0.3835 | 2.31% | 33 | 1, 31 | 3.55 | 0.0691 | 10.26% |
| ICAM-1 | 40 | 1, 38 | 0.61 | 0.4401 | 1.58% | 40 | 1, 38 | 0.05 | 0.8258 | 0.13% | 38 | 1, 36 | 1.84 | 0.1834 | 4.86% |
| IFN-γ | 35 | 1, 33 | 7.91 | 0.0082 | 19.34% | 37 | 1, 35 | 2.63 | 0.1140 | 6.98% | 36 | 1, 34 | 0.05 | 0.8294 | 0.14% |
| IL-1α | 39 | 1, 37 | 0.88 | 0.3554 | 2.31% | 39 | 1, 37 | 1.43 | 0.2394 | 3.72% | 38 | 1, 36 | 0.03 | 0.8613 | 0.09% |
| IL-1β | 30 | 1, 28 | 0.75 | 0.3932 | 2.62% | 30 | 1, 28 | 0.73 | 0.4000 | 2.54% | 30 | 1, 28 | 0.71 | 0.4062 | 2.48% |
| IL-2 | 19 | 1, 17 | 2.40 | 0.1397 | 12.37% | 19 | 1, 17 | 0.00 | 0.9484 | 0.03% | 18 | 1, 16 | 0.02 | 0.8927 | 0.12% |
| IL-4 | 36 | 1, 34 | 0.02 | 0.9012 | 0.05% | 36 | 1, 34 | 4.73 | 0.0367 | 12.21% | 35 | 1, 33 | 1.34 | 0.2545 | 3.92% |
| IL-5 | 35 | 1, 33 | 0.47 | 0.4961 | 1.41% | 35 | 1, 33 | 2.25 | 0.1431 | 6.38% | 34 | 1, 32 | 1.89 | 0.1791 | 5.57% |
| IL-6 | 40 | 1, 38 | 0.02 | 0.8903 | 0.05% | 40 | 1, 38 | 9.48 | 0.0039 | 19.96% | 39 | 1, 37 | 8.83 | 0.0052 | 19.27% |
| IL-7 | 40 | 1, 38 | 2.20 | 0.1464 | 5.47% | 40 | 1, 38 | 0.09 | 0.7642 | 0.24% | 39 | 1, 37 | 0.02 | 0.8794 | 0.06% |
| IL-8 | 40 | 1, 38 | 1.54 | 0.2217 | 3.90% | 40 | 1, 38 | 0.07 | 0.7925 | 0.18% | 39 | 1, 37 | 0.42 | 0.5200 | 1.13% |
| IL-10 | 39 | 1, 37 | 0.17 | 0.6829 | 0.46% | 39 | 1, 37 | 6.67 | 0.0139 | 15.26% | 38 | 1, 36 | 2.79 | 0.1035 | 7.20% |
| IL-12/IL-23p40 | 40 | 1, 38 | 0.70 | 0.4073 | 1.81% | 40 | 1, 38 | 10.97 | 0.0020 | 22.40% | 39 | 1, 37 | 10.05 | 0.0031 | 21.37% |
| IL-12p70 | 34 | 1, 32 | 0.16 | 0.6910 | 0.50% | 34 | 1, 32 | 0.02 | 0.8775 | 0.08% | 34 | 1, 32 | 0.12 | 0.7283 | 0.38% |
| IL-13 | 26 | 1, 24 | 0.51 | 0.4817 | 2.08% | 26 | 1, 24 | 1.61 | 0.2160 | 6.30% | 26 | 1, 24 | 1.50 | 0.2322 | 5.89% |
| IL-15 | 40 | 1, 38 | 0.27 | 0.6056 | 0.71% | 40 | 1, 38 | 9.54 | 0.0037 | 20.07% | 39 | 1, 37 | 1.42 | 0.2415 | 3.69% |
| IL-16 | 40 | 1, 38 | 0.29 | 0.5919 | 0.76% | 40 | 1, 38 | 1.00 | 0.3245 | 2.55% | 39 | 1, 37 | 0.42 | 0.5188 | 1.13% |
| IL-17A | 37 | 1, 35 | 0.14 | 0.7148 | 0.39% | 37 | 1, 35 | 3.97 | 0.0542 | 10.18% | 36 | 1, 34 | 1.44 | 0.2382 | 4.07% |
| IP-10 | 35 | 1, 33 | 1.01 | 0.3233 | 2.96% | 40 | 1, 38 | 0.98 | 0.3282 | 2.52% | 39 | 1, 37 | 0.35 | 0.5595 | 0.93% |
| MCP-1 | 40 | 1, 38 | 8.87 | 0.0050 | 18.92% | 40 | 1, 38 | 1.88 | 0.1784 | 4.71% | 39 | 1, 37 | 1.17 | 0.2854 | 3.08% |

| | | | | | | | | | | | | | | | |
|----------------|----|-------|-------------|---------------|---------------|----|-------|-------------|---------------|---------------|----|-------|-------------|---------------|---------------|
| MCP-4 | 40 | 1, 38 | 1.05 | 0.3127 | 2.68% | 40 | 1, 38 | 1.30 | 0.2621 | 3.30% | 39 | 1, 37 | 0.15 | 0.6961 | 0.42% |
| MIP-1 α | 40 | 1, 38 | 4.48 | 0.0408 | 10.55% | 40 | 1, 38 | 0.07 | 0.7991 | 0.17% | 39 | 1, 37 | 0.13 | 0.7254 | 0.34% |
| MIP-1 β | 40 | 1, 38 | 1.14 | 0.2920 | 2.92% | 40 | 1, 38 | 2.07 | 0.1584 | 5.17% | 39 | 1, 37 | 1.46 | 0.2347 | 3.79% |
| PIGF | 40 | 1, 38 | 0.00 | 0.9508 | 0.01% | 40 | 1, 38 | 0.02 | 0.8882 | 0.05% | 39 | 1, 37 | 0.10 | 0.7581 | 0.26% |
| SAA | 40 | 1, 38 | 6.99 | 0.0119 | 15.53% | 40 | 1, 38 | 0.25 | 0.6226 | 0.64% | 39 | 1, 37 | 0.35 | 0.5603 | 0.93% |
| TARC | 38 | 1, 36 | 0.12 | 0.7320 | 0.33% | 38 | 1, 36 | 0.02 | 0.8785 | 0.07% | 37 | 1, 35 | 0.66 | 0.4214 | 1.86% |
| Tie-2 | 39 | 1, 37 | 0.66 | 0.4206 | 1.76% | 39 | 1, 37 | 1.00 | 0.3230 | 2.64% | 38 | 1, 36 | 1.77 | 0.1914 | 4.69% |
| TNF- α | 40 | 1, 38 | 5.07 | 0.0302 | 11.78% | 39 | 1, 37 | 0.04 | 0.8452 | 0.10% | 39 | 1, 37 | 0.32 | 0.5730 | 0.87% |
| TNF- β | 37 | 1, 35 | 1.41 | 0.2431 | 3.87% | 37 | 1, 35 | 7.45 | 0.0098 | 17.56% | 36 | 1, 34 | 4.93 | 0.0331 | 12.67% |
| VCAM-1 | 40 | 1, 38 | 2.10 | 0.1555 | 5.24% | 40 | 1, 38 | 1.76 | 0.1924 | 4.43% | 39 | 1, 37 | 2.20 | 0.1468 | 5.60% |
| VEGF-A | 40 | 1, 38 | 0.74 | 0.3953 | 1.91% | 40 | 1, 38 | 3.14 | 0.0763 | 7.63% | 39 | 1, 37 | 0.91 | 0.3453 | 2.41% |
| VEGF-C | 40 | 1, 38 | 1.18 | 0.2850 | 3.00% | 39 | 1, 37 | 6.17 | 0.0177 | 14.28% | 39 | 1, 37 | 5.00 | 0.0315 | 11.90% |
| VEGF-D | 40 | 1, 38 | 0.99 | 0.3260 | 2.54% | 40 | 1, 38 | 1.79 | 0.1890 | 4.50% | 39 | 1, 37 | 0.13 | 0.7200 | 0.35% |

*Results in bold text indicate statistical significance at $p < 0.05$.

Abbreviations: df—degrees of freedom; BMI—body mass index; BDNF—brain-derived neurotrophic factor; bFGF—basic fibroblast growth factor; CRP—C-reactive protein; Flt-1—Fms-like tyrosine kinase-1; GM-CSF—granulocyte-macrophage colony-stimulating factor; ICAM-1—intercellular adhesion molecule-1; IFN- γ —interferon- γ ; IL—interleukin; IP-10—interferon γ -induced protein-10; MCP—monocyte chemoattractant protein; MIP—macrophage inflammatory protein; PIGF—placental growth factor; SAA—serum amyloid A; TARC—thymus and activation-regulated chemokine; Tie-2—tyrosine kinase-2; TNF—tumor necrosis factor; VCAM-1—vascular cell adhesion molecule-1; VEGF—vascular endothelial growth factor.