## Additional file 4

Table A4.1. Prevalence of spending time above or below health-related thresholds in physical activity types and stationary behaviours in 1670 adult Copenhageners (Denmark), overall and stratified by sex

| Health-related thresholds | $\begin{gathered} \text { Overall } \\ N=1670 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} \text { Women } \\ n=958 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} \text { Men } \\ n=712 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | P |
| :---: | :---: | :---: | :---: | :---: |
| Sedentary behaviour $\geq 10 \mathrm{~h} /$ day | $\begin{gathered} 680(40.72) \\ {[38.36-43.12]} \end{gathered}$ | $\begin{gathered} 333(34.76) \\ {[31.76-37.88]} \end{gathered}$ | $\begin{gathered} 347(48.74) \\ {[45.01-52.47]} \end{gathered}$ | <0.001 |
| Sedentary $\geq 10 \mathrm{~h} /$ day \& walking fast $<30 \mathrm{~min} /$ day | $\begin{gathered} 148(8.86) \\ {[7.56-10.35]} \end{gathered}$ | $\begin{gathered} 58 \text { (6.05) } \\ {[4.67-7.81]} \end{gathered}$ | $\begin{gathered} 90(12.64) \\ {[10.33-15.36]} \end{gathered}$ | <0.001 |
| Standing $\geq 4 \mathrm{~h} /$ day | $\begin{gathered} 321 \text { (19.22) } \\ {[17.37-21.21]} \end{gathered}$ | $\begin{gathered} 225(23.49) \\ {[20.86-26.33]} \end{gathered}$ | $\begin{gathered} 96(13.48) \\ {[11.11-16.26]} \end{gathered}$ | <0.001 |
| Walking $\geq 1.5 \mathrm{~h} /$ day | $\begin{gathered} 704 \text { (42.16) } \\ {[39.78-44.57]} \end{gathered}$ | $\begin{gathered} 417(43.53) \\ {[40.37-46.74]} \end{gathered}$ | $\begin{gathered} 287(40.31) \\ {[36.70-44.03]} \end{gathered}$ | 0.210 |
| Steps/day < 5000 | $\begin{gathered} 160 \text { (9.58) } \\ {[8.23-11.12]} \end{gathered}$ | $\begin{gathered} 73(7.62) \\ {[6.06-9.53]} \end{gathered}$ | $\begin{gathered} 87(12.22) \\ {[9.95-14.91]} \end{gathered}$ | 0.002 |
| LIPA $\geq 2 \mathrm{~h} /$ day | $\begin{gathered} 323 \text { (19.34) } \\ {[17.49-21.34]} \end{gathered}$ | $\begin{gathered} 170(17.75) \\ {[15.41-20.35]} \end{gathered}$ | $\begin{gathered} 153 \text { (21.49) } \\ {[18.56-24.73]} \end{gathered}$ | 0.064 |
| Walking fast $\geq 30 \mathrm{~min} /$ day | $\begin{gathered} 1461(87.49) \\ {[85.78-89.01]} \end{gathered}$ | $\begin{gathered} 869(90.71) \\ {[88.65-92.44]} \end{gathered}$ | $\begin{gathered} 592 \text { (83.15) } \\ {[80.15-85.78]} \end{gathered}$ | <0.001 |
| Cycling $\geq 15 \mathrm{~min} /$ day | $\begin{gathered} 329 \text { (19.70) } \\ {[17.83-21.70]} \end{gathered}$ | $\begin{gathered} 207(21.61) \\ {[19.07-24.38]} \end{gathered}$ | $\begin{gathered} 122(17.13) \\ {[14.48-20.15]} \end{gathered}$ | 0.027 |
| Running $\geq 20 \mathrm{~min} /$ week | $\begin{gathered} 221(13.23) \\ {[11.66-14.97]} \end{gathered}$ | $\begin{gathered} 117(12.21) \\ {[10.24-14.49]} \end{gathered}$ | $\begin{gathered} 104 \text { (14.61) } \\ {[12.14-17.47]} \end{gathered}$ | 0.180 |
| MVPA $\geq 0.5 \mathrm{~h} /$ day | $\begin{gathered} 1533(91.80) \\ {[90.35-93.05]} \end{gathered}$ | $\begin{gathered} 894 \text { (93.32) } \\ {[91.50-94.78]} \end{gathered}$ | $\begin{gathered} 639 \text { (89.75) } \\ {[87.23-91.83]} \end{gathered}$ | 0.011 |

## $N / n$, number of observations

\%, percent of individuals above/below threshold
Cl , confidence interval; calculated using Wilson's score method
$P$, p-value from Pearson's Chi-squared test with Yate's continuity correction
Time cut-points (e.g., $\geq 10 \mathrm{~h} /$ day) refer to individuals' mean daily time spent in the activity types.
Walk fast corresponds to walking $\geq 100$ steps $/ \mathrm{min}$.
Running $\geq 20 \mathrm{~min} /$ week is based on a daily threshold of $\geq 2.86 \mathrm{~min} /$ day.

Table A4.2. Prevalence of spending time above or below health-related thresholds in physical activity types and stationary behaviours in 1670 adult Copenhageners (Denmark) stratified by age

| Health-related thresholds | $\begin{gathered} \mathbf{2 0 - < 3 5} \text { yrs. } \\ n=196 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} 35-<50 \text { yrs. } \\ n=250 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} \mathbf{5 0}-<\mathbf{6 5} \text { yrs. } \\ n=522 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} 65-<75 \mathrm{yrs.} \\ n=431 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} \geq 75 \text { yrs. } \\ n=271 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | P |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sedentary behaviour $\geq 10 \mathrm{~h} /$ day | $\begin{gathered} 68(34.69) \\ {[28.14-41.86]} \end{gathered}$ | $\begin{gathered} 86(34.40) \\ {[28.60-40.69]} \end{gathered}$ | $\begin{gathered} 205(39.27) \\ {[35.08-43.62]} \end{gathered}$ | $\begin{gathered} 188(43.62) \\ {[38.90-48.45]} \end{gathered}$ | $\begin{gathered} 133 \text { (49.08) } \\ {[43.00-55.18]} \end{gathered}$ | 0.002 |
| Sedentary $\geq 10 \mathrm{~h} /$ day \& walking fast $<30 \mathrm{~min} /$ day | $\begin{gathered} 6(3.06) \\ {[1.25-6.85]} \end{gathered}$ | $\begin{gathered} 5(2.00) \\ {[0.74-0.49]} \end{gathered}$ | $\begin{gathered} 19(3.64) \\ {[2.27-5.73]} \end{gathered}$ | $\begin{gathered} 52(12.06) \\ {[9.22-15.61]} \end{gathered}$ | $\begin{gathered} 66(24.35) \\ {[19.46-29.99]} \end{gathered}$ | <0.001 |
| Standing $\geq 4 \mathrm{~h} /$ day | $\begin{gathered} 28(14.29) \\ {[9.86-20.16]} \end{gathered}$ | $\begin{gathered} 58(23.20) \\ {[18.22-29.03]} \end{gathered}$ | $\begin{gathered} 113 \text { (21.65) } \\ {[18.24-25.48]} \end{gathered}$ | $\begin{gathered} 61 \text { (14.15) } \\ {[11.07-17.89]} \end{gathered}$ | $\begin{gathered} 61(22.51) \\ {[17.77-28.04]} \end{gathered}$ | 0.002 |
| Walking $\geq 1.5 \mathrm{~h} /$ day | $\begin{gathered} 73(37.24) \\ {[30.54-44.46]} \end{gathered}$ | $\begin{gathered} 133 \text { (53.20) } \\ {[46.81-59.49]} \end{gathered}$ | $\begin{gathered} 266 \text { (50.96) } \\ {[46.58-55.32]} \end{gathered}$ | $\begin{gathered} 170(39.44) \\ {[34.83-44.25]} \end{gathered}$ | $\begin{gathered} 62 \text { (22.88) } \\ {[18.11-28.43]} \end{gathered}$ | <0.001 |
| Steps/day < 5000 | $\begin{gathered} 9(4.59) \\ {[2.26-8.82]} \end{gathered}$ | $\begin{gathered} 3(1.20) \\ {[0.31-3.76]} \end{gathered}$ | $\begin{gathered} 21(4.02) \\ {[2.57-6.19]} \end{gathered}$ | $\begin{gathered} 46 \text { (10.67) } \\ {[8.00-14.07]} \end{gathered}$ | $\begin{gathered} 81(29.89) \\ {[24.58-35.78]} \end{gathered}$ | <0.001 |
| LIPA $\geq 2 \mathrm{~h} /$ day | $\begin{gathered} 7(3.57) \\ {[1.57-7.52]} \end{gathered}$ | $\begin{gathered} 51(20.40) \\ {[15.69-26.04]} \end{gathered}$ | $\begin{gathered} 124 \text { (23.75) } \\ {[20.21-27.69]} \end{gathered}$ | $\begin{gathered} 94(21.81) \\ {[18.06-26.07]} \end{gathered}$ | $\begin{gathered} 47 \text { (17.34) } \\ {[13.14-22.50]} \end{gathered}$ | <0.001 |
| Walking fast $\geq 30 \mathrm{~min} /$ day | $\begin{gathered} 188 \text { (95.92) } \\ {[91.83-98.09]} \end{gathered}$ | $\begin{gathered} 244 \text { (97.60) } \\ {[94.60-99.02]} \end{gathered}$ | $\begin{gathered} 496 \text { (95.02) } \\ {[92.69-96.66]} \end{gathered}$ | $\begin{gathered} 363 \text { (84.22) } \\ {[80.36-87.46]} \end{gathered}$ | $\begin{gathered} 170(62.73) \\ {[56.65-68.45]} \end{gathered}$ | <0.001 |
| Cycling $\geq 15 \mathrm{~min} /$ day | $\begin{gathered} 90(45.92) \\ {[38.84-53.16]} \end{gathered}$ | $\begin{gathered} 64(25.60) \\ {[20.40-31.56]} \end{gathered}$ | $\begin{gathered} 113 \text { (21.65) } \\ {[18.24-25.48]} \end{gathered}$ | $\begin{gathered} 43 \text { (9.98) } \\ {[7.39-13.30]} \end{gathered}$ | $\begin{gathered} 19(7.01) \\ {[4.39-10.91]} \end{gathered}$ | <0.001 |
| Running $\geq 20 \mathrm{~min} /$ week | $\begin{gathered} 63(32.14) \\ {[25.77-39.23]} \end{gathered}$ | $\begin{gathered} 69(27.60) \\ {[22.24-33.66]} \end{gathered}$ | $\begin{gathered} 73 \text { (13.98) } \\ {[11.19-17.33]} \end{gathered}$ | $\begin{gathered} 15(3.48) \\ {[2.03-5.80]} \end{gathered}$ | $\begin{gathered} 1(0.37) \\ {[0.02-2.36]} \end{gathered}$ | <0.001 |
| MVPA $\geq 0.5 \mathrm{~h} /$ day | $\begin{gathered} 194 \text { (98.98) } \\ {[95.97-99.82]} \end{gathered}$ | $\begin{gathered} 249(99.60) \\ {[97.44-99.98]} \end{gathered}$ | $\begin{gathered} 510 \text { (97.70) } \\ {[95.91-98.75]} \end{gathered}$ | $\begin{gathered} 389 \text { (90.26) } \\ {[86.96-92.81]} \end{gathered}$ | $\begin{gathered} 191(70.48) \\ {[64.60-75.77]} \end{gathered}$ | <0.001 |
| yrs., years <br> $n$, number of observations <br> $\%$, percent of individuals above/below threshold <br> Cl , confidence interval; calculated using Wilson's score method <br> $P$, p-value from Pearson's Chi-squared test with Yate's continuity correction <br> Time cut-points (e.g., $\geq 10 \mathrm{~h} /$ day) refer to individuals' mean daily time spent in the activity types. <br> Walk fast corresponds to walking $\geq 100$ steps $/ \mathrm{min}$. <br> Running $\geq 20 \mathrm{~min} /$ week is based on a daily threshold of $\geq 2.86 \mathrm{~min} /$ day. |  |  |  |  |  |  |

Table A4.3. Prevalence of spending time above or below health-related thresholds in physical activity types and stationary behaviours in 1664 adult Copenhageners (Denmark) stratified by level of education

| Health-related thresholds | No further education $n=190$ $n(\%)[95 \% \mathrm{CI}]$ | Short education ( $\leq 3$ yrs. w. books) $n=178$ <br> $n(\%)[95 \% \mathrm{Cl}]$ | $\begin{gathered} \text { Vocational } \\ \text { education } \\ \text { (1-3 yrs.) } \\ n=423 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{aligned} & \text { Higher education } \\ & \text { ( } \geq 3 \text { yrs.) } \\ & n=419 \\ & n(\%)[95 \% \mathrm{CI}] \end{aligned}$ | $\begin{gathered} \text { University } \\ \text { education } \\ n=454 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | P |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sedentary behaviour $\geq 10 \mathrm{~h} /$ day | $\begin{gathered} 86(45.26) \\ {[38.09-52.63]} \end{gathered}$ | $\begin{gathered} 80(44.94) \\ {[37.55-52.56]} \end{gathered}$ | $\begin{gathered} 177(41.84) \\ {[37.12-46.72]} \end{gathered}$ | $\begin{gathered} 149(35.56) \\ {[31.01-40.38]} \end{gathered}$ | $\begin{gathered} 185(40.75) \\ {[36.22-45.44]} \end{gathered}$ | 0.100 |
| Sedentary $\geq 10 \mathrm{~h} /$ day \& walking fast $<30 \mathrm{~min} /$ day | $\begin{gathered} 27(14.21) \\ {[9.73-20.18]} \end{gathered}$ | $\begin{gathered} 17(9.55) \\ {[5.83-15.09]} \end{gathered}$ | $\begin{gathered} 57 \text { (13.48) } \\ {[10.44-17.19]} \end{gathered}$ | $\begin{gathered} 24(5.73) \\ {[3.78-8.52]} \end{gathered}$ | $\begin{gathered} 23(5.07) \\ {[3.31-7.62]} \end{gathered}$ | <0.001 |
| Standing $\geq 4 \mathrm{~h} /$ day | $\begin{gathered} 30(15.79) \\ {[11.07-21.94]} \end{gathered}$ | $\begin{gathered} 35(19.66) \\ {[14.25-26.42]} \end{gathered}$ | $\begin{gathered} 98 \text { (23.17) } \\ {[19.29-27.54]} \end{gathered}$ | $\begin{gathered} 89(21.24) \\ {[17.48-25.54]} \end{gathered}$ | $\begin{gathered} 68(14.98) \\ {[11.89-18.67]} \end{gathered}$ | 0.017 |
| Walking $\geq 1.5 \mathrm{~h} /$ day | $\begin{gathered} 63 \text { (33.16) } \\ {[26.61-40.4]} \end{gathered}$ | $\begin{gathered} 64 \text { (35.96) } \\ {[29.01-43.52]} \end{gathered}$ | $\begin{gathered} 187(44.21) \\ {[39.43-49.09]} \end{gathered}$ | $\begin{gathered} 205(48.93) \\ {[44.05-53.82]} \end{gathered}$ | $\begin{gathered} 183(40.31) \\ {[35.79-44.99]} \end{gathered}$ | 0.001 |
| Steps/day < 5000 | $\begin{gathered} 27(14.21) \\ {[9.73-20.18]} \end{gathered}$ | $\begin{gathered} 24(13.48) \\ {[9.00-19.6]} \end{gathered}$ | $\begin{gathered} 61(14.42) \\ {[11.29-18.22]} \end{gathered}$ | $\begin{gathered} 23(5.49) \\ {[3.59-8.24]} \end{gathered}$ | $\begin{gathered} 23(5.07) \\ {[3.31-7.62]} \end{gathered}$ | <0.001 |
| LIPA $\geq 2 \mathrm{~h} /$ day | $\begin{gathered} 43 \text { (22.63) } \\ {[17.02-29.37]} \end{gathered}$ | $\begin{gathered} 29(16.29) \\ {[11.35-22.73]} \end{gathered}$ | $\begin{gathered} 103(24.35) \\ {[20.39-28.78]} \end{gathered}$ | $\begin{gathered} 92(21.96) \\ {[18.15-26.29]} \end{gathered}$ | $\begin{gathered} 55(12.11) \\ {[9.33-15.56]} \end{gathered}$ | <0.001 |
| Walking fast $\geq 30 \mathrm{~min} /$ day | $\begin{gathered} 153(80.53) \\ {[74.03-85.76]} \end{gathered}$ | $\begin{gathered} 155 \text { (87.08) } \\ {[81.04-91.46]} \end{gathered}$ | $\begin{gathered} 340(80.38) \\ {[76.2-83.99]} \end{gathered}$ | $\begin{gathered} 386 \text { (92.12) } \\ {[89.01-94.44]} \end{gathered}$ | $\begin{gathered} 423 \text { (93.17) } \\ {[90.34-95.24]} \end{gathered}$ | <0.001 |
| Cycling $\geq 15 \mathrm{~min} /$ day | $\begin{gathered} 34(17.89) \\ {[12.87-24.25]} \end{gathered}$ | $\begin{gathered} 32(17.98) \\ {[12.79-24.58]} \end{gathered}$ | $\begin{gathered} 53(12.53) \\ {[9.60-16.16]} \end{gathered}$ | $\begin{gathered} 77 \text { (18.38) } \\ {[14.85-22.49]} \end{gathered}$ | $\begin{gathered} 131(28.85) \\ {[24.77-33.30]} \end{gathered}$ | <0.001 |
| Running $\geq 20 \mathrm{~min} /$ week | $\begin{gathered} 20(10.53) \\ {[6.71-16.00]} \end{gathered}$ | $\begin{gathered} 10(5.62) \\ {[2.88-10.38]} \end{gathered}$ | $\begin{gathered} 37(8.75) \\ {[6.31-11.96]} \end{gathered}$ | $\begin{gathered} 56(13.37) \\ {[10.33-17.09]} \end{gathered}$ | $\begin{gathered} 97(21.37) \\ {[17.74-25.48]} \end{gathered}$ | <0.001 |
| MVPA $\geq 0.5 \mathrm{~h} /$ day | $\begin{gathered} 163 \text { (85.79) } \\ {[79.82-90.27]} \end{gathered}$ | $\begin{gathered} 164 \text { (92.13) } \\ {[86.90-95.47]} \end{gathered}$ | $\begin{gathered} 364 \text { (86.05) } \\ {[82.30-89.14]} \end{gathered}$ | $\begin{gathered} 400 \text { (95.47) } \\ {[92.88-97.17]} \end{gathered}$ | $\begin{gathered} 437 \text { (96.26) } \\ {[93.95-97.73]} \end{gathered}$ | <0.001 |

There were 6 missing values resulting in data about level of education on 1664 participants.
Short education corresponds to $\leq 3$ years with books, vocational education to 1-3 years, higher education to $\geq 3$ years and university education to $\geq 5$ years.
yrs., years
$n$, number of observations
\%, percent of individuals above/below threshold
Cl , confidence interval; calculated using Wilson's score method
$P$, p-value from Pearson's chi-squared test with Yate's continuity correction
Time cut-points (e.g., $\geq 10 \mathrm{~h} /$ day) refer to individuals' mean daily time spent in the activity types.
Walk fast corresponds to walking $\geq 100$ steps/min.
Running $\geq 20 \mathrm{~min} /$ week is based on a daily threshold of $\geq 2.86 \mathrm{~min} /$ day.

Table A4.4. Prevalence of spending time above or below health-related thresholds in physical activity types and stationary behaviours in 1668 adult Copenhageners (Denmark) stratified by BMI

| Health-related thresholds | $\begin{gathered} \text { Normal } \\ n=814 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} \text { Overweight } \\ n=620 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | $\begin{gathered} \text { Obese } \\ n=234 \\ n(\%)[95 \% \mathrm{CI}] \end{gathered}$ | P |
| :---: | :---: | :---: | :---: | :---: |
| Sedentary behaviour $\geq 10 \mathrm{~h} /$ day | $\begin{gathered} 250(30.71) \\ {[27.58-34.03]} \end{gathered}$ | $\begin{gathered} 283(45.65) \\ {[41.68-49.66]} \end{gathered}$ | $\begin{gathered} 146 \text { (62.39) } \\ {[55.82-68.56]} \end{gathered}$ | <0.001 |
| Sedentary $\geq 10 \mathrm{~h} /$ day \& walking fast $<30 \mathrm{~min} /$ day | $\begin{gathered} 49 \text { (6.02) } \\ {[4.53-7.94]} \end{gathered}$ | $\begin{gathered} 62(10.00) \\ {[7.81-12.70]} \end{gathered}$ | $\begin{gathered} 37(15.81) \\ {[11.51-21.27]} \end{gathered}$ | <0.001 |
| Standing $\geq 4 \mathrm{~h} /$ day | $\begin{gathered} 198(24.32) \\ {[21.44-27.45]} \end{gathered}$ | $\begin{gathered} 98(15.81) \\ {[13.07-18.97]} \end{gathered}$ | $\begin{gathered} 24(10.26) \\ {[6.81-15.05]} \end{gathered}$ | <0.001 |
| Walking $\geq 1.5 \mathrm{~h} /$ day | $\begin{gathered} 382(46.93) \\ {[43.46-50.42]} \end{gathered}$ | $\begin{gathered} 242(39.03) \\ {[35.19-43.01]} \end{gathered}$ | $\begin{gathered} 79(33.76) \\ {[27.81-40.26]} \end{gathered}$ | <0.001 |
| Steps/day < 5000 | $\begin{gathered} 58(7.13) \\ {[5.50-9.17]} \end{gathered}$ | $\begin{gathered} 58(9.35) \\ {[7.23-11.99]} \end{gathered}$ | $\begin{gathered} 44(18.80) \\ {[14.13-24.53]} \end{gathered}$ | <0.001 |
| LIPA $\geq 2 \mathrm{~h} /$ day | $\begin{gathered} 189(23.22) \\ {[20.39-26.3]} \end{gathered}$ | $\begin{gathered} 106(17.10) \\ {[14.26-20.35]} \end{gathered}$ | $\begin{gathered} 28 \text { (11.97) } \\ {[8.23-16.99]} \end{gathered}$ | <0.001 |
| Walking fast $\geq 30 \mathrm{~min} /$ day | $\begin{gathered} 731(89.80) \\ {[87.47-91.75]} \end{gathered}$ | $\begin{gathered} 543 \text { (87.58) } \\ {[84.66-90.02]} \end{gathered}$ | $\begin{gathered} 185(79.06) \\ {[73.17-83.97]} \end{gathered}$ | <0.001 |
| Cycling $\geq 15 \mathrm{~min} /$ day | $\begin{gathered} 212(26.04) \\ {[23.09-29.23]} \end{gathered}$ | $\begin{gathered} 91(14.68) \\ {[12.04-17.77]} \end{gathered}$ | $\begin{gathered} 25(10.68) \\ {[7.17-15.54]} \end{gathered}$ | <0.001 |
| Running $\geq 20 \mathrm{~min} /$ week | $\begin{gathered} 155(19.04) \\ {[16.43-21.95]} \end{gathered}$ | $\begin{gathered} 60(9.68) \\ {[7.52-12.35]} \end{gathered}$ | $\begin{gathered} 6(2.56) \\ {[1.05-5.76]} \end{gathered}$ | <0.001 |
| MVPA $\geq 0.5 \mathrm{~h} /$ day | $\begin{gathered} 759 \text { (93.24) } \\ {[91.24-94.83]} \end{gathered}$ | $\begin{gathered} 571 \text { (92.10) } \\ {[89.61-94.04]} \end{gathered}$ | $\begin{gathered} 201 \text { (85.90) } \\ {[80.62-89.96]} \end{gathered}$ | 0.001 |

There were 2 missing values resulting in data about BMI on 1668 participants.
BMI, body mass index; WHO's classification: underweight, $<18.5 \mathrm{~kg} / \mathrm{m}^{2}$; normal, $18.5-<25.0 \mathrm{~kg} / \mathrm{m}^{2}$; overweight, $25.0-<30.0 \mathrm{~kg} / \mathrm{m}^{2} ;$ obese, $\geq 30 \mathrm{~kg} / \mathrm{m}^{2}$. The underweight category was merged with the normal weight category because of low number of underweight individuals.
$n$, number of observations
\%, percent of individuals above/below threshold
Cl , confidence interval; calculated using Wilson's score method
$P$, p-value from Pearson's chi-squared test with Yate's continuity correction
Time cut-points (e.g., $\geq 10 \mathrm{~h} /$ day) refer to individuals' mean daily time spent in the activity types.
Walk fast corresponds to walking $\geq 100$ steps/min.
Running $\geq 20 \mathrm{~min} /$ week is based on a daily threshold of $\geq 2.86 \mathrm{~min} /$ day.

