

SUPPLEMENTAL MATERIAL

Table S1. Commuting mode to work at baseline and cardiovascular risk factor levels at follow-up.

	Commuting mode to work at baseline			
	Passive (reference)	Irregular traveling mode	Walking	Bicycling
Risk factor levels at follow-up				
BMI (kg/m ²)				
Basic model	-	-0.14 (-0.27;-0.02)	0.02 (-0.08;0.12)	-0.21 (-0.28;-0.13)
Fully adjusted model	-	-0.13 (-0.26;-0.01)	0.01 (-0.09;0.11)	-0.17 (-0.24;-0.19)
Systolic blood pressure (mmHg)				
Basic model	-	-0.72 (-1.58;0.14)	-0.10 (-0.77;0.57)	-1.21 (-1.70;-0.71)
Fully adjusted model	-	-0.49 (-1.36;0.37)	-0.01 (-0.69;0.66)	-0.87 (-1.37;-0.36)
Diastolic blood pressure (mmHg)				
Basic model	-	-0.35 (-0.88;0.17)	-0.32 (-0.73;0.09)	-0.90 (-1.02;-0.59)
Fully adjusted model	-	-0.25 (-0.78;0.27)	-0.22 (-0.63;0.19)	-0.72 (-1.03;-0.42)
Triglycerides (mmol/l)				
Basic model	-	0.01 (-0.03;0.05)	-0.01 (-0.04;0.02)	-0.05 (-0.07;-0.03)
Fully adjusted model	-	0.02 (-0.02;0.06)	-0.01 (-0.04;0.02)	-0.04 (-0.06;-0.01)
2-hour glucose (mmol/l)				
Basic model	-	-0.04 (-0.13;0.04)	-0.04 (-0.11;0.02)	-0.12 (-0.16;-0.07)
Fully adjusted model	-	-0.03 (-0.11;0.05)	-0.05 (-0.11;0.02)	-0.09 (-0.14;-0.04)

Data are regression coefficients (95% confidence interval).

Basic model was adjusted for age at baseline, follow-up time, sex, and baseline levels of respective risk factor.

Fully adjusted model was additionally adjusted for baseline leisure time exercise, occupational physical activity, smoking status, educational status, alcohol consumption, coffee intake, total energy intake, fruit intake, vegetable intake, intake of trans fat, and fibre intake.

Table S2. Seasonal frequency of bicycling to work at baseline and cardiovascular risk factor levels at follow-up.

	Never	During 1 season	During 2 seasons	During 3 seasons	All seasons	P trend
Risk factor levels at follow-up						
BMI (kg/m ²)	Reference	-0.06 (-0.17;0.06)	-0.08 (-0.20;0.03)	-0.13 (-0.23;-0.04)	-0.26 (-0.37;-0.16)	<0.001
Systolic blood pressure (mmHg)	Reference	-0.43 (-1.20;0.34)	-0.25 (-1.01;0.50)	-0.55 (-1.18;0.08)	-1.46 (-2.17;-0.76)	<0.001
Diastolic blood pressure (mmHg)	Reference	-0.41 (-0.88;0.06)	-0.35 (-0.82;0.11)	-0.67 (-1.06;-0.29)	-0.93(-1.36;-0.50)	<0.001
Triglycerides (mmol/l)	Reference	-0.01 (-0.05;0.02)	0.01 (-0.02;0.04)	-0.03 (-0.06;-0.001)	-0.05 (-0.09;-0.02)	0.001
2-hour glucose (mmol/l)	Reference	0.02 (-0.05;0.10)	-0.06 (-0.14;0.01)	-0.07 (-0.13;-0.01)	-0.12 (-0.19;-0.05)	<0.001

Data are regression coefficients (95% confidence interval). All analyses were adjusted for age at baseline, follow-up time, baseline levels of risk factor, sex, leisure time exercise, occupational physical activity, smoking status, educational status, alcohol consumption, coffee intake, total energy intake, fruit intake, vegetable intake, intake of trans fat, and fibre intake.

Table S3. Change in commuting mode to work and cardiovascular risk factor levels at follow-up.

	N	Remain using passive travel	Change in commuting mode to work	
			Switch from passive to irregular travel mode or walking	Switch from passive to cycling
Risk factor levels at follow-up				
BMI (kg/m ²)	14,082	Reference	-0.14 (-0.24 ; -0.04)	-0.38 (-0.50 ; -0.25)
Systolic blood pressure (mmHg)	14,082	Reference	-0.53 (-1.25 ; 0.20)	-2.01 (-2.91 ; -1.12)
Diastolic blood pressure (mmHg)	14,082	Reference	-0.65 (-1.08 ; -0.23)	-0.90 (-1.42 ; -0.38)
Triglycerides (mmol/l)	11,791	Reference	-0.01 (-0.04 ; 0.02)	-0.04 (-0.08 ; -0.01)
2-hour glucose (mmol/l)	13,196	Reference	-0.07 (-0.14 ; -0.01)	-0.15 (-0.23 ; -0.07)
		Switch from cycling to passive travel	Switch from cycling to irregular travel mode or walking	Remain cycling
BMI (kg/m ²)	4,694	Reference	-0.23 (-0.41 ; -0.06)	-0.38 (-0.53 ; -0.23)
Systolic blood pressure (mmHg)	4,694	Reference	0.66 (-0.59 ; 1.92)	-1.06 (-2.12 ; -0.01)
Diastolic blood pressure (mmHg)	4,694	Reference	-0.09 (-0.93 ; 0.75)	-0.51 (-1.22 ; 0.20)
Triglycerides (mmol/l)	3,755	Reference	-0.04 (-0.09 ; 0.02)	-0.07 (-0.12 ; -0.02)
2-hour glucose (mmol/l)	4,460	Reference	-0.02 (-0.15 ; 0.10)	-0.16 (-0.27 ; -0.06)

Data are regression coefficients (95% confidence interval). All analyses were adjusted for age at baseline, follow-up time, baseline levels of risk factor, sex, baseline educational status, and baseline- and follow-up information on leisure time exercise, occupational physical activity, smoking status, alcohol consumption, coffee intake, total energy intake, intake of fruit, intake of vegetables, intake of trans fat, and fiber intake.