

SDC Table 5. Time-averaged area under the curve values (main effects) and outcome x interaction terms for insulin and glucose responses during each treatment condition – with the ARMING HEALTH participants removed (n=13)

Variable	Sitting	Standing	Light Physical Activity	Ethnicity x treatment	Sex x treatment	Age x treatment	BMI x treatment	HOMA-IR x treatment
Insulin (mU/L)	60.1 (55.1, 65.1)	66.6 (58.7, 74.5)	46.9 (43.0, 50.8)**	< 0.001	0.056	0.150	0.001	0.353
Glucose (mmol/L)	5.9 (5.7, 6.1)	5.8 (5.5, 6.1)	5.6 (5.4, 5.8)**	0.488	0.008	0.768	0.001	0.434
Covariates to derive the estimated marginal means are fixed at the following values: Age= 63.0years; HOMA-IR=2.15; BMI=27.1kg/m ² . Values displayed as time-averaged response (95% CI).								
**p≤0.001 compared to the prolonged sitting condition								