

ESM Table 3: Separate associations of physical activity and leisure-time sitting level at baseline with change in number of metabolic risk factors at follow-up compared with baseline

Change in number of metabolic risk factors		
Unstandardized B (95% CI)		
	After 5 years n=3670	After 10 years n=3214
Model 1		
<i>Physical activity level</i>		
<i>Low</i>	0.00 (Reference)	0.00 (Reference)
<i>Intermediate</i>	-0.05 (-0.14, 0.04)	0.04 (-0.06, 0.14)
<i>High</i>	-0.01 (-0.10, 0.08)	0.07 (-0.04, 0.17)
<i>P-trend</i>	0.86	0.21
<i>Leisure-time sitting level</i>		
<i>High</i>	0.00 (Reference)	0.00 (Reference)
<i>Intermediate</i>	-0.06 (-0.14, 0.03)	0.01 (-0.08, 0.11)
<i>Low</i>	-0.02 (-0.11, 0.07)	0.06 (-0.04, 0.16)
<i>P-trend</i>	0.59	0.25
Model 2		
<i>Physical activity level</i>		
<i>Low</i>	0.00 (Reference)	0.00 (Reference)
<i>Intermediate</i>	-0.04 (-0.13, 0.05)	0.04 (-0.06, 0.14)
<i>High</i>	-0.00 (-0.10, 0.09)	0.08 (-0.03, 0.18)
<i>P-trend</i>	0.96	0.14
<i>Leisure-time sitting level</i>		
<i>High</i>	0.00 (Reference)	0.00 (Reference)
<i>Intermediate</i>	-0.06 (-0.14, 0.03)	0.02 (-0.08, 0.11)
<i>Low</i>	-0.01 (-0.10, 0.08)	0.07 (-0.04, 0.17)
<i>P-trend</i>	0.68	0.21

Separate associations are mutually adjusted. **Model 1** adjusted for age, sex, and ethnicity. **Model 2** further adjusted for occupational position, frequency of fruit and vegetable consumption, smoking status, alcohol consumption, and the presence of a long-standing illness.