

Supplementary Table 1. Association between television viewing, overall sitting and mortality adjusted for BMI at study baseline among 240,819 participants reporting no heart disease or cancer at baseline – NIH-AARP Diet and Health Study.

Hazard ratios (95% confidence intervals)						
<i>All-cause Mortality</i>						
Television viewing (hrs/d)	< 1	1 to 2	3 to 4	5 to 6	7+	P_{trend}
Deaths	801	4,054	7,622	3,278	1,289	
Multivariable model C ¹	1.00	1.02 (0.94, 1.10)	1.11 (1.03, 1.19)	1.24 (1.15, 1.35)	1.51 (1.38, 1.65)	< 0.001
Overall sitting (hrs/d)	< 3	3 to 4	5 to 6	7 to 8	9+	P_{trend}
Deaths	3,310	5,029	4,851	2,362	1,492	
Multivariable model C ¹	1.00	0.98 (0.94, 1.02)	1.01 (0.97, 1.06)	0.99 (0.94, 1.05)	1.14 (1.07, 1.21)	0.001
<i>Cardiovascular Mortality</i>						
Television viewing (hrs/d)	< 1	1 to 2	3 to 4	5 to 6	7+	P_{trend}
Deaths	212	1,056	2,084	928	404	
Multivariable model C ¹	1.00	0.97 (0.83, 1.12)	1.08 (0.94, 1.25)	1.23 (1.06, 1.44)	1.63 (1.37, 1.93)	< 0.001
Overall sitting (hrs/d)	< 3	3 to 4	5 to 6	7 to 8	9+	P_{trend}
Deaths	931	1,398	1,346	611	398	
Multivariable model C ¹	1.00	0.96 (0.88, 1.04)	0.99 (0.91, 1.08)	0.91 (0.82, 1.01)	1.06 (0.94, 1.19)	0.968
<i>Cancer Mortality</i>						
Television viewing (hrs/d)	< 1	1 to 2	3 to 4	5 to 6	7+	P_{trend}
Deaths	388	1,954	3,483	1,362	465	
Multivariable model C ¹	1.00	1.03 (0.92, 1.15)	1.07 (0.96, 1.19)	1.11 (0.99, 1.25)	1.18 (1.03, 1.36)	0.002
Overall sitting (hrs/d)	< 3	3 to 4	5 to 6	7 to 8	9+	P_{trend}
Deaths	1,474	2,315	2,193	1,038	632	
Multivariable model C ¹	1.00	1.02 (0.95, 1.08)	1.03 (0.97, 1.10)	0.98 (0.91, 1.07)	1.10 (1.00, 1.21)	0.268

Mortality from Other Causes

Television viewing (hrs/d)	< 1	1 to 2	3 to 4	5 to 6	7+	P_{trend}
Deaths	201	1,044	2055	988	420	
Multivariable model C ¹	1.00	1.06 (0.91, 1.23)	1.20 (1.04, 1.39)	1.52 (1.30, 1.77)	2.00 (1.68, 2.38)	< 0.001
Overall sitting (hrs/d)	< 3	3 to 4	5 to 6	7 to 8	9+	P_{trend}
Deaths	905	1,316	1,312	713	462	
Multivariable model C ¹	1.00	0.94 (0.86, 1.02)	1.00 (0.92, 1.09)	1.10 (0.99, 1.21)	1.29 (1.15, 1.45)	< 0.001

¹Model C: adjusted for age (years), sex (male, female), race (white, black, other, missing), education (< 12 years, high school graduate, some college, college graduate, missing), smoking history (never, quit ≤ 20 cigarettes/d, quit > 20 cigarettes/d, current ≤ 20 cigarettes/d, current > 20 cigarettes/d, unknown), diet quality (quintiles), MVPA (never/rarely, < 1, 1-3, 4-7, 7+ hrs/wk), and BMI (kg/m²)