

Supplementary Table S2

Table S2. Associations between change in sedentary time (hours/day), moderate-to-vigorous physical activity (MVPA; hours/day) and TV viewing time (hours/day) over 6 years with changes in cardio-metabolic risk from baseline to six year follow-up, standardised regression coefficients

Cardio-metabolic outcome	Model	Sedentary time	MVPA time	TV viewing time
CCMR ^{a b c}	A	0.37 (0.15, 0.59) ^e	-0.24 (-0.42, -0.07) ^e	0.17 (0.01, 0.34) ^d
	B	0.29 (0.05, 0.53) ^d	-0.15 (-0.34, 0.04)	0.15 (-0.03, 0.32)
CCMR _{no adip} ^{a b c}	A	0.33 (0.11, 0.55) ^e	-0.21 (-0.39, -0.04)	0.15 (-0.02, 0.32)
	B	0.26 (0.02, 0.50) ^d	-0.13 (-0.32, 0.06)	0.13 (-0.04, 0.30)
Waist circumference	A	0.33 (0.10, 0.55) ^e	-0.26 (-0.43, -0.09) ^e	0.18 (0.02, 0.35) ^d
	B	0.22 (-0.02, 0.46)	-0.19 (-0.38, -0.01) ^d	0.15 (-0.02, 0.32)
Triacylglycerol ^a	A	0.20 (-0.01, 0.41)	-0.01 (-0.16, 0.16)	0.09 (-0.07, 0.24)
	B	0.23 (0.01, 0.45) ^d	0.07 (-0.11, 0.25)	0.09 (-0.08, 0.25)
HDL-cholesterol ^a	A	-0.07 (-0.28, 0.13)	0.13 (-0.03, 0.28)	-0.05 (-0.20, 0.11)
	B	-0.01 (-0.23, 0.21)	0.12 (-0.05, 0.30)	-0.03 (-0.19, 0.13)
Systolic blood pressure ^b	A	0.07 (-0.14, 0.27)	0.02 (-0.14, 0.18)	-0.01 (-0.16, 0.15)
	B	0.10 (-0.13, 0.32)	0.06 (-0.12, 0.24)	-0.01 (-0.17, 0.15)
Diastolic blood pressure ^b	A	0.13 (-0.07, 0.33)	-0.06 (-0.22, 0.09)	-0.01 (-0.16, 0.14)
	B	0.11 (-0.10, 0.33)	-0.03 (-0.20, 0.14)	-0.02 (-0.18, 0.14)
Fasting plasma glucose ^c	A	0.05 (-0.16, 0.26)	-0.09 (-0.25, 0.07)	0.16 (0.01, 0.31) ^d
	B	0.01 (-0.22, 0.23)	-0.08 (-0.26, 0.09)	0.14 (-0.02, 0.30)
Fasting serum insulin ^c	A	0.20 (-0.02, 0.41)	-0.19 (-0.36, -0.02) ^d	0.16 (0.01, 0.33) ^d
	B	0.12 (-0.12, 0.35)	-0.15 (-0.33, 0.03)	0.15 (-0.01, 0.32)

Data are standardised regression coefficients (95% CI) following standardisation of exposure and outcome variables. Statistically significant ($P < 0.05$) estimates are indicated in bold.

Model A: adjusted for baseline age, gender, socio-economic status, exposure under study and cardio-metabolic risk variable under study; baseline and change in smoking status; change in monitor wear time and in medication for dyslipidaemia^a/hypertension^b/dysglycaemia^c; and follow-up time; **Model B:** adjusted for all covariates in Model A plus baseline and change in MVPA/sedentary time.

Abbreviations: CCMR: clustered cardio-metabolic risk score including waist circumference; CCMR_{no adip}: clustered cardio-metabolic risk score excluding waist circumference.

^d $p < 0.05$; ^e $p < 0.01$