

Supplementary table 1: Characteristics of excluded and included participants. The CoLaus study, Switzerland, 2014-2017.

	<u>Dataset 1 §</u>			<u>Dataset 2 §§</u>		
	Included (N=2592)	Excluded (N=2189)	P-value	Included (N=2229)	Excluded (N=2552)	P-value
Age (years)	62.0 ± 10.0	64.2 ± 10.8	<0.01	61.5 ± 9.9	64.2 ± 10.7	<0.01
Age group			<0.01			<0.01
[45-65[61.5	54.2		63.6	53.4	
65+	38.5	45.8		36.4	46.6	
Female	53.6	56.7	0.03	51.8	57.8	<0.01
Married	56.6	52.1	<0.01	56.5	52.9	0.01
Smoking status			0.10			0.38
Current	17.9	20.5		18.1	19.8	
Former	39.7	38.3		39.6	38.7	
Never	42.4	41.3		42.3	41.6	
Employment			<0.01			<0.01
No	43.5	52.0		40.7	53.4	
Yes	56.5	48.1		59.4	46.6	
Educational level			<0.01			<0.01
High	22.0	20.1		23.2	19.3	
Medium	27.1	24.4		27.7	24.2	
Low	50.9	55.6		49.0	56.6	
Household income ¹			.			<0.01
<5000 CHF	.	.		25.3	30.9	
5000-9499 CHF	.	.		43.3	44.2	
>9499 CHF	.	.		31.4	25.0	

§: all included participants but without household income data; §§: only participants with household income data; ¹ 1 CHF=1.007 US\$ or 0.937 € as of 29 March 2017. Results are expressed as mean ± standard deviation or as percentage. Statistical analyses by chi-square and Student t-test.

Supplementary table 2: Characteristics of included participants and excluded participants due to insufficient number of valid day for accelerometry, in dataset 2. The CoLaus study, Switzerland, 2014-2017.

	Included (N=2229)	Excluded (N=106)	P-value
Age (years)	61.5 ± 9.9	61.2 ± 9.5	0.70
Age group			0.76
[45-65[63.6	65.1	
65+	36.4	34.9	
Female	51.8	62.6	0.03
Married	56.5	51.0	0.28
Smoking status			0.12
Current	18.1	25.0	
Former	39.6	41.7	
Never	42.3	33.3	
Employment			0.15
No	40.7	48.0	
Yes	59.4	52.0	
Educational level			0.16
High	23.2	16.8	
Medium	27.7	25.2	
Low	49.0	57.9	
Household income ¹			0.11
<5000 CHF	25.3	31.7	
5000-9499 CHF	43.3	47.6	
>9499 CHF	31.4	20.7	

¹ 1 CHF=1.007 US\$ or 0.937 € as of 29 March 2017. Results are expressed as mean ± standard deviation or as percentage. Statistical analyses by chi-square and Student t-test.

Supplementary table 3: Participants' characteristics of dataset 1, by activity behaviours. The CoLaus study, Switzerland, 2014-2017.

	Dataset 1 §				P-value
	<i>Couch potato</i> N=550 (21.2%)	<i>Light mover</i> N=305 (11.8%)	<i>Sedentary exerciser</i> N=322 (12.4%)	<i>Busy bee</i> N=1415 (54.6%)	
Age (years)	65.7 ± 10.7	66.8 ± 10.2	57.9 ± 8.8	60.4 ± 9.1	<0.01
Age group					
[45-65[45.8	40.0	77.0	68.6	<0.01
65+	54.2	60.0	23.0	31.2	
Female	36.0	61.6	42.2	61.2	<0.01
Married	57.8	51.8	50.6	58.5	0.02
Smoking status					0.02
Current	21.5	21.3	12.7	16.9	
Former	38.9	40.0	42.2	39.4	
Never	39.6	38.7	45.0	43.8	
Employment					<0.01
No	59.1	59.0	27.0	37.9	
Yes	40.9	41.0	73.0	62.1	
Educational level					<0.01
High	26.7	17.4	31.4	19.1	
Medium	27.3	24.6	25.8	27.8	
Low	46.0	58.0	42.9	53.1	

§: all included participants but without household income data. Couch potato: low physical activity (PA) & high sedentary (SE); Light mover: low PA & low SE; Sedentary exerciser: high PA & high SE; Busy bee: high PA & low SE. Results are expressed as mean ± standard deviation or as percentage. Statistical analyses by chi-square and one-way analysis of variance, comparing activity behaviours.

Supplementary table 4: Participants' characteristics of Dataset 2, by activity behaviours. The CoLaus study, Switzerland, 2014-2017.

	Dataset2 §				P-value
	<i>Couch potato</i> N=473 (21.2%)	<i>Light mover</i> N=255 (11.4%)	<i>Sedentary exerciser</i> N=289 (13.0%)	<i>Busy bee</i> N=1212 (54.4%)	
Age (years)	65.3 ± 10.8	66.1 ± 10.3	57.7 ± 8.6	60.0 ± 8.9	<0.01
Age group					
[45-65[47.6	43.5	78.2	70.6	<0.01
65+	52.4	56.5	21.8	29.4	
Female	34.9	58.8	39.5	59.8	<0.01
Married	60.3	51.8	50.2	57.6	0.02
Smoking status					0.02
Current	21.8	22.4	12.1	17.2	
Former	38.7	39.2	42.2	39.4	
Never	39.5	38.4	45.7	43.4	
Employment					<0.01
No	55.4	56.1	24.2	35.6	
Yes	44.6	43.9	75.8	64.4	
Educational level					<0.01
High	28.1	16.9	32.2	20.5	
Medium	28.8	25.5	26.0	28.2	
Low	43.1	57.7	41.9	51.2	
Household income ¹					<0.01
<5000 CHF	25.2	38.8	15.9	24.8	
5000-9499 CHF	43.3	40.8	36.7	45.5	
>9499 CHF	31.5	20.4	47.4	29.8	

§: only participants with household income data; ¹ 1 CHF=1.007 US\$ or 0.937 € as of 29 March 2017. Couch potato: low physical activity (PA) & high sedentary (SE); Light mover: low PA & low SE; Sedentary exerciser: high PA & high SE; Busy bee: high PA & low SE. Results are expressed as mean ± standard deviation or as percentage. Statistical analyses by chi-square and one-way analysis of variance, comparing activity behaviours.

Supplementary table 5: Characteristics of participants, by activity patterns. The CoLaus study, Switzerland, 2014-2017

	<u>Dataset 1 §</u>				<u>Dataset2 §§</u>			
	<i>Inactive</i> N=855 (33.0%)	<i>Weekend warrior</i> N=605 (23.3%)	<i>Regularly active</i> N=1132 (43.7%)	P-value	<i>Inactive</i> N=728 (32.7%)	<i>Weekend warrior</i> N=527 (23.6%)	<i>Regularly active</i> N=974 (43.7%)	P-value
Age (years)	66.1 ± 10.6	58.7 ± 8.8	60.6 ± 9.1	<0.01	65.6 ± 10.6	58.2 ± 8.4	60.3 ± 9.1	<0.01
Age group								
[45-65[43.7	76.4	67.1	<0.01	46.2	78.4	68.7	<0.01
65+	56.3	23.6	33.0		53.9	21.6	31.3	
Female	45.2	60.5	56.2	<0.01	43.3	58.4	54.5	<0.01
Married	55.7	52.7	59.4	0.02	57.3	52.8	58.0	0.13
Smoking status				<0.01				<0.01
Current	21.4	16.9	15.7		22.0	16.7	16.0	
Former	39.3	37.4	41.3		38.9	37.0	41.5	
Never	39.3	45.8	43.0		39.2	46.3	42.5	
Employment				<0.01				<0.01
No	59.1	27.4	40.4		55.6	24.3	38.3	
Yes	40.9	72.6	59.6		44.4	75.7	61.7	
Educational level				<0.01				<0.01
High	23.4	30.7	16.3		24.2	32.5	17.6	
Medium	26.3	29.8	26.2		27.6	29.2	27.0	
Low	50.3	39.5	57.4		48.2	38.3	55.4	
Household income ¹								<0.01
<5000 CHF	.	.	.		30.0	18.6	25.5	
5000-9499 CHF	.	.	.		42.5	38.3	46.7	
>9499 CHF	.	.	.		27.6	43.1	27.8	

§: all included participants but without household income data; §§: only participants with household income data; ¹ 1 CHF=1.007 US\$ or 0.937 € as of 29 March 2017. Inactive: low physical activity (PA); Weekend warrior: high PA & PA mainly on weekends; Regularly active: high PA & PA throughout the week. Results are expressed as mean ± standard deviation or as percentage. Statistical analyses by chi-square and one-way analysis of variance, comparing activity patterns.