

Measurement of Adults' Sedentary Time in Population-Based Studies

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Appendix A

Sedentary time by age and race/ethnicity among U.S. women aged ≥20 years (NHANES 2003–2006)

	Non-Hispanic white		Mexican-American		Non-Hispanic black	
	<i>n</i> ^a	Estimate (95% CI) ^b	<i>n</i> ^a	Estimate (95% CI) ^a	<i>n</i> ^a	Estimate (95% CI) ^a
Accelerometer-derived sedentary time, by age in years (hours per day, M)						
20–29	237	8.3 (8.1, 8.5)	133	8.3 (8.0, 8.5)	80	8.5 (8.3, 8.7)
30–39	237	8.0 (7.8, 8.3)	122	7.6 (7.4, 7.9)	95	8.2 (7.9, 8.4)
40–49	237	8.2 (8.0, 8.4)	106	7.7 (7.3, 8.1)	144	8.2 (7.9, 8.5)
50–59	261	8.5 (8.3, 8.7)	59	7.9 (7.5, 8.2)	102	8.5 (8.2, 8.7)
60–69	264	8.8 (8.7, 9.1)	135	8.4 (8.0, 8.8)	116	9.2 (9.0, 9.4)
≥70	445	9.8 (9.7, 10.0)	86	9.7 (9.2, 10.2)	76	10.2 (9.7, 10.6)
Sit most of the day, by age in years (%)						
20–29	489	22.7 (17.9, 27.6)	284	17.7 (12.2, 23.3)	241	22.1 (15.4, 28.9)
30–39	426	24.1 (19.9, 28.2)	194	17.0 (11.1, 23.0)	187	23.0 (16.7, 29.3)
40–49	362	30.2 (26.8, 33.5)	166	20.3 (13.2, 27.5)	222	29.4 (23.6, 35.2)
50–59	348	25.8 (21.6, 30.0)	83	17.2 (9.1, 25.2)	149	37.6 (31.1, 44.0)
60–69	348	25.1 (19.8, 30.4)	177	24.2 (17.9, 30.5)	168	37.1 (28.9, 45.3)
≥70	711	31.8 (26.8, 36.7)	129	40.2 (30.3, 50.0)	131	52.7 (41.3, 64.1)
≥3 hours per day screen time, by age in years (%)						
20–29	489	46.0 (41.1, 50.9)	284	49.4 (44.1, 54.7)	241	71.1 (63.2, 79.0)
30–39	426	32.5 (31.5, 41.0)	194	35.0 (28.6, 41.4)	187	56.3 (46.1, 66.6)
40–49	363	42.5 (37.7, 47.3)	166	37.3 (27.6, 47.0)	222	61.2 (54.8, 67.6)

	Non-Hispanic white		Mexican-American		Non-Hispanic black	
	<i>n</i> ^a	Estimate (95% CI) ^b	<i>n</i> ^a	Estimate (95% CI) ^a	<i>n</i> ^a	Estimate (95% CI) ^a
50-59	348	47.2 (40.6, 53.8)	83	27.8 (18.1, 37.4)	149	66.2 (58.4, 74.1)
60-69	347	58.2 (52.6, 63.8)	177	45.7 (38.0, 53.4)	168	66.2 (54.1, 78.4)
≥70	709	60.4 (57.1, 63.7)	129	49.1 (40.5, 57.7)	131	62.6 (54.2, 71.1)
≥2 hours per day TV, by age in years (%)						
20-29	489	56.9 (51.5, 62.4)	284	66.9 (60.8, 72.9)	241	77.9 (71.0, 84.8)
30-39	426	51.9 (47.0, 56.8)	194	63.3 (54.8, 71.9)	187	70.8 (62.4, 79.2)
40-49	363	57.6 (51.8, 63.5)	166	61.3 (53.6, 69.0)	222	73.7 (69.2, 78.1)
50-59	348	62.8 (56.8, 68.9)	83	56.1 (45.9, 66.4)	149	75.9 (67.1, 84.7)
60-69	347	77.0 (71.5, 82.6)	177	68.2 (59.7, 76.7)	168	81.9 (74.7, 89.0)
≥70	709	81.4 (77.7, 85.2)	129	70.8 (61.7, 79.9)	131	79.9 (74.2, 85.7)
≥1 hour per day computer, by age in years (%)						
20-29	489	34.0 (29.5, 38.6)	284	20.7 (14.0, 27.5)	241	43.4 (37.6, 49.3)
30-39	426	31.9 (25.9, 38.0)	194	12.0 (5.7, 18.3)	187	33.5 (25.9, 41.0)
40-49	363	32.3 (26.8, 38.0)	166	14.9 (9.9, 19.9)	222	24.8 (18.8, 30.7)
50-59	348	30.8 (26.2, 35.4)	83	6.3 (0.4, 12.3) ^c	149	30.3 (22.4, 38.2)
60-69	347	30.7 (24.6, 36.8)	177	5.8 (2.6, 8.9)	168	17.9 (11.9, 23.9)
≥70	709	13.3 (10.0, 16.5)	129	0.9 (-1.0, 2.8) ^c	131	4.1 (0.9, 7.2)

Note: Numbers in bold and italics are <71, the minimum estimated as needed for reliable prevalence estimates of outcomes of overall prevalence between 25% and 75%, based on a design effect 2.3597 (calculated for the accelerometer-derived sedentary time outcome)*30.

^aNumber of participants with data, or with 4 or more days of valid (>10 hours observed) data for accelerometer-derived sedentary time

^bEstimate of adjusted mean (accelerometer-derived sedentary time) or prevalence, with 95% CI; derived from marginal means in linear regression or marginal probabilities in logistic regression, with linearized variance estimation and weighted to the U.S. population

^cCoefficient of variation ≥0.3 and estimate is not statistically reliable

NHANES, National Health and Nutrition Examination Survey

Appendix B

Sedentary time by age and race/ethnicity among U.S. men aged ≥20 years (NHANES 2003–2006)

	Non-Hispanic white		Mexican-American		Non-Hispanic black	
	<i>n</i> ^a	Estimate (95% CI) ^b	<i>n</i> ^a	Estimate (95% CI) ^a	<i>n</i> ^a	Estimate (95% CI) ^a
Accelerometer-measured sedentary time, by age in years (hours per day, M)						
20–29	188	8.1 (7.8, 8.4)	112	6.5 (6.1, 6.8)	83	8.1 (7.7, 8.4)
30–39	215	7.9 (7.5, 8.2)	111	6.9 (6.6, 7.3)	96	7.8 (7.3, 8.2)
40–49	251	8.0 (7.8, 8.2)	139	7.3 (7.0, 7.5)	116	7.9 (7.5, 8.3)
50–59	263	8.4 (8.2, 8.7)	58	7.3 (6.9, 7.6)	87	8.1 (7.7, 8.4)
60–69	253	9.1 (8.9, 9.3)	130	8.7 (8.3, 9.1)	109	9.1 (8.7, 9.4)
≥70	488	10.2 (10.1, 10.3)	93	9.5 (9.1, 9.9)	86	10.2 (9.9, 10.5)
Sit most of the day, by age in years (%)						
20–29	356	18.7 (13.9, 23.5)	223	5.0 (1.4, 8.7) ^c	211	12.5 (8.4, 16.5)
30–39	349	23.1 (18.6, 27.6)	171	9.1 (3.2, 14.9)	181	21.7 (15.9, 27.5)
40–49	382	19.9 (15.6, 24.2)	175	14.8 (9.4, 20.1)	190	16.9 (10.5, 23.4)
50–59	356	25.4 (20.3, 30.5)	81	19.5 (12.6, 26.5)	143	29.8 (23.2, 36.5)
60–69	340	23.2 (19.2, 27.1)	179	18.8 (11.2, 26.4)	170	34.9 (27.8, 41.9)
≥70	711	29.5 (25.7, 33.4)	125	22.2 (15.6, 28.9)	122	34.7 (24.4, 45.0)
≥3 hours per day screen time, by age in years (%)						
20–29	356	53.5 (47.8, 59.1)	223	43.4 (38.1, 48.7)	211	66.3 (59.4, 73.2)
30–39	349	45.5 (38.6, 52.4)	171	35.6 (27.6, 43.5)	181	63.2 (55.5, 70.8)
40–49	383	45.0 (38.4, 51.6)	175	29.2 (22.2, 36.2)	190	56.5 (48.5, 64.4)
50–59	356	51.6 (46.1, 57.1)	81	36.7 (27.4, 46.1)	144	60.7 (51.4, 69.9)
60–69	341	62.9 (57.0, 68.9)	179	42.7 (34.6, 50.8)	169	65.5 (58.3, 72.7)
≥70	712	62.8 (58.5, 67.1)	126	53.0 (41.1, 64.9)	122	64.3 (55.2, 73.4)
≥2 hours per day TV, by age in years (%)						
20–29	356	64.1 (58.0, 70.1)	223	67.9 (63.1, 72.7)	211	76.3 (69.1, 83.4)
30–39	349	61.6 (55.6, 67.7)	171	60.9 (53.3, 68.5)	181	73.2 (66.6, 79.7)
40–49	383	63.5 (59.1, 67.8)	175	56.1 (48.5, 63.8)	190	72.1 (62.6, 81.7)
50–59	356	66.2 (62.4, 70.0)	81	67.8 (57.5, 78.1)	144	76.6 (70.0, 83.3)
60–69	341	78.7 (74.9, 82.6)	179	68.0 (56.4, 79.6)	169	83.6 (77.6, 89.6)
≥70	712	82.3 (78.6, 86.0)	126	72.6 (63.9, 81.3)	122	86.8 (80.9, 92.6)

	Non-Hispanic white		Mexican-American		Non-Hispanic black	
	<i>n</i> ^a	Estimate (95% CI) ^b	<i>n</i> ^a	Estimate (95% CI) ^a	<i>n</i> ^a	Estimate (95% CI) ^a
≥1 hour per day computer time, by age in years (%)						
20-29	356	45.9 (40.1, 51.6)	223	16.4 (12.6, 20.1)	211	45.7 (37.2, 54.2)
30-39	349	40.4 (33.6, 47.1)	171	15.4 (9.3, 21.4)	181	41.4 (33.1, 49.8)
40-49	383	34.1 (28.6, 39.7)	175	11.2 (6.4, 16.0)	190	29.7 (22.2, 37.2)
50-59	356	27.7 (21.1, 34.3)	81	10.1 (3.1, 17.1) ^c	144	23.1 (15.6, 30.6)
60-69	341	27.7 (22.6, 32.9)	179	9.0 (3.4, 14.6) ^c	169	16.2 (10.8, 21.5)
≥70	712	19.2 (15.2, 23.2)	126	5.2 (-0.3, 10.7)	122	2.9 (-0.3, 6.0) ^c

Note: Numbers in bold and italics are <71, the minimum estimated as needed for reliable prevalence estimates of outcomes of overall prevalence between 25% and 75%, based on a design effect 2.3597 (calculated for the accelerometer-derived sedentary time outcome)*30.

^aNumber of participants with data, or with 4 or more days of valid (>10 hours observed) data for accelerometer-derived sedentary time

^bEstimate of adjusted mean (accelerometer-derived sedentary time) or prevalence, with 95% CI; derived from marginal means in linear regression or marginal probabilities in logistic regression, with linearized variance estimation and weighted to the U.S. population

^cCoefficient of variation ≥0.3 and estimate is not statistically reliable

NHANES, National Health and Nutrition Examination Survey