Supplement 1. Adjusted odds ratios of physical activity (d), sitting time for study (h), sitting time for leisure (h), and sleep time (h) for underweight, overweight, and obesity using multinomial logistic regression analysis with complex sampling (reference = healthy weight)adjusted for age and sex

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Underweight** | **Overweight** | **Obese** | P Value |
|  |  | AOR | 95% CI | AOR | 95% CI | AOR | 95% CI |  |
| Physical activity (d) |  |  |  |  |  |  | <0.001\* |
|  | ≤ 2d | 1.35 | 1.23-1.47 | 1.04 | 0.98-1.10 | 1.14 | 1.03-1.25 |  |
|  | > 2d | 1 |  | 1 |  | 1 |  |  |
| Sitting time for study (h) |  |  |  |  |  |  | <0.001\* |
|  | ≤ 6h | 1 |  | 1 |  | 1 |  |  |
|  | > 6h | 0.84 | 0.77-0.91 | 0.99 | 0.94-1.05 | 0.96 | 0.86-1.07 |  |
| Sitting time for leisure (h) |  |  |  |  |  |  | <0.001\* |
|  | ≤ 3h | 1 |  | 1 |  | 1 |  |  |
|  | > 3h | 1.13 | 1.05-1.22 | 1.15 | 1.09-1.22 | 1.34 | 1.20-1.49 |  |
| Sleep time (h) |  |  |  |  |  |  | <0.001\* |
|  | < 6h | 0.64 | 0.56-0.73 | 1.20 | 1.09-1.32 | 1.33 | 1.12-1.59 |  |
|  | ≥ 6h, < 7h | 0.77 | 0.68-0.88 | 1.18 | 1.08-1.28 | 1.36 | 1.17-1.57 |  |
|  | ≥ 7h, < 8h | 0.87 | 0.78-0.97 | 1.09 | 1.00-1.18 | 1.31 | 1.14-1.50 |  |
|  | ≥ 8h | 1 |  | 1 |  | 1 |  |  |

\*Significance at P < 0.05.

Supplement 2. Adjusted odds ratios of physical activity (d), sitting time for study (h), sitting time for leisure (h), and sleep time (h) for underweight, overweight, and obesity using multinomial logistic regression analysis with complex sampling (reference = healthy weight)adjusted for age, sex, region of residence, economic level, smoking, and stress level

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Underweight** | **Overweight** | **Obese** | P Value |
|  |  | AOR | 95% CI | AOR | 95% CI | AOR | 95% CI |  |
| Physical activity (d) |  |  |  |  |  |  | <0.001\* |
|  | ≤ 2d | 1.33 | 1.23-1.45 | 1.03 | 0.98-1.10 | 1.12 | 1.02-1.25 |  |
|  | > 2d | 1 |  | 1 |  | 1 |  |  |
| Sitting time for study (h) |  |  |  |  |  |  | <0.001\* |
|  | ≤ 6h | 1 |  | 1 |  | 1 |  |  |
|  | > 6h | 0.83 | 0.77-0.90 | 0.99 | 0.93-1.05 | 0.96 | 0.86-1.07 |  |
| Sitting time for leisure (h) |  |  |  |  |  |  | <0.001\* |
|  | ≤ 3h | 1 |  | 1 |  | 1 |  |  |
|  | > 3h | 1.13 | 1.05-1.22 | 1.14 | 1.08-1.22 | 1.32 | 1.19-1.48 |  |
| Sleep time (h) |  |  |  |  |  |  | <0.001\* |
|  | < 6h | 0.64 | 0.56-0.73 | 1.17 | 1.06-1.30 | 1.31 | 1.10-1.56 |  |
|  | ≥ 6h, < 7h | 0.77 | 0.68-0.88 | 1.16 | 1.06-1.27 | 1.35 | 1.17-1.56 |  |
|  | ≥ 7h, < 8h | 0.86 | 0.77-0.97 | 1.08 | 1.00-1.17 | 1.30 | 1.14-1.49 |  |
|  | ≥ 8h | 1 |  | 1 |  | 1 |  |  |

\*Significance at P < 0.05.

Supplement 3. Mean physical activity, sitting time for study, and sitting time for leisure according to sleep time.

|  |  |  |
| --- | --- | --- |
|  | Sleep time |  |
|  | < 6h | ≥ 6h, < 7h | ≥ 7h, < 8h | ≥ 8h | P Value |
| Physical Activity (d) | 1.7 | 1.8 | 2.0 | 2.1 | <0.001\* |
| Sitting time for study (h) | 8.2 | 6.9 | 5.6 | 4.6 | <0.001\* |
| Sitting time for leisure (h) | 2.8 | 3.0 | 3.1 | 3.0 | <0.001\* |

\* Linear regression analysis with complex sampling, Significance at P < 0.05