Supplemental File 2

Table 1. Proportion of respondents work-related physical activity according to selected characteristics, workforce population – pooled analysis Belgium, Germany, Estonia , ImpEHIS II 2011

Characteristic	No. in sample	Mostly sitting or standing		Mostly walking or tasks of light to moderate physical effort		Mostly heavy labour or physically demanding work	
		%	N	%	N	%	N
Total	97	59.8	58	26.8	26	13.4	13
Age group (yrs)							
15-29	10	30.0	3	30.0	3	40.0	4
30-39	24	66.7	16	29.2	7	4.2	1
40-49	28	60.7	17	32.1	9	7.1	2
50-59	25	60.0	15	20.0	5	20.0	5
≥60	10	70.0	7	20.0	2	10.0	1
Sex							
Men	52	59.6	31	19.2	10	21.2	11
Women	45	60.0	27	35.6	16	4.4	2
Education							
Primary / lower secondary	5	40.0	2	20.0	1	40.0	2
Upper secondary	35	37.1	13	37.1	13	25.7	9
Post secondary or tertiary	57	75.4	43	21.1	12	3.5	2
Marital status							
Married	57	57.9	33	33.3	19	8.8	5
Previously married	14	71.4	10	14.3	2	14.3	2
Never married	26	57.7	15	19.2	5	23.1	6
Perceived Health							
(Very) good	73	65.8	48	21.9	16	12.3	9
(Very) poor to fair	23	39.1	9	43.5	10	17.4	4
Country							
Belgium	24	75.0	18	12.5	3	12.5	3
Germany (PAPI)	29	72.4	21	27.6	8	0	0
Germany (CATI)	19	52.6	10	26.3	5	21.5	4
Estonia	25	36.0	9	40.0	10	24.0	6

Table 2. Means of transport-related walking, bicycling and overall active transportation according to selected characteristics – pooled analysis Belgium, Germany, Estonia

Characteristic	Walking minutes per week		Bicycling minutes per week		Active transportation MET* minutes per week	
	m	N	m	N	m	N
Total	251.8	164	51.8	167	1145.0	164
Age group (yrs)						
15-29	342.0	33	49.4	33	1424.9	33
30-39	221.5	30	60.9	33	1120.0	30
40-49	245.9	35	82.9	35	1308.5	35
50-59	150.6	35	26.9	35	658.0	35
≥60	306.1	31	37.7	31	1236.7	31
Sex						
Men	255.1	82	59.9	83	1205.4	82
Women	248.5	82	43.8	84	1084.7	82
Education						
Primary / Lower secondary	261.9	21	1.0	21	870.0	21
Upper secondary	312.0	55	51.7	57	1343.8	55
Post secondary or tertiary	211.8	88	63.9	89	1086.4	88
Marital status						
Married	210.6	84	49.6	86	996.4	84
Previously married	250.2	21	12.7	22	900.1	21
Never married	311.0	59	69.6	59	1443.8	59
Employment status						
Employed	214.1	100	51.4	102	1019.6	100
Student, trainee	330.3	19	79.2	19	1565.1	19
Retired	228.5	26	38.8	26	987.0	26
Others	418.6	18	35.3	19	1589.8	18
Perceived Health						
(Very) good	257.3	119	56.9	122	1195.8	119
(Very) poor to fair	235.5	44	38.9	44	1010.2	44
Country						
Belgium	204.7	48	27.9	50	847.3	48
Germany (PAPI)	259.2	42	97.6	42	1441.0	42
Germany (CATI)	258.6	40	43.0	40	1111.5	40
Estonia	301.2	34	41.0	35	1239.2	34

* Overall active transportation, assessed on the basis of self-reported walking and bicycling for transportation, in metabolic equivalents (MET) kcal/kg, 1 MET = persons caloric consumption at complete rest.

Table 3. Means of leisure-time, health-enhancing and muscle-strengthening physical activity according to selected characteristics – pooled analysis Belgium, Germany, Estonia

Characteristic	Sports, fitness and recreational (leisure) PA minutes per week		HEPA (leisure PA + cycling) minutes per week		Muscle-strengthening activity in times per week	
	m	N	m	N	m	N
Total	156.1	166	208.5	165	0.7	165
Age group (yrs)						
15-29	217.2	32	268.1	32	1.2	32
30-39	138.6	32	201.4	32	0.5	33
40-49	157.7	35	240.6	35	0.7	35
50-59	119.0	35	145.9	35	0.6	35
≥60	151.0	31	188.7	31	0.4	31
Sex						
Men	180.8	83	240.7	83	0.7	83
Women	131.0	82	175.9	82	0.7	83
Education						
Primary / Lower secondary	135.5	20	136.5	20	0.5	20
Upper secondary	132.4	57	184.0	57	0.6	57
Post-secondary or tertiary	176.1	88	240.7	88	0.8	89
Marital status						
Married	131.4	85	181.6	85	0.4	86
Previously married	137.7	22	150.5	22	0.3	22
Never married	199.1	58	269.9	58	1.2	58
Employment status						
Employed	147.9	102	199.3	102	0.7	102
Student, trainee	240.0	18	323.6	18	0.9	18
Retired	161.2	25	201.6	25	0.4	26
Others	121.8	19	157.1	19	0.6	19
Perceived health						
(Very) good	174.0	121	231.4	121	0.7	121
(Very) poor to fair	109.1	43	148.8	43	0.8	44
Country						
Belgium	104.4	50	132.3	50	0.2	50
Germany (PAPI)	188.2	42	285.8	42	1.1	42
Germany (CATI)	207.7	39	251.8	39	1.2	40
Estonia	133.1	34	175.3	34	0.3	34

Table 4. Proportion of respondents meeting the health-enhancing physical activity (HEPA) guidelines, by type of physical activity and selected characteristics – pooled analysis Belgium, Germany, Estonia

Characteristic	Aerobic PA compliance (HEPA ≥150 min/week)		Muscle-strengthening PA compliance (MSPA ≥ 2 times/week)		Overall PA recommendation compliance (meeting both guidelines, HEPA and MSPA)	
	%	N	%	N	%	N
Total	48.5	165	19.4	165	16.4	165
Age group (yrs)						
15-29	53.1	17	37.5	12	31.3	10
30-39	53.1	17	15.6	5	15.6	5
40-49	48.6	17	14.3	5	14.3	5
50-59	48.6	17	17.1	6	14.3	5
≥60	38.7	12	12.9	4	6.5	2
Sex						
Men	54.2	45	18.1	15	18.1	15
Women	42.7	35	20.7	17	14.6	12
Education						
Primary / Lower secondary	25.0	5	15.0	3	15.0	3
Upper secondary	45.6	26	19.3	11	17.5	10
Post secondary or tertiary	55.7	49	20.5	18	15.9	14
Marital status						
Married	45.9	39	12.9	11	9.4	8
Previously married	50.0	11	9.1	2	9.1	2
Never married	51.7	30	32.8	19	29.3	17
Employment status						
Employed	47.1	48	18.6	19	15.7	16
Student, trainee	61.1	11	33.3	6	27.8	5
Retired	40.0	10	16.0	4	12.0	3
Others	56.7	17	20.0	6	16.7	5
Perceived health						
(Very) good	52.9	64	18.2	22	15.7	19
(Very) poor to fair	37.2	16	23.2	10	18.6	8
Country						
Belgium	34.0	17	8.0	4	8.0	4
Germany (PAPI)	61.9	26	26.2	11	23.9	10
Germany (CATI)	59.0	23	35.9	14	25.6	10
Estonia	41.2	14	8.8	3	8.8	3