

## Supplementary File 1. Overview of older-adults-specific adaptations made to the IPAQ-L items

MODIFIED ITEM IPAQ-L FOR OLDER ADULTS (≥65y)	ORIGINAL ITEM IPAQ-L ADULTS (15-65y)
<b>Domain: WORK-RELATED PA</b>	
During the last 7 days, on how many days did you do <i>moderate-to-vigorous</i> physical activities <i>as part of your work</i> ?	During the last 7 days, on how many days did you do <i>vigorous</i> physical activities <i>as part of your work</i> ? / During the last 7 days, on how many days did you do <i>moderate</i> physical activities <i>as part of your work</i> ?
How much time did you usually spend on one of those days doing <i>moderate-to-vigorous</i> physical activities <i>as part of your work</i> ?	How much time did you usually spend on one of those days doing <i>vigorous</i> physical activities <i>as part of your work</i> ? / How much time did you usually spend on one of those days doing <i>moderate</i> physical activities <i>as part of your work</i> ?
If you have walked <i>as part of your work</i> during the last 7 days, how would you describe your <i>walking speed</i> ? [1] high <sup>a</sup> ; [2] moderate <sup>b</sup> ; [3] low <sup>c</sup>	Not specified
<b>Domain: TRANSPORTATION PA</b>	
If you have walked <i>to go from place to place</i> during the last 7 days, how would you describe your <i>walking speed</i> ? [1] high <sup>a</sup> ; [2] moderate <sup>b</sup> ; [3] low <sup>c</sup>	Not specified
<b>Domain: DOMESTIC PA</b>	
During the last 7 days, on how many days did you do <i>moderate-to-vigorous</i> physical activities <i>in the garden or yard</i> ?	During the last 7 days, on how many days did you do <i>vigorous</i> physical activities <i>in the garden or yard</i> ? / During the last 7 days, on how many days did you do <i>moderate</i> activities <i>in the garden or yard</i> ?
How much time did you usually spend on one of those days doing <i>moderate-to-vigorous</i> physical activities <i>in the garden or yard</i> ?	How much time did you usually spend on one of those days doing <i>vigorous</i> physical activities <i>in the garden or yard</i> ? / How much time did you usually spend on one of those days doing <i>moderate</i> physical activities <i>in the garden or yard</i> ?
<b>Domain: RECREATIONAL PA</b>	
If you have walked in your <i>leisure time</i> during the last 7 days, how would you describe your <i>walking speed</i> ? [1] high <sup>a</sup> ; [2] moderate <sup>b</sup> ; [3] low <sup>c</sup>	Not specified
Not counting any bicycling you have already mentioned, during the last 7 days, on how many days did you <i>bicycle</i> for at least 10 minutes at a time <i>in your leisure time</i> ?	Not specified
During the last 7 days, on how many days did you do <i>moderate-to-vigorous</i> physical activities <i>in your leisure time</i> ?	During the last 7 days, on how many days did you do <i>vigorous</i> physical activities <i>in your leisure time</i> ? / During the last 7 days, on how many days did you do <i>moderate</i> physical activities <i>in your leisure time</i> ?
How much time did you usually spend on one of those days doing <i>moderate-to-vigorous</i> physical activities <i>in your leisure time</i> ?	How much time did you usually spend on one of those days doing <i>vigorous</i> physical activities <i>in your leisure time</i> ? / How much time did you usually spend on one of those days doing <i>moderate</i> physical activities <i>in your leisure time</i> ?

PA=physical activity

<sup>a</sup>walking fast, almost running; <sup>b</sup>walking briskly; <sup>c</sup>strolling