

Variables	Model 1	Model 2	Model 3
Age, years			
<65		Reference	Reference
≥65		1.95 (1.59 ~ 2.40)***	1.72 (1.40 ~ 2.13)***
Sex			
Male		Reference	Reference
Female		0.78 (0.64 ~ 0.95)*	0.78 (0.59 ~ 1.03)
Marital status			
Married		Reference	Reference
Separated/divorced/widowed		1.30 (1.02 ~ 1.65)*	1.25 (0.98 ~ 1.60)
Never married		1.16 (0.42 ~ 3.21)	1.20 (0.42 ~ 3.37)
Residency			
Urban		Reference	Reference
Rural		1.23 (0.98 ~ 1.55)	1.26 (1.00 ~ 1.60)
Education			
Primary school and below		Reference	Reference
Junior high school		0.73 (0.55 ~ 0.97)*	0.73 (0.55 ~ 0.98)*
High school		1.19 (0.85 ~ 1.68)	1.21 (0.85 ~ 1.71)
University or above		0.81 (0.31 ~ 2.11)	0.85 (0.32 ~ 2.25)
Annual income, yuan			
≤5000		Reference	Reference
5001-10000		0.62 (0.39 ~ 0.99)*	0.66 (0.41 ~ 1.04)
10001-30000		0.74 (0.55 ~ 0.99)*	0.78 (0.58 ~ 1.06)
30001-50000		0.85 (0.59 ~ 1.24)	0.87 (0.59 ~ 1.27)
≥50000		0.48 (0.25 ~ 0.94)*	0.50 (0.26 ~ 0.99)*
Sleep duration, hours			
<7			Reference
7-8			0.76 (0.61 ~ 0.94)*
>8			0.87 (0.62 ~ 1.24)
Smoking status			
Never			Reference
Former/Current			1.37 (1.05 ~ 1.78)*
Drinking status			
Never			Reference
>once a month			0.62 (0.48 ~ 0.81)**
≤once a month			0.62 (0.42 ~ 0.92)*

Hypertension			
No			Reference
Yes			2.60 (2.13 ~ 3.18)***
Dyslipidemia			
No			Reference
Yes			2.10 (1.68 ~ 2.63)***
Diabetes			
No			Reference
Yes			1.20 (0.89 ~ 1.61)

Table S1. Logistic regression analysis of the association between physical activity and stroke risk. Data are presented as OR (95% CI). Model 1 did not adjust for covariates. Model 2 was adjusted for age, sex, marital status, residency, education, and annual income. Model 3 further adjusted for sleep duration, smoking status, drinking status, hypertension, dyslipidemia, and diabetes based on the adjustments made in Model 2. OR: odds ratio; CI: confidence interval. **P* value <0.05, ***P* value <0.01, ****P* value <0.001.