

Table S1. Basic characteristics for participants of part-time workers

	All participants	Occupational task group		
		Sitting	Standing	Walking
n	98	35 (35.7)	35 (35.7)	27 (27.6)
Age, mean(SD)	51.1(7.3)	50.4 (6.8)	52.7(8.0)	49.9(6.8)
Women, n (%)	94 (95.9)	34 (97.1)	33 (94.3)	26 (96.3)
BMI (kg/m²)^a, mean(SD)	21.1(2.2)	21.2 (2.3)	20.9(2.1)	21.3(2.2)
Residence area, n (%)				
Matsuyama city	44 (44.9)	15 (42.9)	23 (65.7)	16 (59.3)
Koto Ward	54 (55.1)	20 (57.1)	12 (34.3)	11 (40.7)
Education, n (%)				
High school or less	44 (44.9)	11 (31.4)	22 (62.9)	11 (40.7)
Greater than high school	54 (55.1)	24 (68.6)	13 (37.1)	16 (59.3)
Marital status^b, n (%)				
Single	12 (12.2)	4 (11.4)	4 (11.4)	4 (15.4)
Married	85 (86.7)	31 (88.6)	31 (88.6)	22 (84.6)
Occupation^c, n (%)				
Professional and engineering	17 (17.5)	6 (17.6)	4 (11.4)	7 (25.9)
Administrative and managerial	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Clerical	23 (23.7)	21 (61.8)	2 (5.7)	0 (0.0)
Sales	7 (7.2)	1 (2.9)	5 (14.3)	1 (3.7)
Service	33 (34)	3 (8.8)	18 (51.4)	11 (40.7)
Security	1 (1.0)	0 (0.0)	1 (2.9)	0 (0.0)
Agricultural, forestry and fishery	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Transport and machine operation	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Manufacturing process	5 (5.2)	1 (2.9)	3 (8.6)	1 (3.7)
Others	10 (10.3)	1 (2.9)	2 (5.7)	7 (25.9)

a 1 missing in standing task group

b 1 missing in walking task group

c 1 missing in sitting task group

Table S2 Comparison of sedentary behavior and physical activity among three occupational activity types in part-time workers

	All	Occupational activity types		
		Sitting	Standing	Walking
Mean (SD)				
Wear time (hours)				
All days	15.7(1.44)	15.7(1.4)	15.5(1.5)	16.1(1.5)
Work day	16.0(1.6)	15.9(1.7)	15.8(1.6)	16.3(1.7)
Work hours	6.2(2.4)	6.4(2.2)	5.9(2.5)	6.5(2.5)
Non-work hours	9.7(3.0)	9.5(2.8)	9.8(2.8)	9.9(3.7)
Non-work day	15.1(1.6)	15.0(1.2)	14.7(1.9)	15.6(1.6)
Total sedentary (%wear time)				
All days	47.6(9.8)	53.9(7.7)	44.7(10.3)	43.6(7.7)
Work day	45.1(11.3)	54.2 (7.9)	40.1 (10.9)	40.3 (8.4)
Work hours	36.6(23.4)	59.9 (12.6)	24.4 (19.4)	23.4 (14.3)
Non-work hours	49.8(9.7)	50.2 (8.9)	49.5 (10.8)	49.7 (9.9)
Non-work day	53.9(12.7)	53.1 (12.0)	56.4 (14.6)	51.8 (11.2)
Prolonged sedentary bouts (%wear time)				
All days	14.4(7.6)	15.1(8.0)	15.0(8.0)	12.7(6.4)
Work day	12.2(7.1)	14.0 (8.1)	11.4 (6.6)	10.7 (6.3)
Work hours	6.8(11.3)	12.5 (14.4)	4.3 (9.5)	2.7 (3.9)
Non-work hours	15.8(9.1)	15.4 (9.0)	15.8 (8.7)	15.8 (9.8)
Non-work day	20.0(14.3)	18.0 (13.4)	24.0 (16.4)	17.5 (12.1)
Breaks per sedentary hour				
All days	10.8(2.3)	10.1(1.9)	11.1(2.7)	11.2(2.2)
Work day	11.3(2.6)	10.3 (2.2)	12 (2.9)	11.7 (2.6)
Work hours	19.4(11.7)	11.6 (4.8)	24.3 (12.5)	23.1 (12.3)
Non-work hours	9.9(2.5)	9.7 (2.2)	10.2 (2.4)	9.9 (2.9)
Non-work day	9.5(3.7)	9.8 (3.6)	8.9 (4.4)	9.8 (3.1)
LPA (%wear time)				
All days	44.2(8.4)	39.2(6.9)	47.5(8.5)	46.3(7.2)
Work day	46.0(10.0)	38.6 (7.5)	51.5 (9.1)	48.6 (8.2)
Work hours	53.0(19.4)	35.3 (11.7)	65.4 (16.3)	59.6 (14.3)
Non-work hours	41.7(9.0)	40.4 (8.3)	42.8 (9.9)	42.1 (8.9)
Non-work day	39.7(10.2)	41 (10.4)	37.5 (11.3)	41 (8.3)
MVPA (%wear time)				
All days	8.1(3.9)	6.9(2.5)	15.6(3.4)	10.0(5.2)
Work day	8.8(4.6)	7.2 (2.8)	8.4 (3.8)	11.1 (6.1)
Work hours	10.4(11.1)	4.8 (3.2)	10.2 (7.2)	17 (16.3)
Non-work hours	8.4(4.2)	9.4 (4.4)	7.7 (4.3)	8.2 (3.8)
Non-work day	6.4(4.8)	5.9 (2.8)	6.2 (4.9)	7.2 (6.6)