

Supplementary Online Content

Supplement Table S1 Association between vitamin B and VFA-defined obesity in older adults (≥60 years)

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Supplement Table S1 Association between vitamin B and VFA-defined obesity in older adults (≥60 years)

	OR (95% CI) ^a
VB ₁	
Quartile 1 (<2.60 ng/mL)	0 (ref)
Quartile 2 (~3.16 ng/mL)	0.54 (0.31, 0.94)
Quartile 3 (~4.38 ng/mL)	0.47 (0.27, 0.81)
Quartile 4 (>4.38 ng/mL)	0.47 (0.27, 0.84)
VB ₂	
Quartile 1 (<2.98 ng/mL)	0 (ref)
Quartile 2 (~4.58 ng/mL)	0.71 (0.41, 1.23)
Quartile 3 (~7.18 ng/mL)	0.98 (0.56, 1.70)
Quartile 4 (>7.18 ng/mL)	0.58 (0.33, 1.00)
VB ₆	
Quartile 1 (<8.99 ng/mL)	0 (ref)
Quartile 2 (~12.33 ng/mL)	0.80 (0.46, 1.39)
Quartile 3 (~17.45 ng/mL)	0.64 (0.36, 1.13)
Quartile 4 (>17.45 ng/mL)	0.56 (0.32, 0.98)
VB ₉	
Quartile 1 (<2.59 ng/mL)	0 (ref)
Quartile 2 (~4.27 ng/mL)	0.63 (0.36, 1.10)
Quartile 3 (~6.59 ng/mL)	0.65 (0.37, 1.14)
Quartile 4 (>6.59 ng/mL)	0.52 (0.30, 0.91)

^a adjusted for sex, marital status, education, smoking status, drinking status, employment status, physical activity, family income, daily energy intake (tertiles), nutritional supplement and chronic diseases.

Supplement Table S2 Association between vitamin B and WC-defined obesity in older adults (≥60 years)

	OR (95% CI) ^a
VB ₁	
Quartile 1 (<2.60 ng/mL)	0 (ref)
Quartile 2 (~3.16 ng/mL)	0.96 (0.57, 1.63)
Quartile 3 (~4.38 ng/mL)	0.74 (0.44, 1.27)
Quartile 4 (>4.38 ng/mL)	0.48 (0.27, 0.85)
VB ₂	
Quartile 1 (<2.98 ng/mL)	0 (ref)
Quartile 2 (~4.58 ng/mL)	0.85 (0.50, 1.46)
Quartile 3 (~7.18 ng/mL)	0.73 (0.42, 1.27)
Quartile 4 (>7.18 ng/mL)	0.41 (0.23, 0.72)
VB ₆	
Quartile 1 (<8.99 ng/mL)	0 (ref)
Quartile 2 (~12.33 ng/mL)	1.03 (0.59, 1.77)
Quartile 3 (~17.45 ng/mL)	0.94 (0.53, 1.64)
Quartile 4 (>17.45 ng/mL)	0.66 (0.38, 1.15)
VB ₉	
Quartile 1 (<2.59 ng/mL)	0 (ref)
Quartile 2 (~4.27 ng/mL)	0.99 (0.58, 1.71)
Quartile 3 (~6.59 ng/mL)	0.82 (0.47, 1.42)
Quartile 4 (>6.59 ng/mL)	0.65 (0.38, 1.14)

^a adjusted for sex, marital status, education, smoking status, drinking status, employment status, physical activity, family income, daily energy intake (tertiles), nutritional supplement and chronic diseases.

Supplement Table S3 Association between vitamin B and BF%-defined obesity in older adults (≥60 years)

	OR (95% CI) ^a
VB₁	
Quartile 1 (<2.60 ng/mL)	0 (ref)
Quartile 2 (~3.16 ng/mL)	0.52 (0.31, 0.91)
Quartile 3 (~4.38 ng/mL)	0.46 (0.27, 0.79)
Quartile 4 (>4.38 ng/mL)	0.41 (0.23, 0.72)
VB₂	
Quartile 1 (<2.98 ng/mL)	0 (ref)
Quartile 2 (~4.58 ng/mL)	0.61 (0.36, 1.05)
Quartile 3 (~7.18 ng/mL)	1.02 (0.59, 1.76)
Quartile 4 (>7.18 ng/mL)	0.56 (0.32, 0.96)
VB₆	
Quartile 1 (<8.99 ng/mL)	0 (ref)
Quartile 2 (~12.33 ng/mL)	1.02 (0.59, 1.76)
Quartile 3 (~17.45 ng/mL)	0.66 (0.38, 1.16)
Quartile 4 (>17.45 ng/mL)	0.57 (0.33, 0.99)
VB₉	
Quartile 1 (<2.59 ng/mL)	0 (ref)
Quartile 2 (~4.27 ng/mL)	0.68 (0.40, 1.17)
Quartile 3 (~6.59 ng/mL)	0.61 (0.35, 1.06)
Quartile 4 (>6.59 ng/mL)	0.59 (0.34, 1.02)

^a adjusted for sex, marital status, education, smoking status, drinking status, employment status, physical activity, family income, daily energy intake (tertiles), nutritional supplement and chronic diseases.

Supplement Table S4 Association between vitamin B and VFA-defined obesity in female

	OR (95% CI) ^a
VB ₁	
Quartile 1 (<2.60 ng/mL)	0 (ref)
Quartile 2 (~3.16 ng/mL)	0.68 (0.45, 1.01)
Quartile 3 (~4.38 ng/mL)	0.55 (0.37, 0.83)
Quartile 4 (>4.38 ng/mL)	0.52 (0.34, 0.79)
VB ₂	
Quartile 1 (<2.98 ng/mL)	0 (ref)
Quartile 2 (~4.58 ng/mL)	0.88 (0.59, 1.32)
Quartile 3 (~7.18 ng/mL)	1.03 (0.68, 1.54)
Quartile 4 (>7.18 ng/mL)	0.73 (0.48, 1.10)
VB ₆	
Quartile 1 (<8.99 ng/mL)	0 (ref)
Quartile 2 (~12.33 ng/mL)	0.85 (0.57, 1.27)
Quartile 3 (~17.45 ng/mL)	0.97 (0.65, 1.45)
Quartile 4 (>17.45 ng/mL)	0.62 (0.41, 0.94)
VB ₉	
Quartile 1 (<2.59 ng/mL)	0 (ref)
Quartile 2 (~4.27 ng/mL)	0.66 (0.44, 0.98)
Quartile 3 (~6.59 ng/mL)	0.68 (0.46, 1.03)
Quartile 4 (>6.59 ng/mL)	0.61 (0.40, 0.91)

^a adjusted for sex, marital status, education, smoking status, drinking status, employment status, physical activity, family income, daily energy intake (tertiles), nutritional supplement and chronic diseases.

Supplement Table S5 Association between vitamin B and BF%-defined obesity in female

	OR (95% CI) ^a
VB ₁	
Quartile 1 (<2.60 ng/mL)	0 (ref)
Quartile 2 (~3.16 ng/mL)	0.67 (0.45, 1.01)
Quartile 3 (~4.38 ng/mL)	0.55 (0.37, 0.83)
Quartile 4 (>4.38 ng/mL)	0.49 (0.32, 0.75)
VB ₂	
Quartile 1 (<2.98 ng/mL)	0 (ref)
Quartile 2 (~4.58 ng/mL)	0.67 (0.45, 1.00)
Quartile 3 (~7.18 ng/mL)	0.93 (0.62, 1.40)
Quartile 4 (>7.18 ng/mL)	0.64 (0.42, 0.97)
VB ₆	
Quartile 1 (<8.99 ng/mL)	0 (ref)
Quartile 2 (~12.33 ng/mL)	1.01 (0.70, 1.51)
Quartile 3 (~17.45 ng/mL)	0.95 (0.67, 1.43)
Quartile 4 (>17.45 ng/mL)	0.70 (0.46, 1.06)
VB ₉	
Quartile 1 (<2.59 ng/mL)	0 (ref)
Quartile 2 (~4.27 ng/mL)	0.81 (0.54, 1.20)
Quartile 3 (~6.59 ng/mL)	0.82 (0.55, 1.23)
Quartile 4 (>6.59 ng/mL)	0.69 (0.46, 1.03)

^a adjusted for sex, marital status, education, smoking status, drinking status, employment status, physical activity, family income, daily energy intake (tertiles), nutritional supplement and chronic diseases.

Supplement Table S6 Association between vitamin B and WC-defined obesity in female

	OR (95% CI) ^a
VB ₁	
Quartile 1 (<2.60 ng/mL)	0 (ref)
Quartile 2 (~3.16 ng/mL)	0.91 (0.60, 1.39)
Quartile 3 (~4.38 ng/mL)	0.74 (0.48, 1.13)
Quartile 4 (>4.38 ng/mL)	0.51 (0.32, 0.80)
VB ₂	
Quartile 1 (<2.98 ng/mL)	0 (ref)
Quartile 2 (~4.58 ng/mL)	0.89 (0.58, 1.37)
Quartile 3 (~7.18 ng/mL)	0.79 (0.51, 1.2)
Quartile 4 (>7.18 ng/mL)	0.65 (0.42, 1.01)
VB ₆	
Quartile 1 (<8.99 ng/mL)	0 (ref)
Quartile 2 (~12.33 ng/mL)	0.95 (0.62, 1.47)
Quartile 3 (~17.45 ng/mL)	0.97 (0.81, 1.92)
Quartile 4 (>17.45 ng/mL)	0.83 (0.53, 1.30)
VB ₉	
Quartile 1 (<2.59 ng/mL)	0 (ref)
Quartile 2 (~4.27 ng/mL)	0.81 (0.53, 1.24)
Quartile 3 (~6.59 ng/mL)	0.84 (0.54, 1.29)
Quartile 4 (>6.59 ng/mL)	0.83 (0.54, 1.27)

^a adjusted for sex, marital status, education, smoking status, drinking status, employment status, physical activity, family income, daily energy intake (tertiles), nutritional supplement and chronic diseases.