**Supplemental Digital Content 4**. Associations of light-intensity physical activity (per standard deviation) with cardiometabolic biomarkers, additionally adjusted for MET minutes of MVPA in US adults aged ≥ 20 years from NHANES 2003-2006

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|  |  | **LLPA (SD=62.5 min)** | **HLPA (SD=44.8 min)** |
| ***Full sample (n=4614)*** | **Model** |  |  |
| **Body mass index (kg·m2)** | C | -0.31 (-0.56, -0.06) | 0.10 (-0.14, 0.34) |
| **Waist circumference (cm)** | C | -1.06 (-1.65, -0.47)\*\*\* | -0.17 (-0.73, 0.38) |
| **†Systolic blood pressure (mm Hg)** | C | 1.00 (1.00, 1.01) | 1.00 (0.99, 1.00) |
| **Diastolic blood pressure (mm Hg)** | C | 0.41 (-0.42, 1.25) | 0.39 (-0.35, 1.14) |
| **†C-reactive protein (mg·dL**-1**)** | C | 0.91 (0.87, 0.95)\*\*\* | 0.91 (0.86, 0.96)\*\* |
| **†HDL cholesterol (mmol·L**-1**)** | C | 1.01 (1.00, 1.03) | 1.01 (0.99, 1.02) |
| ***Fasting sample (n=2003)*** |  |  |  |
| **††Triglycerides (mmol·L**-1**)** | C | 0.96 (0.94, 0.98)\*\*\* | 0.95 (0.92, 0.99)\*\* |
| **LDL cholesterol (mmol·L**-1**)** | C | 0.01 (-0.05, 0.07) | 0.04 (-0.03, 0.10) |
| **Plasma glucose (mmol·L**-1**)** | C | 1.00 (1.00, 1.01) | 1.00 (0.99, 1.00) |
| **†Insulin (pmol·L**-1**)** | C | 0.92 (0.88, 0.96)\*\*\* | 0.92 (0.87, 0.97)\*\* |
| **†HOMA-%β** § | C | 0.94 (0.92, 0.97)\*\*\* | 0.98 (0.95, 1.00)\* |
| **†HOMA-%S** § | C | 1.08 (1.04, 1.12)\*\*\* | 1.03 (1.00, 1.07)\* |
| ***OGTT sample (n=851)*** |  |  |  |
| **†2hr glucose (mmol·L**-1**)** | C | 0.98 (0.95, 1.01) | 0.97 (0.94, 1.00) |

Data are β Coefficient (95% CI) or †Relative Rate (back-transformed from the log scale) and represent the association with cardiometabolic biomarkers (in units for β or as ratio for relative rate) per 1-SD increment in physical activity. Relative rate: >1 = positive association <1 = negative association. Adjusted for MET minutes of moderate-to-vigorous intensity physical activity (MVPA) and potential confounders (age, gender, and socio-demographic, behavioral and medical covariates retained through backwards elimination at *P<0.2*). LLPA: low-light intensity physical activity (100–759 counts·min-1); and HLPA: high-light intensity physical activity (760–1951 counts·min-1). OGTT: oral glucose tolerance test. § Within detectable ranges for insulin (20–400 pmol·L-1) and glucose (3–25 mmol·L-1) n=1669. Significance \**P*<0.05, \*\**P*<0.01, \*\*\**P*<0.001.