

## **APPENDIX 1.**

### **Physical Activity Facilitators and Barriers among Retired Women: A Qualitative Study**

#### Supplemental File 1. Study Questionnaire Details

### **Multi-Ethnic Study of Atherosclerosis (MESA) Physical Activity Questionnaire**

Women's current (post-retirement) physical activity was assessed using the MESA physical activity questionnaire (<https://www.mesa-nhlbi.org/PublicDocs/010101-011231/MESABaselineExamForms/physactivity.pdf>). This questionnaire was adapted from the Cross-Cultural Activity Participation Study (Ainsworth, Irwin, Addy, Whitt, & Stolarczyk, 1999). The questionnaire has acceptable reliability (Intra-Class Correlation coefficients 0.55 to 0.75) and validity ( $r = 0.45$  to  $0.51$ ) among women (Ainsworth & Drowatzky, 2000). Participants reported the frequency and duration of activity in six domains for a typical week in the past month: household and yard work, caregiving, walking for recreation and transportation, sports and conditioning (exercise), and work/ volunteering. Participants were classified as participating in an activity domain if they reported  $>0$  min/week of activity in that domain. Participants also reported the frequency and duration of TV watching.

### **MESA Neighborhood Questionnaire**

Women's perceptions of their neighborhoods were assessed using 13 items from the MESA neighborhood questionnaire (Echeverria, Diez-Roux, & Link, 2004). These items cover four domains: walking environment (4 items), aesthetic quality (3 items), safety (2 items), and social cohesion (4 items). Each item was rated on a five-point Likert scale from strongly agree to strongly disagree.

### **References**

1. Ainsworth, B. E., & Drowatzky, K. (2000). Evaluation of the CAPS typical week physical activity survey (TWPAS) among minority women. Proceedings of the Community Prevention Research in Women's Health Conference, Bethesda, MD.
2. Ainsworth, B. E., Irwin, M. L., Addy, C. L., Whitt, M. C., & Stolarczyk, L. M. (1999). Moderate physical activity patterns of minority women: the Cross-Cultural Activity Participation Study. *J Womens Health Gend Based Med*, 8(6), 805-813.
3. Echeverria, S. E., Diez-Roux, A. V., & Link, B. G. (2004). Reliability of self-reported neighborhood characteristics. *J Urban Health*, 81(4), 682-701.

## **APPENDIX 2.**

### **Physical Activity Facilitators and Barriers among Retired Women: A Qualitative Study**

#### Supplemental File 2: Semi-Structured Interview Guide

#### **Physical activity and sedentary behavior before and after retirement**

First, I'd like to talk about physical activity. By physical activity I mean anything that gets you moving like walking in your neighborhood or to go somewhere, gardening, doing sports or exercise, or playing with grandchildren.

1. Let's start by talking about what kind of physical activity you do these days.
  - a. Probe, as needed: How often do you do [activity]? Where and with whom?
2. Thinking back to before you retired, tell me about what your physical activity was like when you were working?
  - a. Probe, as needed: What about physical activity at work? Near your workplace?
3. How would you compare the physical activity you did when you were working to what it is like now?
  - a. What do you think accounts for the difference in your physical activity since you retired?
  - b. Since you retired, what, if anything, makes it easier to do physical activity? What makes it harder?
  - c. Probe, as needed: What is your goal (or motivation) for doing physical activity?
  - d. Probe, as needed: What benefits do you experience?
4. How, if at all, does the physical activity you did at work have to do with the physical activity that you do now?
5. We've been talking about physical activity. What about "sedentary behavior" like watching TV, using the computer/phone, reading, or other things you might do sitting down.
  - a. What kind of sedentary behaviors do you do these days?
  - b. How would you compare your sedentary behavior now to when you were working?
  - c. What do you think accounts for the difference in your sedentary behavior since you retired?

#### **Context: community, neighborhood, household**

6. Next, let's talk about your community and where you live. Can you tell me about the community where you live?
  - a. How does living in your community influence what physical activity you do?
    - i. Probe, as needed: social groups or organizations?
7. How does living in your neighborhood influence what physical activity you do?
  - a. Probe, as needed: Where could you be active? What would be your concerns?
  - b. Probe, as needed: If you wanted to walk in your neighborhood, do you think you could do that? What makes you say that?
  - c. In your neighborhood, do you see people like you out walking?
  - d. How long have you lived in your neighborhood?
    - i. How much were you thinking about being able to walk in your neighborhood compared to other factors when you decided to live there?
8. Sometimes other people influence what we do. What other people, if any, play a role in the physical activity you do?
  - a. What do you think is the most important thing that influences the physical activity you do now that you're retired?

#### **Intervention ideas**

9. Imagine that you are a leader with the power and resources to make changes in your community. You can change anything you want. How would you help retired people in your community to be more physically active?
  - a. Probe, as needed: What would you do first? How would you do this?
  - b. Probe, as needed: Please tell me a few reasons why retirees like you might not be physical active?
  - c. Probe, as needed: Why might retirees want to be more physically active?
10. What would you do to help retired people in your community reduce their sedentary time?
  - a. Probe, as needed: What would you do first? How would you do this?

#### **Social norms**

11. What are expectations in your community for physical activity after people retire?
  - a. Probe, as needed: What do you think that people like family or friends think of retired people being physically active?
  - b. Probe, as needed: Would you say this affects what you do?