Supplementary Table 1: Associations of total sedentary time with markers of MRI-derived regional fat distribution when adjusted for either MVPA or total physical activity volume

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| **Model 1** | | | | | | |
|  | **Sedentary time**  ***Standardised β* (SE)a**  *(adjustment for MVPA)* | ***p*** | **Sedentary time**  ***Standardised β* (SE)b**  *(adjustment for total physical activity volume)* | | ***p*** | |
| Heart fat (cm3) | 0.59 (0.21) | **0.001** | 0.60 (0.22) | | **0.012** | |
| Liver fat (%) | 0.48 (0.20) | **0.003** | 0.52 (0.21) | | **0.019** | |
| Visceral fat (cm3) | 0.53 (0.20) | **<0.001** | 0.47 (0.19) | | **0.022** | |
| Subcutaneous fat (cm3) | 0.31 (0.21) | 0.179 | 0.20 (0.21) | | 0.416 | |
| Whole body fat (cm3) | 0.43 (0.22) | 0.052 | 0.31 (0.22) | | 0.175 | |
| **Model 2** | | | | | | |
|  | **Sedentary time**  ***Standardised β* (SE)a** | ***p*** | **Sedentary time**  ***Standardised Β* (SE)b** | ***p*** | |
| Heart fat (cm3) | 0.46 (0.20) | **0.008** | 0.49 (0.22) | **0.035** | |
| Liver fat (%) | 0.39 (0.20) | **0.026** | 0.40 (0.21) | **0.044** | |
| Visceral fat (cm3) | 0.25 (0.29) | **0.039** | 0.25 (0.12) | **0.046** | |
| Model 1 was adjusted for age, gender, smoking status, family history of T2DM, ethnicity, social deprivation, ACE inhibitors, beta blockers, lipid lowering medication, systolic blood pressure, cholesterol, HbA1c, time accelerometer worn and a MVPA or b total physical activity | | | | | | |
| Model 2 was adjusted for the above covariates and whole body fat | | | | | | |