Table S4. Adjusteda prevalence ratio (PR) and 95% CI for the risk of health-related quality of life among adults aged ≥18 years without any of nine chronic conditionsb, by BMI category, 2014 BRFSS

|  | **Underweight****BMI<18.5 kg/m2** | **Normal weight****BMI=18.5–24.9 kg/m2** | **Overweight BMI=25.0–29.9 kg/m2** | **Obese BMI≥30.0 kg/m2** |
| --- | --- | --- | --- | --- |
| **Sleep duration (hours in a 24 hour period)** | **PR (95% CI)** | **PR (95% CI)** | **PR (95% CI)** | **PR (95% CI)** |
| **Poor or fair health** |
|  **≤5** | 2.15 (0.98-4.72) | 1.73 (1.34-2.25) | 1.61 (1.26-2.06) | 1.67 (1.39-2.01) |
|  **6**  | 0.91 (0.41-2.04) | 1.40 (1.13-1.74) | 1.49 (1.22-1.81) | 1.24 (1.04-1.48) |
|  **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
|  **8** | 1.61 (0.88-2.96) | 0.91 (0.74-1.12) | 1.14 (0.93-1.41) | 1.04 (0.86-1.24) |
|  **9** | –c | 1.23 (0.86-1.78) | 1.22 (0.82-1.80) | 1.08 (0.75-1.54) |
|  **≥10** | –c | 1.10 (0.67-1.81) | 1.85 (1.23-2.78) | 1.24 (0.84-1.82) |
| **Frequent physical distress** |
|  **≤5** | 1.27 (0.55-2.93) | 1.87 (1.38-2.53) | 1.62 (1.22-2.16) | 1.87 (1.38-2.54) |
|  **6**  | 0.76 (0.35-1.63) | 1.38 (1.07-1.79) | 1.11 (0.87-1.42) | 1.25 (0.96-1.63) |
|  **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
|  **8** | –c | 0.92 (0.72-1.18) | 0.98 (0.77-1.25) | 1.12 (0.86-1.47) |
|  **9** | –c | 0.99 (0.62-1.59) | 1.27 (0.85-1.91) | 1.73 (1.07-2.82) |
|  **≥10** | –c | 1.46 (0.69-3.08) | 0.92 (0.51-1.64) | 1.36 (0.74-2.50) |
| **Frequent mental distress** |
|  **≤5** | 2.51 (1.30-4.84) | 2.33 (1.87-2.91) | 3.31 (2.58-4.23) | 3.01 (2.33-3.89) |
|  **6**  | 1.38 (0.72-2.65) | 1.77 (1.46-2.15) | 1.84 (1.47-2.31) | 1.62 (1.26-2.07) |
|  **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
|  **8** | –c | 0.78 (0.64-0.96) | 0.88 (0.69-1.14) | 0.78 (0.59-1.04) |
|  **9** | –c | 0.82 (0.54-1.26) | 1.05 (0.67-1.66) | 0.66 (0.38-1.13) |
|  **≥10** | –c | 1.67 (0.95-2.92) | 1.56 (0.94-2.60) | 1.61 (1.00-2.59) |
| **Frequent activity limitation** |
|  **≤5** | 2.92 (1.20-7.10) | 3.06 (2.10-4.47) | 2.24 (1.47-3.43) | 2.54 (1.75-3.69) |
|  **6**  | 1.53 (0.65-3.62) | 2.09 (1.46-2.98) | 1.29 (0.93-1.79) | 1.65 (1.11-2.43) |
|  **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
|  **8** | –c | 0.98 (0.66-1.45) | 0.93 (0.66-1.31) | 1.26 (0.86-1.84) |
|  **9** | –c | 0.95 (0.51-1.79) | 1.01 (0.57-1.78) | 2.29 (1.22-4.30) |
|  **≥10** | –c | 3.42 (1.58-7.41) | 1.69 (0.80-3.56) | 1.61 (0.86-3.03) |

Abbreviations: PR-prevalence ratio; CI-confidence interval.

aFully-adjusted logistic regression model included sleep duration category, sex, age, race/ethnicity, education, employment status, **household income,** marital status, leisure-time physical activity, and smoking status.

bNine chronic conditions include coronary heart disease (CHD), stroke, cancer, chronic obstructive pulmonary disease (COPD), diabetes, asthma, arthritis, depression, chronic kidney disease.

cResults are not presented due to small sample size.