Supplementary Table S1. Baseline Characteristics of all Included Participants, Overall as Well as by Television Viewing Trajectory Pattern, From the AusDiab Dataset (n = 1938).

|  |  |  |
| --- | --- | --- |
| **Characteristics** |  | **Trajectories of TV viewing Time** |
| **All** **(n=1938)** | **Consist-Low Trajectory (n=188)** | **Low-Incr trajectory (n=441)** | **Mod-Decr trajectory (n=259)** | **Mod-Incr trajectory (n=593)** | **Consist-High Trajectory (n=364)** | **High-Incr Trajectory (n = 93)** |
|  Age (years) | 57.6 (7.3) | 56.3 (7.6) | 56.4 (7.0) | 57.8 (7.8) | 57.4 (6.9) | 59.3 (7.5) | 59.9 (6.8) |
|  Female; n (%) | 1037 (53.5) | 110 (58.5) | 236 (53.5) | 146 (56.4) | 309 (52.1) | 189 (51.9) | 47 (50.5) |
|  BMI (kg/m2) | 27.1 (4.5) | 26.4 (4.6) | 26.7 (4.4) | 27.4 (4.3) | 27.1 (4.6) | 27.5 (4.5) | 28 (4.7) |
|  Attained Tertiary Education; n (%) | 1215 (62.7) | 119 (63.3) | 329 (74.6) | 149 (57.5) | 382 (64.4) | 193 (53.0) | 43 (46.2) |
|  Married/DeFacto, n (%) | 1585 (81.8) | 158 (84.0) | 353 (80.0) | 209 (80.7) | 500 (84.3) | 307 (84.3) | 58 (62.4) |
|  Lives in Capital City; n (%) | 1260 (65.0) | 134 (71.3) | 308 (69.8) | 141 (54.4) | 393 (66.3) | 229 (62.9) | 55 (59.1) |
|  Currently Employed; n (%) | 1174 (60.6) | 134 (71.3) | 305 (69.2) | 143 (55.2) | 381 (64.2) | 176 (48.4) | 35 (37.6) |
|  Current smoker; n (%) | 167 (8.6) | 14 (7.4) | 24 (5.4) | 28 (10.8) | 53 (8.9) | 28 (7.7) | 20 (21.5) |
|  LTPA (hr/week)  | 4.8 (5.5) | 4.0 (4.6) | 4.8 (5.6) | 4.9 (5.8) | 4.8 (5.5) | 5.0 (5.7) | 4.3 (5.6) |
|  TV time (hr/week) | 12.9 (9.0) | 3.4 (2.9) | 5.7 (3.2) | 15.1 (6.8) | 11.8 (4.1) | 22.8 (6.1) | 28.7 (11.9) |
|  Excellent/Very Good SRH; n (%) | 966 (49.8) | 98 (52.1) | 247 (56.0) | 127 (49.0) | 392 (66.1) | 161 (44.2) | 40 (43.0) |
|  Previous CVD; n (%) | 140 (7.2) | 16 (8.5) | 31 (7.0) | 15 (5.8) | 44 (7.4) | 30 (8.2) | 4 (4.3) |
|  Known Hypertension; n (%) | 760 (39.2) | 66 (35.1) | 147 (33.3) | 114 (44) | 220 (37.1) | 168 (46.2) | 45 (48.4) |
| TUG, sec; median (25th, 75th) | 6.4 (5.4, 7.6 ) | 6.4 (5.3, 7.4) | 6.1 (5.3, 7.4) | 6.4 (5.5, 7.7) | 6.3 (5.4, 7.6) | 6.5 (5.6, 7.9) | 6.8 (5.6, 8.4) |
| KES, kg.cm2 a | 0.6 (0.3) | 0.6 (0.3) | 0.6 (0.3) | 0.6 (0.3) | 0.6 (0.3) | 0.6 (0.3) | 0.5 (0.2) |

Abbreviations: CVD, cardiovascular disease;KES, knee extensor strength; LTPA, leisure time physical activity; SRH, self-rated health; TUG, timed-up-and-go.

a KES is per centimeter of thigh length.

Values represent mean (SD) or number (percentage) unless indicated.