**Supplemental Table 1:** **Association between sedentary time and cardio-metabolic risk factors**

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|  | **Sedentary time (hours/d), Tertiles** | | | | | | | |  |
|  | **Men** | | |  |  | **Women** | | |  |
|  | ≤4 | 5 - <7 | ≥7 |  |  | ≤4 | 5 - <7 | ≥7 | P-trend |
| **Waist, cm** |  |  |  | P-trend |  |  |  |  |  |
| Model 1 | Ref | 1.09 (0.69 to 1.49) | 1.53 (1.15 to 1.91) | <0.001 |  | Ref | 1.30 (0.88 to 1.73) | 0.92 (0.50 to 1.35) | <0.001 |
| Model 2 | Ref | 0.76 (0.37 to 1.16) | 1.08 (0.71 to 1.45) | <0.001 |  | Ref | 0.75 (0.33 to 1.16) | 0.36 (−0.05 to 0.78) | 0.05 |
| **SBP, mmHg** |  |  |  |  |  |  |  |  |  |
| Model 1 | Ref | 1.03 (0.40 to 1.66) | 0.36 (−0.24 to 0.96) | 0.22 |  | Ref | 0.90 (0.32 to 1.49) | 0.56 (−0.03 to 1.15) | 0.03 |
| Model 2 | Ref | 0.81 (0.19 to 1.43) | 0.14 (−0.44 to 0.73) | 0.60 |  | Ref | 0.57 (−0.00 to 1.14) | 0.39 (−0.19 to 0.96) | 0.15 |
| **DBP, mmHg** |  |  |  |  |  |  |  |  |  |
| Model 1 | Ref | 0.52 (0.08 to 0.95) | 1.03 (0.62 to 1.44) | <0.001 |  | Ref | 0.47 (0.09 to 0.85) | 0.84 (0.46 to 1.22) | <0.001 |
| Model 2 | Ref | 0.32 (−0.10 to 0.74) | 0.93 (0.53 to 1.33) | <0.001 |  | Ref | 0.30 (−0.08 to 0.67) | 0.82 (0.44 to 1.20) | <0.001 |
| **HDL, mmol/L** |  |  |  |  |  |  |  |  |  |
| Model 1 | Ref | −0.02 (−0.03 to −0.01) | −0.04 (−0.05 to −0.03) | <0.001 |  | Ref | −0.02 (−0.03 to −0.00) | −0.01 (−0.02 to 0.00) | 0.05 |
| Model 2 | Ref | −0.01 (−0.02 to 0.00) | −0.03 (−0.04 to −0.02) | <0.001 |  | Ref | −0.01 (−0.01 to 0.01) | −0.01 (−0.01 to 0.01) | 0.90 |
| **Cholesterol, mmol/L** |  |  |  |  |  |  |  |  |  |
| Model 1 | Ref | −0.01 (−0.04 to 0.04) | −0.02 (−0.06 to 0.02) | 0.32 |  | Ref | 0.08 (0.04 to 0.11) | 0.06 (0.03 to 0.10) | <0.001 |
| Model 2 | Ref | −0.02 (−0.06 to 0.02) | −0.05 (−0.09 to −0.01) | 0.01 |  | Ref | 0.03 (−0.01 to 0.06) | 0.03 (−0.00 to 0.07) | 0.05 |
| **Glucose, mmol/L** |  |  |  |  |  |  |  |  |  |
| Model 1 | Ref | 0.03 (−0.02 to 0.08) | 0.06 (0.01 to 0.10) | 0.02 |  | Ref | 0.02 (−0.02 to 0.05) | 0.06 (0.03 to 0.10) | <0.001 |
| Model 2 | Ref | 0.01 (−0.04 to 0.06) | 0.07 (0.02 to 0.12) | 0.01 |  | Ref | −0.01 (−0.04 to 0.03) | 0.05 (0.02 to 0.09) | <0.01 |
| **RHR, beats/min** |  |  |  |  |  |  |  |  |  |
| Model 1 | Ref | 0.44 (−0.01 to 0.89) | −0.32 (−0.75 to 0.10) | 0.15 |  | Ref | 0.42 (0.03 to 0.81) | −0.31 (−0.70 to 0.08) | 0.20 |
| Model 2 | Ref | 0.27 (−0.18 to 0.73) | −0.50 (−0.94 to −0.07) | 0.03 |  | Ref | 0.20 (−0.20 to 0.60) | −0.41 (−0.81 to −0.01) | 0.07 |
| **Triglycerides, mmol/L** |  |  |  |  |  |  |  |  |  |
| Model 1 | Ref | 0.04 (−0.01 to 0.09) | 0.06 (0.02 to 0.10) | <0.01 |  | Ref | 0.07 (0.05 to 0.10) | 0.06 (0.03 to 0.08) | <0.001 |
| Model 2 | Ref | −0.03 (−0.07 to 0.01) | −0.03 (−0.07 to 0.01) | 0.13 |  | Ref | 0.02 (−0.01 to 0.05) | 0.04 (0.01 to 0.06) | 0.003 |
|  |  |  |  |  |  |  |  |  |  |

Model 1: age adjusted

Model 2: adjusted for age, smoking, physical activity, and mutually adjusted for other cardio-metabolic risk factors

SBP, systolic blood pressure; DBP, diastolic blood pressure; HDL, high-density lipoprotein cholesterol, RHR, resting heart rate

Sex specific tertiles of sedentary time: Low (≤4 h/day), Middle (5-<7 h/day), High (≥7 h/day).