**SUPPLEMENTAL DIGITAL CONTENT 1**

**Patterns of sedentary behavior in US middle-aged and older adults: the REGARDS study**

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| **Supplemental Table 1.** Characteristics of participants in REGARDS accelerometer study with and without compliant wear time. |
| **Variable** | **Compliant Weara***(n=8,096)* | **Non-compliant Wear***(n=694)* | **P-Value** |
| Age (%) |  |  | 0.542 |
| 45-54 years | 12.9 | 14.7 |  |
| 55-64 years | 43.1 | 42.1 |  |
| 65-74 years | 32.7 | 32.9 |  |
| ≥75 years | 11.3 | 10.4 |  |
| Male (%) | 45.8 | 41.5 | 0.028 |
| Black (%) | 31.6 | 46.7 | <0.001 |
| Region of Residence (%)b |  |  | 0.333 |
| Non-belt/buckle | 45.5 | 43.1 |  |
| Stroke Buckle | 21.5 | 21.2 |  |
| Stroke Belt | 33.1 | 35.7 |  |
| BMI Classification (%)c |  |  | <0.001 |
| Underweight | 0.9 | 1.3 |  |
| Normal weight | 26.0 | 16.9 |  |
| Overweight | 39.0 | 38.8 |  |
| Obese | 33.8 | 42.1 |  |
| Season Accelerometer Worn (%) |  |  | 0.389 |
| Summer | 25.0 | 27.5 |  |
| Fall | 24.4 | 23.3 |  |
| Winter | 23.0 | 23.6 |  |
| Spring | 27.6 | 25.5 |  |
| BMI, body mass index. |
| aDefined as 10 or more hours of wear on at least 4 days. |
| bStroke buckle: coastal plain region of North Carolina, South Carolina, and Georgia; stroke belt: remainder of North Carolina, South Carolina, and Georgia, plus Alabama, Mississippi, Tennessee, Arkansas, and Louisiana. |
| cUnderweight: <18.5 kg/m2; normal weight: 18.5-24.9 kg/m2, overweight: 25.0-29.9 kg/m2, obese: ≥30 kg/m2. |

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| **Supplemental Table 2.** Sedentary behavior characteristics among participants in the REGARDS accelerometer study stratified by sex and race. |
| **Bout duration (min)** | **Sedentary Behaviora** |
| **No. of Bouts/d** | **Percentage of All Bouts** | **Percentage of Total Sedentary Time** | **Mean Bout Length (Min)** |
| *Black Male (n=969)* |
| >1 | 65.8 ± 21.4 | 100 | 100 | 12.4 ± 8.6 |
| ≥5 | 27.7 ± 6.2 | 44.8 ± 10.4 | 88.8 ± 5.9 | 23.6 ± 10.9 |
| ≥10 | 16.7 ± 3.5 | 28.3 ± 10.4 | 77.7 ± 10.2 | 33.0 ± 12.3 |
| ≥20 | 8.8 ± 2.4 | 15.8 ± 9.0 | 61.4 ± 14.6 | 48.4 ± 13.7 |
| ≥30 | 5.6 ± 2.0 | 10.6 ± 7.7 | 50.0 ± 16.4 | 61.7 ± 15.0 |
| ≥40 | 3.9 ± 1.7 | 7.6 ± 6.6 | 41.4 ± 16.8 | 73.5 ± 16.0 |
| ≥50 | 2.8 ± 1.4 | 5.7 ± 5.7 | 34.4 ± 16.7 | 84.7 ± 17.6 |
| ≥60 | 2.1 ± 1.2 | 4.3 ± 5.0 | 28.6 ± 16.2 | 95.7 ± 19.4 |
| ≥90 | 0.9 ± 0.7 | 2.1 ± 3.3 | 16.6 ± 14.0 | 128.3 ± 25.4 |
| *Black Female (n=1590)* |
| >1 | 67.7 ± 21.7 | 100 | 100 | 12.0 ± 9.1 |
| ≥5 | 28.1 ± 6.5 | 44.1 ± 10.3 | 88.1 ± 6.0 | 22.9 ± 11.4 |
| ≥10 | 16.7 ± 3.7 | 27.4 ± 10.4 | 76.5 ± 10.4 | 32.3 ± 12.9 |
| ≥20 | 8.6 ± 2.4 | 15.0 ± 9.0 | 59.6 ± 14.7 | 47.8 ± 14.1 |
| ≥30 | 5.3 ± 1.9 | 9.9 ± 7.8 | 47.9 ± 16.4 | 61.2 ± 15.1 |
| ≥40 | 3.6 ± 1.6 | 7.0 ± 6.8 | 39.4 ± 17.0 | 73.5 ± 16.5 |
| ≥50 | 2.6 ± 1.4 | 5.3 ± 6.0 | 32.6 ± 16.9 | 85.3 ± 18.0 |
| ≥60 | 1.9 ± 1.2 | 4.0 ± 5.4 | 27.2 ± 16.5 | 96.6 ± 19.8 |
| ≥90 | 0.9 ± 0.7 | 2.0 ± 3.8 | 16.1 ± 14.3 | 129.0 ± 26.5 |
| *White Male (n=2741)* |
| >1 | 66.2 ± 18.4 | 100 | 100 | 11.6 ± 7.5 |
| ≥5 | 27.6 ± 5.7 | 43.6 ± 9.2 | 88.8 ± 5.2 | 23.0 ± 9.6 |
| ≥10 | 17.0 ± 3.4 | 27.8 ± 9.2 | 78.0 ± 8.9 | 32.0 ± 10.6 |
| ≥20 | 9.1 ± 2.2 | 15.6 ± 8.0 | 61.7 ± 13.1 | 46.2 ± 11.8 |
| ≥30 | 5.8 ± 1.8 | 10.3 ± 6.8 | 49.6 ± 14.9 | 58.4 ± 13.0 |
| ≥40 | 3.9 ± 1.6 | 7.2 ± 5.9 | 40.2 ± 15.7 | 69.4 ± 13.9 |
| ≥50 | 2.8 ± 1.3 | 5.3 ± 5.2 | 32.6 ± 15.7 | 80.0 ± 15.2 |
| ≥60 | 2.0 ± 1.1 | 3.9 ± 4.4 | 26.4 ± 15.1 | 90.4 ± 17.1 |
| ≥90 | 0.8 ± 0.7 | 1.7 ± 3.0 | 13.8 ± 12.6 | 121.2 ± 23.1 |
| *White Female (n=2796)* |
| >1 | 71.5 ± 19.5 | 100 | 100 | 10.7 ± 7.9 |
| ≥5 | 28.6 ± 5.6 | 41.9 ± 9.1 | 87.3 ± 5.7 | 21.5 ± 9.7 |
| ≥10 | 16.9 ± 3.2 | 25.7 ± 9.1 | 75.3 ± 9.7 | 30.5 ± 10.4 |
| ≥20 | 8.7 ± 2.2 | 13.9 ± 7.9 | 58.1 ± 13.6 | 45.1 ± 11.4 |
| ≥30 | 5.3 ± 1.8 | 8.9 ± 6.8 | 45.9 ± 15.1 | 57.6 ± 12.2 |
| ≥40 | 3.6 ± 1.5 | 6.2 ± 5.9 | 37.0 ± 15.3 | 68.8 ± 13.2 |
| ≥50 | 2.5 ± 1.3 | 4.5 ± 5.2 | 29.8 ± 14.9 | 79.6 ± 14.5 |
| ≥60 | 1.8 ± 1.1 | 3.3 ± 4.5 | 23.9 ± 14.4 | 90.3 ± 16.2 |
| ≥90 | 0.7 ± 0.6 | 1.5 ± 3.2 | 12.6 ± 11.8 | 121.3 ± 22.0 |
| Data presented as mean ± SD |
| aA sedentary bout is defined as consecutive minutes in which the accelerometer registered less than 50 counts per minute. |

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| **Supplemental Table 3.** Sedentary behavior characteristics among participants in the REGARDS accelerometer study stratified by age group. |
| **Bout duration (min)** | **Sedentary Behaviora** |
| **No. of Bouts/d** | **Percentage of All Bouts** | **Percentage of Total Sedentary Time** | **Mean Bout Length (Min)** |
| *45-54 years (n=383)* |
| >1 | 77.5 ± 17.3 | 100 | 100 | 8.4 ± 2.8 |
| ≥5 | 28.7 ± 5.8 | 38.1 ± 7.9 | 84.6 ± 6.2 | 18.5 ± 4.5 |
| ≥10 | 16.2 ± 3.9 | 22 ± 7.2 | 70.6 ± 10.2 | 27.3 ± 5.6 |
| ≥20 | 7.7 ± 2.6 | 10.7 ± 5.0 | 51.5 ± 13.0 | 42.2 ± 8.0 |
| ≥30 | 4.4 ± 1.9 | 6.3 ± 3.7 | 38.9 ± 13.8 | 55.6 ± 10.1 |
| ≥40 | 2.8 ± 1.5 | 4.0 ± 2.8 | 30.2 ± 13.3 | 67.9 ± 11.7 |
| ≥50 | 1.9 ± 1.1 | 2.8 ± 2.2 | 24.0 ± 12.5 | 79.5 ± 15.2 |
| ≥60 | 1.3 ± 0.9 | 1.9 ± 1.7 | 18.9 ± 11.4 | 91.5 ± 18.9 |
| ≥90 | 0.5 ± 0.5 | 0.8 ± 0.8 | 9.9 ± 8.4 | 124.2 ± 25.5 |
| *55-64 years (n=2029)* |
| >1 | 74 ± 18.7 | 100 | 100 | 9.6 ± 5.1 |
| ≥5 | 28.8 ± 5.5 | 40.4 ± 8.3 | 86.4 ± 5.8 | 20.1 ± 6.9 |
| ≥10 | 16.7 ± 3.4 | 24.2 ± 7.9 | 73.6 ± 9.6 | 29.0 ± 7.7 |
| ≥20 | 8.3 ± 2.4 | 12.5 ± 6.3 | 55.6 ± 13.0 | 43.7 ± 9.2 |
| ≥30 | 5.0 ± 1.8 | 7.7 ± 5.1 | 43.2 ± 14.0 | 56.8 ± 10.7 |
| ≥40 | 3.3 ± 1.4 | 5.2 ± 4.2 | 34.2 ± 13.8 | 68.6 ± 12.4 |
| ≥50 | 2.2 ± 1.2 | 3.6 ± 3.5 | 27.2 ± 13.3 | 80.1 ± 14.5 |
| ≥60 | 1.6 ± 1.0 | 2.6 ± 2.9 | 21.8 ± 12.5 | 91.1 ± 16.4 |
| ≥90 | 0.6 ± 0.6 | 1.1 ± 1.9 | 11.4 ± 10.0 | 122.6 ± 22.8 |
| *65-74 years (n=3382)* |
| >1 | 69.5 ± 18.7 | 100 | 100 | 10.7 ± 6.5 |
| ≥5 | 28.3 ± 5.5 | 42.4 ± 8.8 | 87.8 ± 5.4 | 21.6 ± 8.1 |
| ≥10 | 16.9 ± 3.3 | 26.2 ± 8.6 | 76.2 ± 9.2 | 30.6 ± 8.9 |
| ≥20 | 8.8 ± 2.2 | 14.2 ± 7.2 | 59.1 ± 13.0 | 45.3 ± 10.1 |
| ≥30 | 5.4 ± 1.8 | 9.1 ± 6.1 | 46.9 ± 14.4 | 57.8 ± 11.4 |
| ≥40 | 3.7 ± 1.5 | 6.3 ± 5.1 | 37.8 ± 14.7 | 69.2 ± 12.7 |
| ≥50 | 2.6 ± 1.3 | 4.5 ± 4.5 | 30.5 ± 14.5 | 80.0 ± 14.2 |
| ≥60 | 1.8 ± 1.1 | 3.3 ± 3.9 | 24.6 ± 13.9 | 90.8 ± 16.3 |
| ≥90 | 0.7 ± 0.6 | 1.4 ± 2.6 | 12.9 ± 11.4 | 122.3 ± 23.8 |
| *≥ 75 years (n=2302)* |
| >1 | 59.9 ± 20.5 | 100 | 100 | 14.7 ± 11.4 |
| ≥5 | 26.9 ± 6.6 | 47.9 ± 10.4 | 90.8 ± 4.8 | 26.6 ± 14.1 |
| ≥10 | 17.0 ± 3.5 | 31.6 ± 10.9 | 81.2 ± 8.7 | 36.2 ± 15.4 |
| ≥20 | 9.5 ± 2.1 | 18.9 ± 10.1 | 66.6 ± 13.3 | 51.1 ± 16.6 |
| ≥30 | 6.3 ± 1.7 | 13.1 ± 9.0 | 55.5 ± 15.8 | 63.5 ± 17.5 |
| ≥40 | 4.5 ± 1.5 | 9.8 ± 8.2 | 46.7 ± 17.1 | 74.5 ± 18.2 |
| ≥50 | 3.3 ± 1.4 | 7.5 ± 7.4 | 39.2 ± 17.6 | 85.2 ± 19.2 |
| ≥60 | 2.4 ± 1.2 | 5.8 ± 6.6 | 32.8 ± 17.6 | 95.5 ± 20.4 |
| ≥90 | 1.1 ± 0.8 | 2.9 ± 4.8 | 19.2 ± 16.1 | 126.3 ± 24.8 |
| Data presented as mean ± SD |
| aA sedentary bout is defined as consecutive minutes in which the accelerometer registered less than 50 counts per minute. |

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| **Supplemental Table 4.** Odds ratio for prolonged sedentary behavior among participants in the REGARDS accelerometer study stratified by sex and race. |
|  | **Adjusted Odds Ratioa (95% CI) for Prolonged Sedentary Behaviorb** |
|  | *Black Male* *(n=969)* | *Black Female (n=1590)* | *White Male* *(n=2741)* | *White Female* *(n=2796)* |
| Age (years) |  |  |  |  |
| 45-54 years | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| 55-64 years | 1.20 (0.58-2.50) | 1.36 (0.76-2.42) | 1.22 (0.75-1.97) | 1.36 (0.88-2.10) |
| 65-74 years | 2.72 (1.34-5.50) | 2.54 (1.44-4.47) | 1.42 (0.89-2.27) | 2.04 (1.34-3.12) |
| ≥75 years | 6.80 (3.25-14.20) | 5.94 (3.28-10.75) | 3.41 (2.13-5.47) | 4.73 (3.07-7.31) |
|  | P-trend <0.001 | P-trend <0.001 | P-trend <0.001 | P-trend <0.001 |
| Region of residencec |  |  |  |  |
| Non-belt/buckle | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Stroke Buckle | 0.94 (0.64-1.39) | 0.68 (0.51-0.91) | 0.99 (0.80-1.22) | 0.84 (0.69-1.03) |
| Stroke Belt | 0.81 (0.59-1.11) | 0.79 (0.62-1.00) | 1.01 (0.84-1.21) | 0.79 (0.65-0.96) |
| BMI Classificationd |  |  |  |  |
| Under weight | 0.66 (0.17-2.61) | 0.22 (0.03-1.86) | 1.07 (0.22-5.22) | 0.97 (0.49-1.92) |
| Normal weight | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Overweight | 1.17 (0.81-1.70) | 1.08 (0.77-1.52) | 1.41 (1.16-1.72) | 1.42 (1.16-1.74) |
| Obese | 2.05 (1.38-3.04) | 1.88 (1.36-2.59) | 2.15 (1.72-2.69) | 2.29 (1.85-2.84) |
| Season |  |  |  |  |
| Summer | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Fall | 0.95 (0.64-1.41) | 1.11 (0.82-1.51) | 1.03 (0.83-1.29) | 0.82 (0.64-1.04) |
| Winter | 1.16 (0.76-1.76) | 1.41 (1.03-1.93) | 1.04 (0.83-1.31) | 1.20 (0.95-1.50) |
| Spring | 1.24 (0.84-1.82) | 1.20 (0.89-1.61) | 0.85 (0.69-1.06) | 0.82 (0.65-1.03) |
| Level of MVPA (min/wk)e |  |  |  |  |
| 0 | 1.80 (1.04-3.14) | 3.33 (1.89-5.89) | 1.76 (1.35-2.31) | 1.83 (1.31-2.55) |
| >0 and <150 | 0.69 (0.38-1.26) | 1.73 (0.94-3.18) | 1.34 (1.01-1.77) | 1.08 (0.76-1.54) |
| ≥150 | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
|  | P-trend <0.001 | P-trend <0.001 | P-trend <0.001 | P-trend <0.001 |
| BMI, body mass index; MVPA, moderate or vigorous intensity physical activity. |
| aAdjusted for the following covariates: wear time, age category, region of residence, body mass index classification, season, and level of moderate/vigorous intensity physical activity. |
| bDefined as participants who accumulate ≥50% of total sedentary time in bouts ≥30 minutes. |
| cStroke buckle: coastal plain region of North Carolina, South Carolina, and Georgia; stroke belt: remainder of North Carolina, South Carolina, and Georgia, plus Alabama, Mississippi, Tennessee, Arkansas, and Louisiana. |
| dUnderweight: <18.5 kg/m2; normal weight: 18.5-24.9 kg/m2, overweight: 25.0-29.9 kg/m2, obese: ≥30 kg/m2. |
| eDefined according to the number of minutes per week of MVPA accumulated in bouts ≥10 minutes. |

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| **Supplemental Table 5.** Odds ratio for prolonged sedentary behavior among participants in the REGARDS accelerometer study stratified by age group. |
|  | **Adjusted Odds Ratioa (95% CI) for Prolonged Sedentary Behaviorb** |
|  | *45-54years**(n=383)* | *55-64 years* *(n=2029)* | *65-74 years**(n=3382)* | *≥ 75 years* *(n=2302)* |
| Sex |  |  |  |  |
| Female | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Male | 2.04 (1.20-3.48) | 1.51 (1.23-1.85) | 1.34 (1.15-1.55) | 1.47 (1.23-1.76) |
| Race |  |  |  |  |
| White | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Black | 0.75 (0.42-1.31) | 0.80 (0.65-0.99) | 1.17 (0.99-1.36) | 1.20 (0.98-1.47) |
| Region of residencec |  |  |  |  |
| Non-belt/buckle | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Stroke Buckle | 1.13 (0.59-2.19) | 0.97 (0.75-1.25) | 0.80 (0.66-0.96) | 0.94 (0.74-1.18) |
| Stroke Belt | 1.27 (0.70-2.32) | 0.86 (0.69-1.08) | 0.83 (0.70-0.97) | 0.92 (0.75-1.12) |
| BMI Classificationd |  |  |  |  |
| Under weight | 0.82 (0.09-7.89) | 0.50 (0.14-1.78) | 1.09 (0.46-2.57) | 0.80 (0.32-2.02) |
| Normal weight | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Overweight | 0.64 (0.32-1.29) | 1.27 (0.96-1.68) | 1.56 (1.28-1.89) | 1.27 (1.04-1.56) |
| Obese | 1.78 (0.95-3.33) | 2.19 (1.67-2.87) | 2.38 (1.95-2.91) | 2.00 (1.58-2.55) |
| Season |  |  |  |  |
| Summer | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
| Fall | 0.32 (0.15-0.68) | 1.00 (0.76-1.32) | 1.03 (0.84-1.26) | 0.94 (0.73-1.21) |
| Winter | 0.70 (0.35-1.41) | 1.30 (0.98-1.71) | 1.29 (1.05-1.59) | 1.03 (0.80-1.33) |
| Spring | 0.64 (0.33-1.24) | 0.95 (0.72-1.24) | 0.98 (0.80-1.19) | 0.92 (0.72-1.17) |
| Level of MVPA (min/wk)e |  |  |  |  |
| 0 | 1.36 (0.59-3.12) | 1.46 (1.04-2.05) | 2.12 (1.61-2.79) | 2.54 (1.71-3.77) |
| >0 and <150 | 0.86 (0.37-2.01) | 1.14 (0.80-1.61) | 1.33 (1.00-1.77) | 1.16 (0.76-1.76) |
| ≥150 | 1 (ref) | 1 (ref) | 1 (ref) | 1 (ref) |
|  | P-trend=0.269 | P-trend=0.021 | P-trend <0.001 | P-trend <0.001 |
| BMI, body mass index; MVPA, moderate or vigorous intensity physical activity. |
| aAdjusted for the following covariates: wear time, sex, race, region of residence, body mass index classification, season, and level of moderate/vigorous intensity physical activity. |
| bDefined as participants who accumulate ≥50% of total sedentary time in bouts ≥30 minutes. |
| cStroke buckle: coastal plain region of North Carolina, South Carolina, and Georgia; stroke belt: remainder of North Carolina, South Carolina, and Georgia, plus Alabama, Mississippi, Tennessee, Arkansas, and Louisiana. |
| dUnderweight: <18.5 kg/m2; normal weight: 18.5-24.9 kg/m2, overweight: 25.0-29.9 kg/m2, obese: ≥30 kg/m2. |
| eDefined according to the number of minutes per week of MVPA accumulated in bouts ≥10 minutes. |

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| **Supplemental Table 6.** Percent of sedentary time accumulated in sedentary bouts great than or equal 30, 60, or 90 minutes among subgroups of participants in the REGARDS accelerometer study. |
|  | **% Sedentary Time from Bouts ≥30 min** |  | **% Sedentary Time from Bouts ≥60 min** |  | **% Sedentary Time from Bouts ≥90 min** |
|  | **Mean ± SD** | **Adjusted mean diff.a** |  | **Mean ± SD** | **Adjusted mean diff.a** |  | **Mean ± SD** | **Adjusted mean diff.a** |
| Age (years) |  |  |  |  |  |  |  |  |
| 45-54 years | 38.9 ± 13.8 | 1 (ref) |  | 18.9 ± 11.4 | 1 (ref) |  | 9.9 ± 8.4 | 1 (ref) |
| 55-64 years | 43.2 ± 14.0 | 3.5 ± 0.8e |  | 21.8 ± 12.5 | 2.0 ± 0.8 |  | 11.4 ± 10.0 | 0.8 ± 0.7 |
| 65-74 years | 46.9 ± 14.4 | 7.0 ± 0.8e |  | 24.6 ± 13.9 | 4.7 ± 0.8e |  | 12.9 ± 11.4 | 2.3 ± 0.7e |
| ≥75 years | 55.5 ± 15.8 | 15.5 ± 0.8e |  | 32.8 ± 17.6 | 12.8 ± 0.8e |  | 19.2 ± 16.1 | 8.5 ± 0.7e |
| Sex |  |  |  |  |  |  |  |  |
| Female | 46.7 ± 15.6 | 1 (ref) |  | 25.1 ± 15.2 | 1 (ref) |  | 13.9 ± 12.8 | 1 (ref) |
| Male | 49.7 ± 15.3 | 2.5 ± 0.3e |  | 27.0 ± 15.4 | 1.6 ± 0.3e |  | 14.5 ± 13.0 | 0.6 ± 0.3 |
| Race |  |  |  |  |  |  |  |  |
| White | 47.7 ± 15.1 | 1 (ref) |  | 25.1 ± 14.8 | 1 (ref) |  | 13.2 ± 12.2 | 1 (ref) |
| Black | 48.7 ± 16.4 | 0.5 ± 0.4 |  | 27.7 ± 16.4 | 2.1 ± 0.4e |  | 16.3 ± 14.2 | 2.7 ± 0.3e |
| Region of residenceb |  |  |  |  |  |  |  |  |
| Non-belt/buckle | 49.2 ± 15.6 | 1 (ref) |  | 26.8 ± 15.8 | 1 (ref) |  | 14.8 ± 13.4 | 1 (ref) |
| Stroke Buckle | 47.0 ± 15.2 | -1.4 ± 0.4e |  | 25.2 ± 14.8 | -0.9 ± 0.4 |  | 13.7 ± 12.4 | -0.6 ± 0.4 |
| Stroke Belt | 47.2 ± 15.5 | -1.2 ± 0.4e |  | 25.2 ± 15.1 | -1.0 ± 0.4e |  | 13.6 ± 12.5 | -0.9 ± 0.3e |
| BMI Classificationc |  |  |  |  |  |  |  |  |
| Under weight | 43.9 ± 15.7 | -0.8 ± 1.7 |  | 22.7 ± 13.6 | -1.1 ± 1.7 |  | 12.5 ± 11.8 | -0.5 ± 1.5 |
| Normal weight | 45.1 ± 15.8 | 1 (ref) |  | 23.7 ± 15.1 | 1 (ref) |  | 12.6 ± 12.6 | 1 (ref) |
| Overweight | 47.7 ± 14.9 | 2.1 ± 0.4e |  | 25.5 ± 14.6 | 1.4 ± 0.4 |  | 13.8 ± 12.3 | 0.8 ± 0.3 |
| Obese | 50.7 ± 15.6 | 6.1 ± 0.4e |  | 28.2 ± 16.0 | 4.5 ± 0.4e |  | 15.8 ± 13.6 | 2.8 ± 0.4e  |
| Season |  |  |  |  |  |  |  |  |
| Summer | 47.4 ± 15.3 | 1 (ref) |  | 25.2 ± 15.1 | 1 (ref) |  | 13.6 ± 12.5 | 1 (ref) |
| Fall | 47.7 ± 15.5 | 0.1 ± 0.5 |  | 25.9 ± 15.1 | 0.5 ± 0.5 |  | 14.1 ± 12.5 | 0.4 ± 0.4 |
| Winter | 49.1 ± 15.5 | 1.7 ± 0.5e |  | 26.6 ± 15.6 | 1.6 ± 0.5e |  | 14.6 ± 13.3 | 1.1 ± 0.4e |
| Spring | 48.1 ± 15.8 | 0.3 ± 0.4 |  | 26.1 ± 15.6 | 0.6 ± 0.4 |  | 14.4 ± 13.3 | 0.6 ± 0.4 |
| Level of MVPA (min/wk)d |  |  |  |  |  |  |  |  |
| 0 | 50.3 ± 16.4 | 5.4 ± 0.6e |  | 28.3 ± 16.6 | 5.6 ± 0.6e |  | 16.1 ± 14.3 | 4.6 ± 0.5e |
| >0 and <150 | 44.7 ± 13.0 | 1.5 ± 0.6 |  | 22.2 ± 11.9 | 1.1 ± 0.6 |  | 11.0 ± 9.1 | 0.7 ± 0.5 |
| ≥150 | 42.5 ± 12.8 | 1 (ref) |  | 20.6 ± 11.2 | 1 (ref) |  | 10.0 ± 8.5 | 1 (ref) |
| BMI, body mass index; MVPA, moderate or vigorous intensity physical activity. |
| aAdjusted mean difference compared to referent group; adjusted for the following covariates: wear time age category, sex, race, region of residence, body mass index classification, season, and level of moderate/vigorous intensity physical activity. |
| b Stroke buckle: coastal plain region of North Carolina, South Carolina, and Georgia; stroke belt: remainder of North Carolina, South Carolina, and Georgia, plus Alabama, Mississippi, Tennessee, Arkansas, and Louisiana. |
| cUnderweight: <18.5 kg/m2; normal weight: 18.5-24.9 kg/m2, overweight: 25.0-29.9 kg/m2, obese: ≥30 kg/m2. |
| dDefined according to the number of minutes per week of MVPA accumulated in bouts ≥10 minutes. |
| eP<0.01 vs. referent group |