

Appendix 1. Standardized regression coefficients of sitting time (hours/day) and TV viewing time (hours/day) with continuous metabolic risk variables for women and for men.

	Sitting Time (hours/day)		TV viewing time (hours/day)	
	Women	Men	Women	Men
Waist circumference, cm				
<i>Model A</i>	0.11 (0.09)‡	0.08 (0.09)‡	0.15 (0.20)‡	0.08 (0.20)‡
<i>Model B</i>	0.11 (0.09)‡	0.08 (0.09)‡	0.12 (0.20)‡	0.06 (0.20)†
<i>Model D</i> ¶	0.08 (0.10)‡	0.07 (0.10)†	0.08 (0.22)‡	0.04 (0.21)
BMI, kg/m²				
<i>Model A</i>	0.11 (0.04)‡	0.05 (0.03)*	0.14 (0.09)‡	0.05 (0.07)*
<i>Model B</i>	0.12 (0.04)‡	0.05 (0.03)*	0.11 (0.09)‡	0.04 (0.07)*
<i>Model D</i> ¶	0.09 (0.04)‡	0.04 (0.04)	0.08 (0.10)‡	0.03 (0.08)
Systolic blood pressure, mmHg				
<i>Model A</i>	0.05 (0.13)†	-0.05 (0.14)*	0.09 (0.28)‡	0.04 (0.30)
<i>Model B</i>	0.05 (0.13)†	-0.05 (0.13)*	0.06 (0.28)‡	0.01 (0.30)
<i>Model C</i>	0.03 (0.13)	-0.06 (0.13)†	0.03 (0.28)	-0.001 (0.29)
<i>Model D</i>	0.02 (0.14)	-0.07 (0.14)†	0.03 (0.30)	0.02 (0.30)
Diastolic blood pressure, mmHg				
<i>Model A</i>	0.07 (0.07)‡	0.04 (0.08)	0.09 (0.15)‡	0.04 (0.17)
<i>Model B</i>	0.07 (0.07)‡	0.03 (0.08)	0.07 (0.15)‡	0.04 (0.17)
<i>Model C</i>	0.05 (0.07)*	0.01 (0.08)	0.05 (0.15)†	0.03 (0.16)
<i>Model D</i>	0.03 (0.08)	0.004 (0.08)	0.04 (0.17)*	0.03 (0.17)
Triglycerides, mmol/L[§] (natural log transformed)				
<i>Model A</i>	0.10 (0.003)‡	0.10 (0.004)‡	0.13 (0.01)‡	0.06 (0.01)†
<i>Model B</i>	0.10 (0.003)‡	0.10 (0.004)‡	0.09 (0.01)‡	0.04 (0.01)
<i>Model C</i>	0.06 (0.003)‡	0.07 (0.004)‡	0.05 (0.01)†	0.02 (0.01)
<i>Model D</i>	0.05 (0.003)*	0.07 (0.004)‡	0.04 (0.01)	0.002 (0.01)
HDL-cholesterol mmol/L[§] (natural log transformed)				
<i>Model A</i>	-0.05 (0.002)†	-0.10 (0.002)‡	-0.08 (0.004)‡	-0.03 (0.004)
<i>Model B</i>	-0.06 (0.002)‡	-0.10 (-0.002)‡	-0.04 (0.004)*	-0.02 (0.004)
<i>Model C</i>	-0.02 (0.002)	-0.07 (0.002)‡	-0.003 (0.004)	-0.005 (0.004)
<i>Model D</i>	-0.03 (0.002)	-0.07 (0.002)‡	0.01 (0.004)	0.02 (0.004)
Fasting plasma glucose, mmol/L (natural log transformed)				
<i>Model A</i>	0.02 (0.001)	0.005 (0.001)	0.06 (0.002)†	0.06 (0.002)†
<i>Model B</i>	0.02 (0.001)	0.003 (0.001)	0.04 (0.002)*	0.06 (0.002)†
<i>Model C</i>	-0.01 (0.001)	-0.02 (0.001)	0.004 (0.002)	0.04 (0.002)*
<i>Model D</i>	-0.02 (0.001)	-0.04 (0.001)	0.01 (0.002)	0.05 (0.002)*
2-hr plasma glucose, mmol/L (natural log transformed)				
<i>Model A</i>	0.06 (0.002)‡	0.06 (0.003)†	0.08 (0.004)‡	0.09 (0.005)‡
<i>Model B</i>	0.07 (0.002)‡	0.07 (0.003)†	0.05 (0.004)†	0.08 (0.006)‡
<i>Model C</i>	0.04 (0.002)*	0.05 (0.002)*	0.02 (0.004)	0.06 (0.005)†
<i>Model D</i>	0.04 (0.002)*	0.03 (0.003)	0.001 (0.005)	0.05 (0.006)*
Fasting insulin, pmol/L (natural log transformed)				
<i>Model A</i>	0.12 (0.004)‡	0.12 (0.005)‡	0.14 (0.01)‡	0.10 (0.01)‡
<i>Model B</i>	0.12 (0.004)‡	0.11 (0.005)‡	0.10 (0.01)‡	0.08 (0.01)‡
<i>Model C</i>	0.06 (0.003)‡	0.06 (0.004)‡	0.03 (0.01)*	0.04 (0.01)†
<i>Model D</i>	0.05 (0.004)‡	0.05 (0.004)†	0.01 (0.01)	0.03 (0.01)

Notes: Forced entry linear regression. Data presented as standardized beta coefficient (SE) *p<0.05; †p<0.01; ‡p<0.001. Mean and statistical significance for insulin, triglycerides, HDL-cholesterol, fasting and 2-hr post load plasma glucose derived from natural log transformed values. Sitting time coefficients are based on self report data using the timeframe of a ‘typical’ weekday and weekend day, while TV viewing time is based on self-report data using the timeframe of the most recent 7 days.

Model A: Adjusted for age only.

Model B: adjusted for age, education, parental history of diabetes, employment status, cigarette smoking, total energy intake, alcohol intake, diet quality & total leisure-time physical activity time.

Model C: adjusted for all covariates plus waist circumference.

Model D: adjusts for all covariates, waist circumference and sitting or TV viewing time. §Additional adjustment for lipid lowering medication. || Additional adjustment for anti-hypertensive medication. ¶Model is not adjusted for waist circumference.

Appendix 2: Unstandardized regression coefficients of sitting time (hours/day) and TV viewing time (hours/day) with continuous metabolic risk variables for women and for men who achieved the physical activity guidelines.

	Sitting Time (hours/day)		TV viewing time (hours/day)	
	Women	Men	Women	Men
Waist circumference, cm				
<i>Model A</i>	0.43 (0.19,0.68)‡	0.34 (0.11,0.57)†	1.58 (1.04,2.11)‡	0.80 (0.31,1.28)‡
<i>Model B</i>	0.46 (0.21,0.70)‡	0.34 (0.11,0.57)†	1.36 (0.81,1.91)‡	0.57 (0.07, 1.06)*
<i>Model D</i> ¶	0.27 (0.01,0.53)*	0.29 (0.05,0.53)*	1.13 (0.54,1.72)‡	0.37 (-0.16,0.89)
BMI, kg/m²				
<i>Model A</i>	0.17 (0.07,0.28)‡	0.09 (0.01,0.17)*	0.59 (0.36,0.81)‡	0.19 (0.01,0.36)*
<i>Model B</i>	0.19 (0.09,0.29)‡	0.10 (0.01,0.18)*	0.50 (0.27,0.73)‡	0.14 (-0.04,0.32)
<i>Model D</i> ¶	0.12 (0.01,0.23)*	0.09 (-0.002,0.17)	0.39 (0.15,0.64)†	0.08 (-0.11,0.27)
Systolic blood pressure, mmHg				
<i>Model A</i>	0.13 (-0.22,0.48)	-0.11 (-0.45,0.23)	1.12 (0.36,1.89)†	0.66 (-0.07,1.38)
<i>Model B</i>	0.23 (-0.11,0.57)	-0.12 (-0.46,0.22)	0.71 (-0.06,1.48)	0.38 (-0.36,1.11)
<i>Model C</i>	0.08 (-0.26,0.41)	-0.21 (-0.54,0.12)	0.28 (-0.47,1.04)	0.23 (-0.50,0.95)
<i>Model D</i>	0.04 (-0.32,0.40)	-0.27 (-0.62,0.08)	0.25 (-0.56,1.07)	0.41 (-0.35,1.17)
Diastolic blood pressure, mmHg				
<i>Model A</i>	0.11 (-0.08,0.30)	0.18 (-0.01,0.37)	0.67 (0.26,1.09)†	0.30 (-0.11,0.72)
<i>Model B</i>	0.14 (-0.05,0.33)	0.13 (-0.06,0.32)	0.62 (0.20,1.04)†	0.41 (-0.01,0.83)
<i>Model C</i>	0.08 (-0.11,0.26)	0.07 (-0.11,0.26)	0.44 (0.02,0.86)*	0.31 (-0.09,0.72)
<i>Model D</i>	0.005 (-0.19,0.20)	0.03 (-0.17,0.23)	0.44 (-0.02,0.89)	0.29 (-0.14,0.73)
Triglycerides, mmol/L[§] (natural log transformed)				
<i>Model A</i>	0.02 (0.01,0.02)‡	0.02 (0.01,0.03)‡	0.05 (0.03,0.06)‡	0.03 (0.01,0.05)*
<i>Model B</i>	0.02 (0.01,0.03)‡	0.02 (0.01,0.03)‡	0.04 (0.02,0.06)‡	0.02 (-0.01,0.04)
<i>Model C</i>	0.01 (0.003,0.02)‡	0.01 (0.004,0.02)†	0.02 (0.001,0.04)*	0.01 (-0.01,0.03)
<i>Model D</i>	0.01 (0.0002,0.02)*	0.01 (0.004,0.03)†	0.01 (-0.01,0.03)	-0.002 (-0.03,0.02)
HDL-cholesterol mmol/L[§] (natural log transformed)				
<i>Model A</i>	-0.004 (-0.01,0.001)	-0.01 (-0.02,-0.01)‡	-0.01 (-0.02,-0.002)*	-0.01 (-0.02,-0.001)*
<i>Model B</i>	-0.01 (-0.01,-0.0005)*	-0.01 (-0.02,-0.01)‡	-0.004 (-0.01,0.006)	-0.01 (-0.02,0.002)
<i>Model C</i>	-0.002 (-0.01,0.002)	-0.01 (-0.01,-0.003)‡	0.005 (-0.005,0.01)	-0.01 (-0.02,0.005)
<i>Model D</i>	-0.003 (-0.01,0.001)	-0.01 (-0.01,-0.003)‡	0.01 (-0.003,0.02)	-0.0001 (-0.01,0.01)
Fasting plasma glucose, mmol/L (natural log transformed)				
<i>Model A</i>	0.0003 (-0.002,0.002)	-0.0004 (-0.003,0.002)	0.01 (0.002,0.01)†	0.005 (0.0002,0.01)*
<i>Model B</i>	0.0004 (-0.002,0.002)	-0.001 (-0.003,0.001)	0.006 (0.002,0.01)†	0.004 (-0.0002,0.01)
<i>Model C</i>	-0.001 (-0.003,0.001)	-0.001 (-0.003,0.001)	0.002 (-0.002, 0.006)	0.003 (-0.001,0.01)
<i>Model D</i>	-0.002 (-0.004,0.0003)	-0.002 (-0.004,0.0003)	0.004 (-0.001,0.01)	0.005 (-0.0002,0.01)
2-hr plasma glucose, mmol/L (natural log transformed)				
<i>Model A</i>	0.01 (0.005,0.01)‡	0.01 (0.004,0.02)†	0.02 (0.01,0.03)‡	0.02 (0.01,0.04)‡
<i>Model B</i>	0.01 (0.006,0.02)‡	0.01 (0.004,0.02)†	0.01 (0.003,0.03)*	0.02 (0.006,0.03)†
<i>Model C</i>	0.01 (0.003,0.01)‡	0.01 (0.002,0.01)†	0.006 (-0.005,0.02)	0.02 (0.003,0.03)*
<i>Model D</i>	0.01 (0.003,0.01)†	0.01 (0.0001,0.01)*	-0.001 (-0.01,0.01)	0.01 (-0.002,0.03)
Fasting insulin, pmol/L (natural log transformed)				
<i>Model A</i>	0.02 (0.01,0.03)‡	0.02 (0.01,0.04)‡	0.05 (0.03,0.08)‡	0.06 (0.03,0.09)‡
<i>Model B</i>	0.03 (0.01,0.04)‡	0.02 (0.01,0.03)‡	0.04 (0.02,0.07)‡	0.05 (0.02,0.08)‡
<i>Model C</i>	0.01 (0.003,0.02)†	0.01 (0.0004,0.02)*	0.002 (-0.02,0.02)	0.03 (0.01,0.05)*
<i>Model D</i>	0.01 (0.004,0.02)†	0.01 (-0.003,0.02)	-0.01 (-0.03,0.01)	0.02 (0.001,0.05)*

Notes: Forced entry linear regression. Data presented as unstandardized beta coefficient (95% CI) *p≤0.05; †p≤0.01; ‡p≤0.001. Mean and statistical significance for insulin, triglycerides, HDL-cholesterol, fasting and 2-hr post load plasma glucose derived from natural log transformed values. Sitting time coefficients are based on self report data using the timeframe of a 'typical' weekday and weekend day, while TV viewing time is based on self-report data using the timeframe of the most recent 7 days.

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