

SUPPLEMENTAL MATERIAL

Table S1. Weighted U.S. adult distributions of total time per day spent in sedentary, light, and moderate-to-vigorous physical activity across quartiles of total and bouts moderate-to-vigorous physical activity.

MVPA quartiles	N	Sedentary (AC<100) Mean Hours (SE)	Light PA (100≤AC<760) Mean Hours (SE)	MVPA (AC≥760) Mean Minutes (SE)
Total MVPA#				
MVPA ≤40.2	1178	9.63 (0.09)	3.30 (0.05)	22.33 (0.38)
40.2< MVPA ≤79.5	1226	8.79 (0.07)	4.14 (0.04)	61.00 (0.37)
79.5< MVPA ≤123.4	1229	8.13 (0.06)	4.38 (0.03)	100.93 (0.52)
MVPA >123.4	1207	6.96 (0.07)	4.74 (0.03)	174.97 (1.57)
Bouted MVPA (≥5 minutes)#				
MVPA ≤10.7	1191	9.50 (0.09)	3.47 (0.05)	25.47 (0.46)
10.7< MVPA ≤34.3	1222	8.68 (0.07)	4.22 (0.04)	64.43 (0.65)
34.3< MVPA ≤70.7	1222	8.17 (0.07)	4.39 (0.04)	101.53 (0.76)
MVPA >70.7	1205	7.02 (0.06)	4.60 (0.03)	173.80 (1.60)
Bouted MVPA (≥10 minutes)#				
MVPA ≤0.0	1772	8.85 (0.07)	3.91 (0.05)	50.39 (1.56)
0.0< MVPA ≤5.1	651	8.56 (0.10)	4.42 (0.04)	79.82 (1.60)
5.1< MVPA ≤20.5	1220	8.09 (0.06)	4.39 (0.03)	105.45 (1.64)
MVPA >20.5	1197	7.42 (0.07)	4.37 (0.03)	159.37 (1.95)

#in minutes/day

MVPA: moderate-to-vigorous physical activity

SE: standard error

AC: activity counts

Table S2. Hazard ratios for quartiles of total, 5-min, and 10-min bouts MVPA.

	Model 1	Model 2
Total MVPA[#]	Hazard Ratios (95% CI)	Hazard Ratios (95% CI)
MVPA ≤40.2	1.00 (REF)	1.00 (REF)
40.2 < MVPA ≤79.5	0.20 (0.15, 0.26)	0.43 (0.35, 0.54)
79.5 < MVPA ≤123.4	0.08 (0.05, 0.11)	0.24 (0.17, 0.35)
MVPA >123.4	0.07 (0.05, 0.11)	0.27 (0.16, 0.45)
5-min bouts MVPA[#]		
MVPA ≤10.7	1.00 (REF)	1.00 (REF)
10.7 < MVPA ≤34.3	0.21 (0.15, 0.29)	0.42 (0.30, 0.59)
34.3 < MVPA ≤70.7	0.10 (0.07, 0.12)	0.26 (0.21, 0.34)
MVPA >70.7	0.08 (0.06, 0.12)	0.28 (0.17, 0.45)
10-min bouts MVPA[#]		
MVPA ≤0.0	1.00 (REF)	1.00 (REF)
0.0 < MVPA ≤5.1	0.32 (0.25, 0.41)	0.44 (0.33, 0.60)
5.1 < MVPA ≤20.5	0.21 (0.16, 0.29)	0.39 (0.27, 0.58)
MVPA >20.5	0.16 (0.11, 0.23)	0.35 (0.23, 0.53)

[#]in minutes/day

MVPA: moderate-to-vigorous physical activity

95% CI: 95% confidence intervals

REF: referent group

Model 1: Unadjusted model including total MVPA, 5-min bouts MVPA, or 10-min bouts MVPA

Model 2: Model 1 adjusted for age, sex, race-ethnicity, education, alcohol consumption, smoking status, BMI, and self-reported diagnosis of diabetes, coronary artery disease, stroke, cancer, and mobility limitation