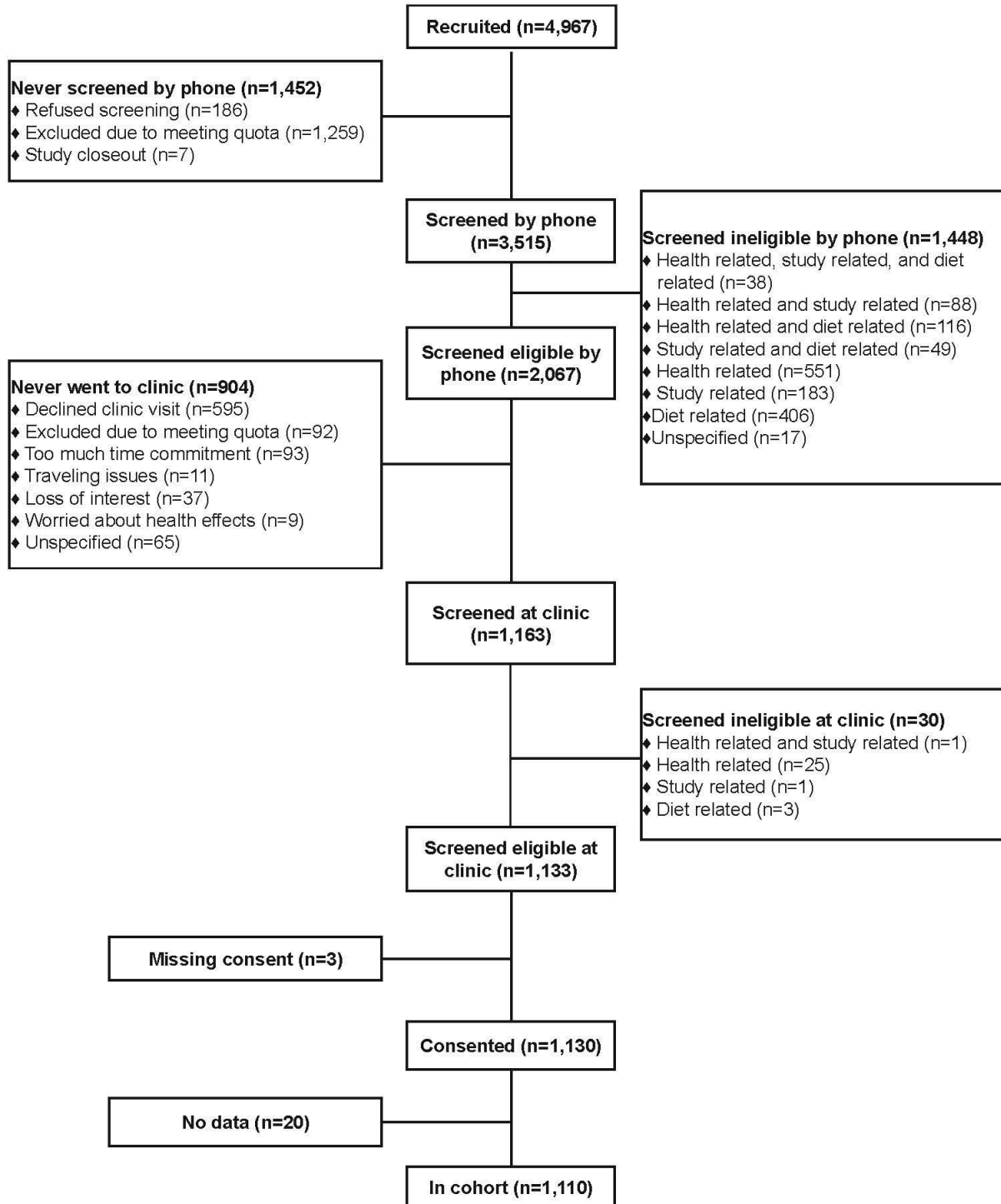


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Appendix Figure 1. iDATA CONSORT diagram.



iDATA, Interactive Diet and Activity Tracking in AARP

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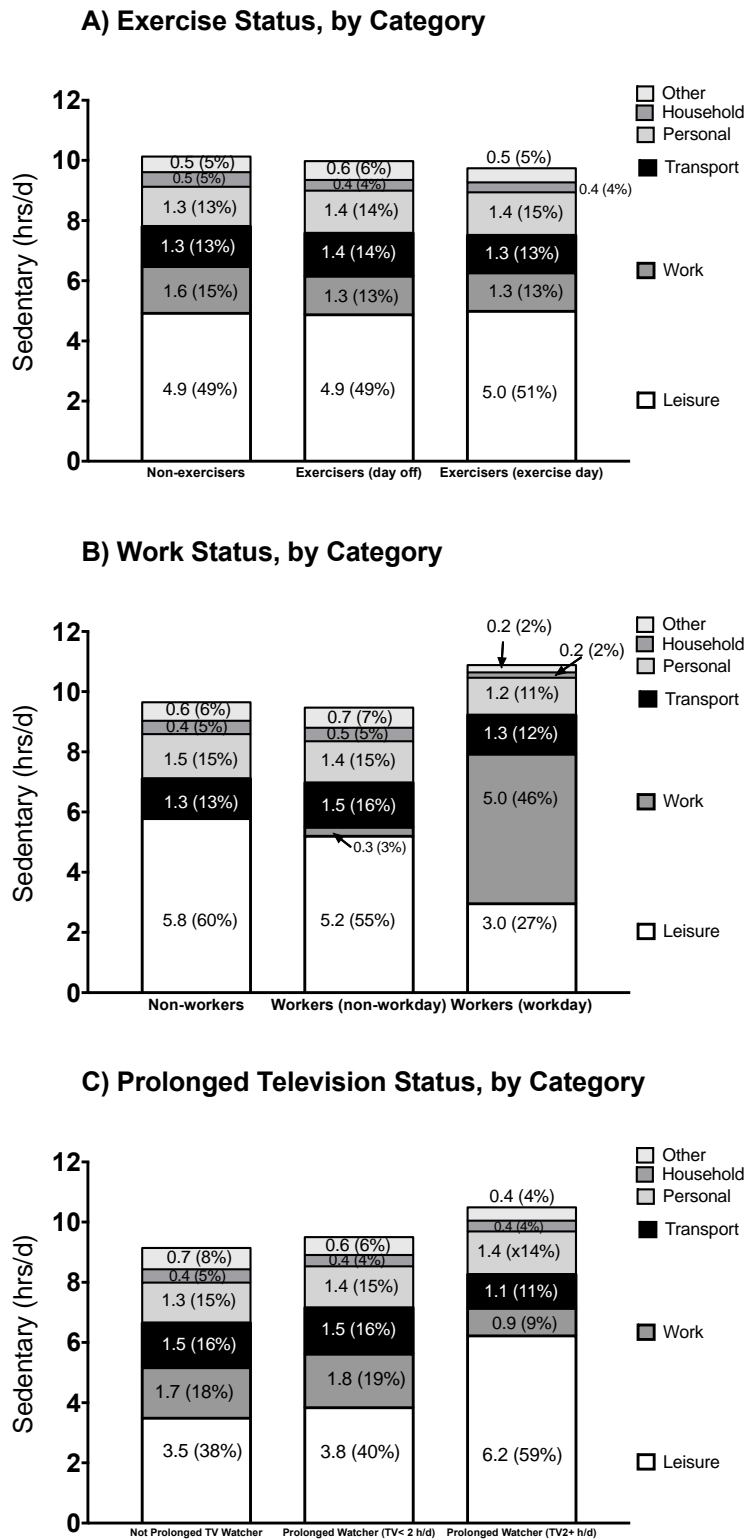
Appendix Table 1. Measurement Schedule for Study Groups 1 and 3 and 2 and 4

Group	Month											
	1	2	3	4	5	6	7	8	9	10	11	12
Groups 1 and 3												
Physical activity												
ActiGraph	X					X						
activPAL	X					X						
ACT24	X		X		X		X		X		X	
Fitness Test	X											
Physical activity questionnaire			X						X			
Biomarkers												
Doubly labeled water	X					S						
Anthropometry	X					X						X
Groups 2 and 4												
Physical activity												
ActiGraph						X						X
activPAL						X						X
ACT24		X		X		X		X		X		X
Fitness Test						X						
Physical activity questionnaire			X						X			
Biomarkers												
Doubly labeled water						X						S
Anthropometry	X					X						X

S, substudy only; ACT24, Activities Completed over Time in 24 hours

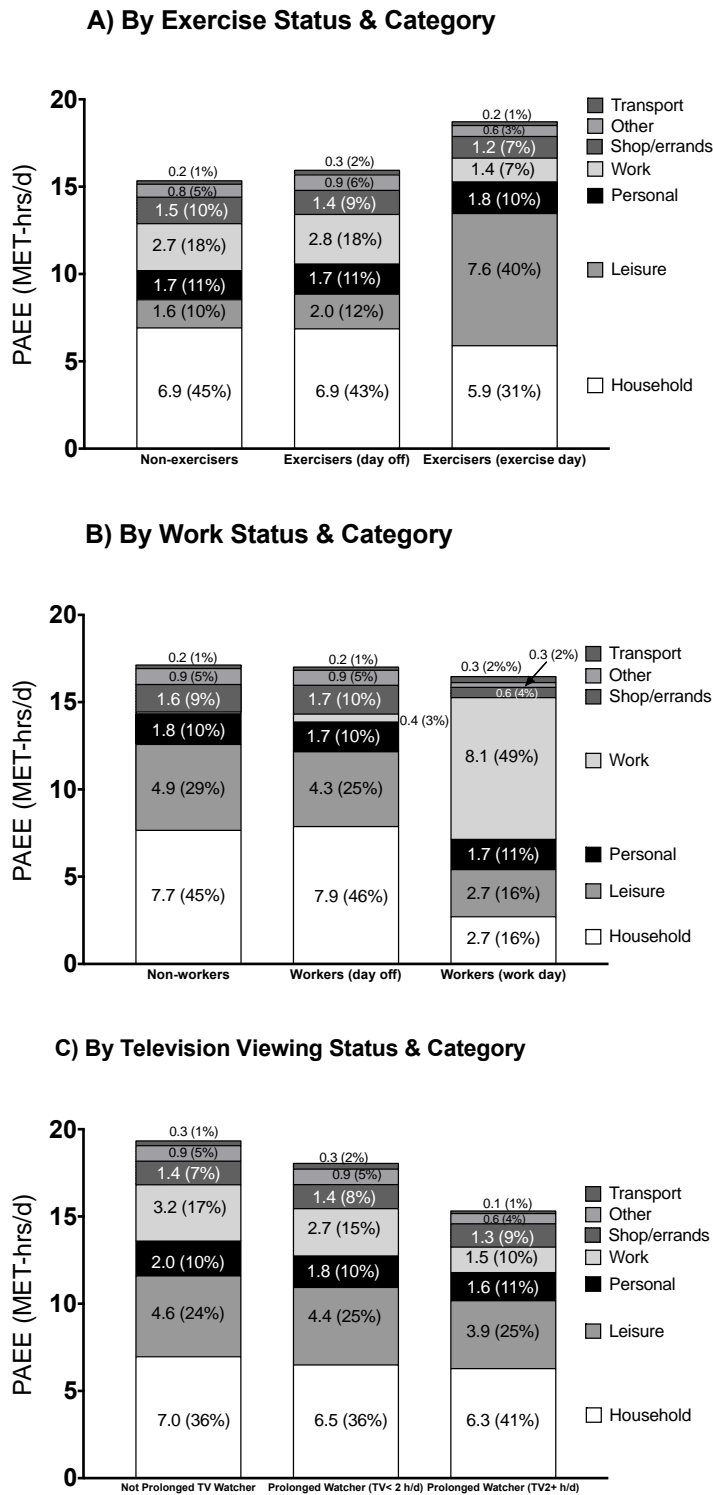
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Appendix Figure 2. Sedentary time (hours/day) by exercise, work, and prolonged TV status, by time-use category.



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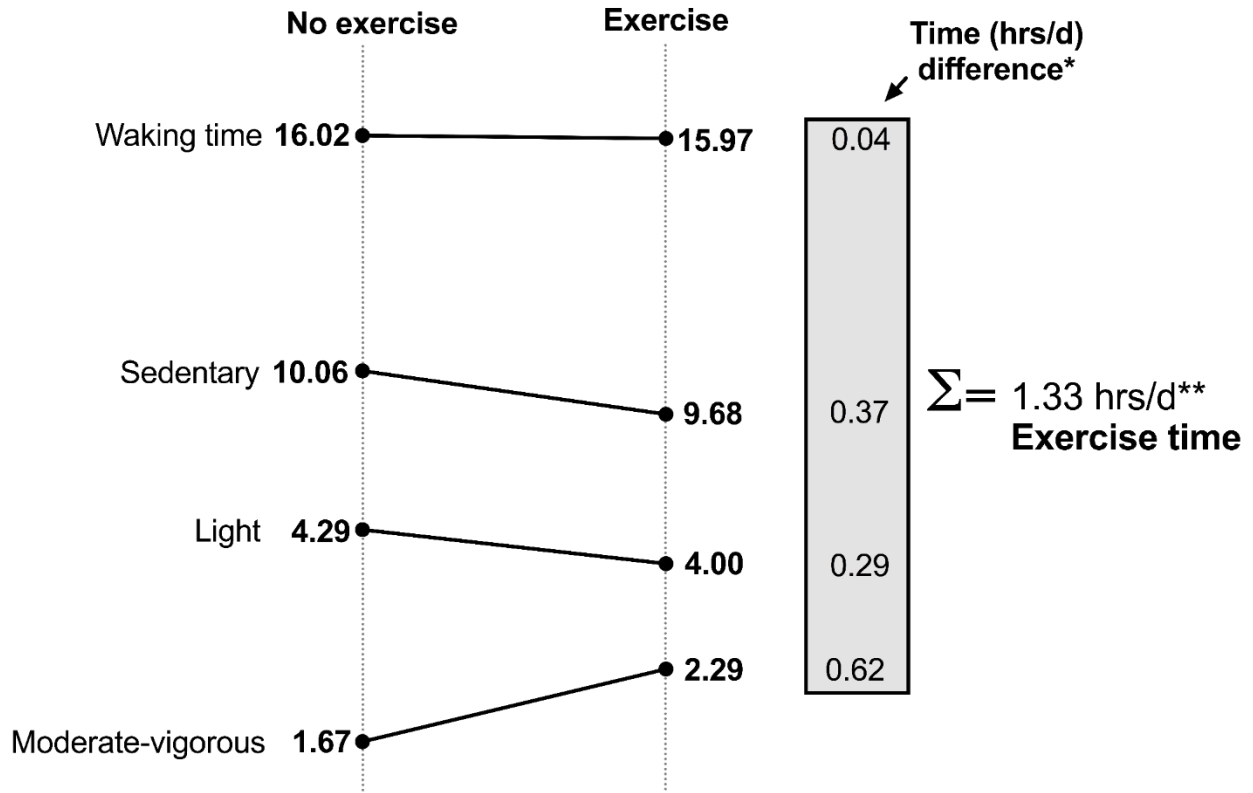
Appendix Figure 3. PAEE (MET-hours/day) by exercise, work, and prolonged TV status, by time-use category.



PAEE, physical activity energy expenditure

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Appendix Figure 4. Mean time-use (hours/day) on days without and with exercise, and time differences by category^a (hours/day) to increase exercise time.



** including rounding error of 0.01 hrs/d for waking time

^aTime difference values (hours/day) are equal to regression coefficients (B) reported in Table 2

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Appendix Table 2. Differences in Time-use (Hours/Day) and Energy Expenditure (MET-Hours/Day) by Day Time and Age, iDATA Study, 2012–2013

Time-use outcomes	Differences in outcome by type of day and age (year)					
	Exercise (any)		TV (2+ hours/day)		Work (4+ hours/day)	
	50–64	65–74	50–64	65–74	50–64	65–74
Sleep/in-bed time (hours/day)	0.10	–0.04	–0.06	–0.01	–0.94	–0.73
Total sedentary time (hours/day)	–0.30	–0.44	1.04	0.65	1.43	0.87
Total active time (hours/day)	0.21	0.48	–0.96	–0.63	–0.50	–0.11
Light (hours/day)	–0.35	–0.21	–0.44	–0.45	–0.62	–0.29
Moderate-vigorous (hours/day)	0.56	0.68	–0.57	–0.20	0.14	0.14
Total PAEE (MET-hours/day)	2.55	3.17	–3.08	–1.63	–0.80	–0.10
Exercise (hours/day)	1.27	1.39	–0.09	0.00	–0.22	–0.37
Exercise (MET-hours/day)	5.92	6.08	–0.44	0.06	–0.93	–1.62
TV (hours/day)	–0.13	0.10	2.90	2.87	–0.80	–0.84

Notes: Mixed models: adjusted for age, sex, day of week, and season. Beta coefficients in bold, $p < 0.05$.

iDATA, Interactive Diet and Activity Tracking in AARP; PAEE, physical activity energy expenditure

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Appendix Table 3. Differences in Time-use (Hours/Day) and Energy Expenditure (MET-Hours/Day) by Day Time and Obesity Status, iDATA Study, 2012–2013

Time-use outcomes	Differences in time-use (hours/day) by type of day					
	Exercise (any)		TV (2+ hours/day)		Work (4+ hours/day)	
	Not obese	Obese	Not obese	Obese	Not obese	Obese
Sleep/in-bed time (hours/day)	0.07	-0.03	-0.03	-0.02	-0.93	-0.87
Total sedentary time (hours/day)	-0.35	-0.33	0.93	0.70	1.35	1.21
Total active time (hours/day)	0.29	0.37	-0.88	-0.68	-0.42	-0.35
Light (hours/day)	-0.27	-0.41	-0.48	-0.37	-0.49	-0.62
Moderate-vigorous (hours/day)	0.55	0.80	-0.44	-0.34	0.08	0.25
Total PAEE (MET-hours/day)	2.67	3.08	-2.65	-1.99	-0.77	-0.44
Exercise (hours/day)	1.32	1.36	-0.06	0.00	-0.27	-0.29
Exercise (MET-hours/day)	5.98	6.07	-0.26	-0.03	-1.19	-1.16
TV (hours/day)	-0.05	0.07	2.84	3.01	-0.81	-0.80

Notes: Mixed models: adjusted for age, sex, day of week, and season. Beta coefficients in bold, $p < 0.05$. Not obese = BMI < 30 kg/m². Obese = BMI ≥ 30 kg/m².