

Supplemental Table 1. Baseline demographics of the analyzed sample by study arm.

	<i>STAND+</i>	<i>MOVE+</i>	Total
	n (%)	n (%)	N (%)
N worksites	12 (50.0)	12 (50.0)	24 (100.0)
N individuals	263 (54.0)	224 (46.0)	487 (100.0)
Region			
Phoenix, Arizona	137 (52.1)	102 (45.5)	239 (49.1)
Minneapolis/St. Paul, Minnesota	126 (47.9)	122 (54.5)	248 (50.9)
Age (years)	46.6 ±10.9	43.7 ±10.6	45.3 ±10.8
Race			
Non-Hispanic White	183 (69.6)	169 (75.5)	352 (72.3)
Hispanic	37 (14.1)	26 (11.6)	63 (12.9)
Non-Hispanic Black	15 (5.7)	6 (2.7)	21 (4.3)
Non-Hispanic Asian	12 (4.6)	14 (6.3)	26 (5.3)
Other/Multiracial/Unknown	16 (6.1)	9 (4.0)	25 (5.1)
Female	220 (83.7)	134 (59.8)	354 (72.7)
Education			
Less than college	10 (3.8)	13 (5.8)	23 (4.7)
College/Some college	178 (67.7)	127 (56.7)	305 (62.6)
Graduate/Professional	68 (25.9)	78 (34.8)	146 (30.0)
Unknown	7 (2.7)	6 (2.7)	13 (2.7)
Work sector			
Academic	95 (36.1)	76 (33.9)	171 (35.1)
Industry/healthcare	82 (31.2)	66 (29.5)	148 (30.4)
Government	86 (32.7)	82 (36.6)	168 (34.5)
Job type			
Executive	35 (13.3)	31 (13.8)	66 (13.6)
Professional	141 (53.6)	133 (59.4)	274 (56.3)
Clerical	83 (31.6)	56 (25.0)	139 (28.5)
Behavioral Outcomes			
Work periods (min per 8 h workday)			
Sitting	328.6 ±80.9	334.8 ±73.7	331.4 ±77.7
Standing	115.2 ±76.5	107.3 ±71.6	111.6 ±74.3
LPA	30.6 ±14.9	31.3 ±15.6	31.0 ±15.2
MVPA	5.6 ±4.7	6.5 ±5.5	6.0 ±5.1
LPA + MVPA	36.3 ±16.3	37.9 ±17.5	37.0 ±16.9
Prolonged sitting (>30 min)	141.2 ±90.5	156.7 ±85.4	148.3 ±88.4
Sit-stand transitions (n/sitting-hr)	7.9 ±5.9	6.1 ±6.7	7.1 ±6.3
Total time (min per day)			
Sitting	615.9 ±97.7	617.9 ±87.7	616.8 ±93.2
Standing	245.2 ±85.4	242.0 ±76.7	243.8 ±81.4
LPA	81.4 ±28.6	81.5 ±28.8	81.5 ±28.6
MVPA	17.5 ±7.8	18.6 ±7.3	18.0 ±7.6
LPA + MVPA	98.9 ±32.4	100.1 ±32.6	99.4 ±32.4
Prolonged sitting (>30 min)	306.4 ±109.3	314.4 ±99.1	310.1 ±104.7
Sit-stand transitions (n/sitting-hr)	6.1 ±2.2	5.4 ±1.9	5.7 ±2.1
Cardiometabolic risk biomarkers			
Total sample			
CMR (sum of Z scores)	0.00 ±0.7	0.01 ±0.6	0.01 ±0.7
Fasting glucose (mg/dL)	95.3 ±33.8	91.5 ±14.2	93.5 ±26.6
Fasting insulin (uU/mL)	77.6 ±59.1	70.7 ±50.8	74.4 ±55.5
HDL-cholesterol (mg/dL)	60.3 ±17.9	56.3 ±16.8	58.4 ±17.5
Triglycerides (mg/dL)	117.5 ±64.8	123.7 ±71.0	120.4 ±67.7
Diastolic BP (mm Hg)	77.8 ±10.7	77.7 ±10.7	77.8 ±10.7
Systolic BP (mm Hg)	125.4 ±15.9	124.1 ±15.9	124.8 ±15.9
LDL-cholesterol (mg/dL)	110.7 ±29.4	114.5 ±34.4	112.5 ±31.8
Weight (kg)	82.6 ±22.5	83.5 ±20.7	83 ±21.6
BMI (kg/m <sup>2</sup> )	29.9 ±7.6	28.8 ±6.4	29.4 ±7.1
Total body fat (%)	36.7 ±9.6	32.6 ±10.3	34.8 ±10.2

CMR = summary continuous metabolic risk score; HDL = high-density lipoprotein; BP = blood pressure; BMI = body mass index.