

ESM Table 4: Combined associations of physical activity and leisure-time sitting level at baseline with incident obesity and incident metabolic risk factor clustering at follow-up

Change in number of metabolic risk factors

Unstandardized B (95% CI)

	After 5 years n=3670				After 10 years n=3214			
	Model 1							
	<i>Leisure-time sitting level</i>				<i>Leisure-time sitting level</i>			
<i>Physical activity level</i>	<i>High</i>	<i>Intermediate</i>	<i>Low</i>	<i>P-trend</i>	<i>High</i>	<i>Intermediate</i>	<i>Low</i>	<i>P-trend</i>
<i>Low</i>	0.00 (Reference)	-0.12 (-0.27, 0.02)	0.01 (-0.15, 0.17)	0.93	0.00 (Reference)	0.02 (-0.15, 0.18)	0.04 (-0.13, 0.22)	0.60
<i>Intermediate</i>	-0.08 (-0.23, 0.06)	-0.08 (-0.22, 0.06)	-0.11 (-0.26, 0.04)	0.67	0.08 (-0.08, 0.25)	0.01 (-0.15, 0.17)	0.09 (-0.08, 0.26)	0.98
<i>High</i>	-0.02 (-0.16, 0.12)	-0.08 (-0.22, 0.07)	-0.05 (-0.21, 0.11)	0.65	0.02 (-0.14, 0.18)	0.10 (-0.06, 0.26)	0.15 (-0.03, 0.33)	0.11
<i>P-trend</i>	0.44	0.74	0.90		0.85	0.33	0.28	
<i>P-interaction</i>		0.78				0.81		
	Model 2							
	<i>Leisure-time sitting level</i>				<i>Leisure-time sitting level</i>			
<i>Physical activity level</i>	<i>High</i>	<i>Intermediate</i>	<i>Low</i>	<i>P-trend</i>	<i>High</i>	<i>Intermediate</i>	<i>Low</i>	<i>P-trend</i>
<i>Low</i>	0.00 (Reference)	-0.12 (-0.26, 0.03)	0.01 (-0.14, 0.17)	0.99	0.00 (Reference)	0.03 (-0.13, 0.20)	0.05 (-0.13, 0.23)	0.54
<i>Intermediate</i>	-0.08 (-0.22, 0.07)	-0.08 (-0.22, 0.07)	-0.10 (-0.25, 0.05)	0.81	0.10 (-0.07, 0.26)	0.02 (-0.14, 0.18)	0.11 (-0.06, 0.28)	0.94
<i>High</i>	-0.02 (-0.16, 0.13)	-0.07 (-0.21, 0.08)	-0.04 (-0.20, 0.12)	0.74	0.04 (-0.13, 0.20)	0.13 (-0.04, 0.29)	0.17 (-0.01, 0.35)	0.10
<i>P-trend</i>	0.33	0.56	0.57		0.90	0.35	0.08	
<i>P-interaction</i>		0.46				0.47		

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.