

**Additional file 6.** Total physical activity, wear time, sedentary and physical activity of different intensities in the total population and in relation to, gender, age, educational attainment, BMI and smoking habits using 5-second epoch data.

|                               | <b>Wear-time</b> | <b>Total PA</b> | <b>Sedentary</b>  | <b>Low-intensity PA</b> | <b>Moderate-intensity PA</b> | <b>Vigorous-intensity PA</b> | <b>Prolonged sedentary</b> |
|-------------------------------|------------------|-----------------|-------------------|-------------------------|------------------------------|------------------------------|----------------------------|
|                               | Minutes/day      | Cpm             | % of wear time    | % of wear time          | % of wear time               | % of wear time               | % of wear time             |
| <b>Gender</b>                 |                  |                 |                   |                         |                              |                              |                            |
| 1. Women                      | 656 (536; 790)   | 884 (833; 934)  | 65.8 (60.1; 71.2) | 23.8 (19.9; 28.0)       | 9.1 (7.2; 11.4)              | 0.49 (0.27; 1.02)            | 5.5 (3.0; 9.3)             |
| 2. Men                        | 618 (494; 763)   | 890 (836; 949)  | 68.9 (62.9; 74.0) | 21.2 (17.6; 25.5)       | 8.5 (6.6; 10.8)              | 0.65 (0.29; 1.39)            | 6.9 (3.9; 11.4)            |
| <b>Age-group</b>              |                  |                 |                   |                         |                              |                              |                            |
| 1. 50-55 years                | 656 (532; 798)   | 889 (837; 943)  | 67.3 (61.6; 72.4) | 22.3 (18.7; 26.5)       | 9.0 (7.1; 11.2)              | 0.72 (0.36; 1.49)            | 5.9 (3.3; 9.7)             |
| 2. 55-60 years                | 639 (515; 778)   | 890 (838; 942)  | 67.4 (61.3; 72.7) | 22.6 (18.7; 26.9)       | 8.8 (6.9; 11.1)              | 0.57 (0.28; 1.20)            | 6.0 (3.3; 10.1)            |
| 3. 60-64 years                | 623 (498; 760)   | 880 (828; 937)  | 67.2 (61.2; 72.8) | 22.9 (18.9; 27.4)       | 8.7 (6.7; 11.0)              | 0.41 (0.23; 0.89)            | 6.5 (3.7; 11.2)            |
| <b>Educational attainment</b> |                  |                 |                   |                         |                              |                              |                            |
| 1. Elementary school          | 645 (503; 794)   | 872 (814; 934)  | 65.4 (58.9; 71.7) | 24.2 (19.7; 29.3)       | 8.9 (6.7; 11.6)              | 0.42 (0.23; 0.87)            | 6.3 (3.6; 10.9)            |
| 2. High school/Voc. education | 640 (513; 786)   | 886 (833; 940)  | 66.9 (60.5; 72.4) | 23.0 (19.1; 27.6)       | 8.9 (6.9; 11.3)              | 0.52 (0.27; 1.11)            | 6.2 (3.4; 10.3)            |
| 3. University                 | 639 (521; 770)   | 889 (840; 941)  | 68.0 (62.6; 72.9) | 21.9 (18.3; 25.8)       | 8.8 (7.0; 10.9)              | 0.65 (0.31; 1.37)            | 6.0 (3.3; 10.1)            |

Cpm; counts per minute.