

Association between employment status and objectively measured physical activity and sedentary behavior – The Maastricht Study

Table S1 Percentage of waking time, with 95% confidence interval (CI), spent sedentary, standing, stepping and in higher-intensity physical activity on average days, weekdays and weekend days by employment status ($n = 2034$). The models have been adjusted for age, sex, education, presence of diabetes and presence of mobility limitations.

	Non-employed ($n = 1191$)			Low occupational category ($n = 109$)			Intermediate occupational category ($n = 127$)			High occupational category ($n = 308$)			Self-employed ($n = 299$)			P-value ¹
	Mean	95% CI		Mean	95% CI		Mean	95% CI		Mean	95% CI		Mean	95% CI		
Average day																
Sedentary	62.2	61.4	62.9	57.1	55.2	59.0	62.8	61.0	64.5	62.6	61.4	63.8	63.1	61.8	64.4	<0.0001
Standing	26.3	25.8	26.9	29.8	28.4	31.3	26.4	25.0	27.7	25.8	24.9	26.8	26.1	25.1	27.1	<0.0001
Stepping	11.5	11.2	11.8	13.1	12.3	13.9	10.9	10.1	11.6	11.6	11.1	12.1	10.7	10.2	11.3	<0.0001
HPA	1.9	1.7	2.0	2.1	1.8	2.5	1.6	1.3	1.9	2.3	2.0	2.5	2.0	1.7	2.2	0.003
Weekday																
Sedentary	61.6	60.8	62.4	56.0	54.0	58.0	62.7	60.9	64.5	62.8	61.5	64.2	63.7	62.3	65.1	<0.0001
Standing	26.6	26.0	27.2	30.5	29.0	32.1	26.5	25.0	27.9	25.7	24.7	26.7	25.9	24.8	26.9	<0.0001
Stepping	11.8	11.4	12.1	13.5	12.6	14.3	10.8	10.0	11.6	11.5	10.9	12.0	10.4	9.9	11.0	<0.0001
HPA	1.9	1.8	2.1	2.2	1.8	2.5	1.6	1.3	2.0	2.3	2.1	2.6	2.0	1.7	2.2	0.004
Weekend day																
Sedentary	63.4	62.6	64.3	60.1	57.9	62.4	62.6	60.6	64.7	62.0	60.6	63.5	61.6	60.1	63.1	0.03
Standing	25.5	24.9	26.2	27.9	26.1	29.6	26.4	24.8	28.1	26.0	24.8	27.2	26.8	25.6	28.0	0.09
Stepping	11.0	10.6	11.4	12.0	11.0	13.0	10.9	10.0	11.9	12.0	11.3	12.6	11.6	10.9	12.3	0.05
HPA	1.7	1.6	1.9	2.1	1.7	2.6	1.5	1.1	2.0	2.2	1.9	2.5	1.9	1.6	2.3	0.04

¹ P-value for overall differences between different employment status

HPA, higher-intensity physical activity

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Table S2 Percentage of waking time, with 95% confidence interval (CI), spent sedentary, standing, stepping and in higher-intensity physical activity on average days, weekdays and weekend days by employment status ($n = 2036$). The models have been adjusted for age, sex, smoking status, alcohol consumption, BMI, presence of diabetes and presence of mobility limitations.

	Non-employed ($n = 1194$)		Low occupational category ($n = 108$)		Intermediate occupational category ($n = 128$)		High occupational category ($n = 308$)		Self-employed ($n = 298$)		P-value ¹	
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI		
Average day												
Sedentary	62.1	61.3 62.8	56.9	55.1 58.8	62.8	61.1 64.6	62.7	61.4 64.0	63.8	62.5 65.1	<0.0001	
Standing	26.3	25.7 26.9	30.1	28.6 31.5	26.4	25.1 27.8	25.8	24.8 26.8	25.5	24.5 26.5	<0.0001	
Stepping	11.6	11.3 11.9	13.0	12.2 13.8	10.7	10.0 11.4	11.5	10.9 12.0	10.7	10.2 11.3	<0.0001	
HPA	1.9	1.8 2.1	2.1	1.8 2.5	1.5	1.2 1.9	2.2	2.0 2.5	1.9	1.7 2.2	0.003	
Weekday												
Sedentary	61.5	60.7 62.3	55.8	53.8 57.8	62.9	61.0 64.7	63.0	61.6 64.4	64.5	63.2 65.9	<0.0001	
Standing	26.6	26.0 27.3	30.7	29.1 32.3	26.5	25.0 27.9	25.6	24.6 26.7	25.1	24.0 26.2	<0.0001	
Stepping	11.8	11.5 12.2	13.5	12.6 14.3	10.7	9.9 11.5	11.4	10.8 12.0	10.4	9.8 10.9	<0.0001	
HPA	2.0	1.9 2.2	2.2	1.8 2.5	1.6	1.2 1.9	2.3	2.1 2.6	2.0	1.7 2.2	0.003	
Weekend day												
Sedentary	63.3	62.4 64.2	59.8	57.5 62.0	62.5	60.4 64.5	62.0	60.5 63.6	61.7	60.2 63.3	0.04	
Standing	25.7	25.0 26.4	28.4	26.6 30.2	26.8	25.1 28.5	26.2	24.9 27.4	26.6	25.3 27.8	0.06	
Stepping	11.0	10.6 11.4	11.8	10.8 12.8	10.8	9.8 11.7	11.8	11.1 12.5	11.7	11.0 12.4	0.06	
HPA	1.7	1.6 1.9	2.1	1.6 2.5	1.4	1.0 1.9	2.1	1.8 2.4	1.9	1.5 2.2	0.05	

¹ P-value for overall differences between different employment status
HPA, higher-intensity physical activity

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Table S3 Percentage of waking time, with 95% confidence interval (CI), spent sedentary, standing, stepping and in higher-intensity physical activity on weekdays and weekend days, by employment status excluding those who were employed and reported doing shift work often or always ($n = 100$), or who did not provide information on shift work ($n = 9$). The models have been adjusted for age, sex, presence of diabetes and presence of mobility limitations.

	Non-employed ($n = 1200$)			Low occupational category ($n = 79$)			Intermediate occupational category ($n = 113$)			High occupational category ($n = 272$)			Self-employed ($n = 277$)			P-value ¹
	Mean	95% CI		Mean	95% CI		Mean	95% CI		Mean	95% CI		Mean	95% CI		
Weekday	61.5	60.8	62.3	54.3	52.0	56.5	62.4	60.4	64.3	63.0	61.7	64.4	64.3	62.9	65.7	<0.0001
Sedentary	26.7	26.2	27.3	32.1	30.3	33.8	26.7	25.2	28.3	25.6	24.6	26.7	25.1	24.1	26.2	<0.0001
Standing	11.7	11.4	12.0	13.7	12.7	14.7	10.9	10.1	11.7	11.3	10.7	11.9	10.6	10.0	11.2	<0.0001
Stepping	1.9	1.8	2.1	2.2	1.8	2.6	1.6	1.3	2.0	2.3	2.0	2.6	2.1	1.8	2.3	0.01
HPA	61.5	60.8	62.3	54.3	52.0	56.5	62.4	60.4	64.3	63.0	61.7	64.4	64.3	62.9	65.7	<0.0001
Weekend day																
Sedentary	63.5	62.6	64.3	60.3	57.7	62.8	62.2	60.0	64.4	62.0	60.4	63.6	61.7	60.1	63.2	0.07
Standing	25.6	24.9	26.2	28.4	26.4	30.5	26.7	25.0	28.5	26.1	24.8	27.3	26.4	25.2	27.6	0.09
Stepping	11.0	10.6	11.3	11.3	10.1	12.4	11.1	10.1	12.1	12.0	11.3	12.6	11.9	11.3	12.6	0.03
HPA	1.7	1.6	1.9	1.9	1.4	2.4	1.5	1.1	2.0	2.1	1.8	2.5	2.0	1.7	2.3	0.08

¹ P-value for overall differences between different employment status

HPA, higher-intensity physical activity