

ESM Table 1: Minimally adjusted separate associations of physical activity and leisure-time sitting level at baseline with incident obesity and incident metabolic risk factor clustering at follow-up

	Incident obesity		Incident metabolic risk factor clustering	
	Odds ratio (95% CI)		Odds ratio (95% CI)	
	After 5 years n=3160	After 10 years n=2778	After 5 years n=2529	After 10 years n=2254
<i>Physical activity level</i>				
<i>Low</i>	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)
<i>Intermediate</i>	0.71 (0.50, 1.01)	0.63 (0.45, 0.87)	0.76 (0.60, 0.97)	0.75 (0.60, 0.94)
<i>High</i>	0.64 (0.44, 0.93)	0.63 (0.45, 0.88)	0.86 (0.67, 1.09)	0.83 (0.66, 1.05)
<i>P-trend</i>	0.02	0.01	0.25	0.14
<i>Leisure-time sitting level</i>				
<i>High</i>	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)
<i>Intermediate</i>	0.78 (0.55, 1.11)	0.93 (0.67, 1.28)	0.77 (0.62, 0.97)	0.76 (0.61, 0.94)
<i>Low</i>	0.99 (0.69, 1.42)	1.08 (0.77, 1.51)	0.79 (0.62, 1.01)	0.78 (0.62, 0.99)
<i>P-trend</i>	0.87	0.74	0.04	0.02

Separate associations are mutually adjusted. Models adjusted for age, sex, and ethnicity.