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| **Supplemental Content 4.** Associations of physical workplace characteristics and durations of SB and PA during the workday. |
|  | **SB** **(minutes per workday)** | **SB30** **(minutes per workday)** | **SB60** **(minutes per workday)** | **Standing time** **(minutes per workday)** | **Stepping time** **(minutes per workday)** |
| **Office type (office)**Private (*n*=94)Semi-private (*n*=37)Public (*n*=49) | Reference−7.9±13.2 −9.9±12.2  | Reference−13.1±19.4 −41.7±18.0a | Reference−13.9±17.6 −37.3±16.3a | Reference7.0±11.2 10.6±10.4  | Reference1.0±3.7 −0.4±3.4  |
| **Office type (home)**Private (*n*=62)Semi-private (*n*=9)Public (*n*=19) | Reference−12.6±21.9 −29.2±16.5b | Reference−39.1±26.8 −34.1±35.5  | Reference−24.4±25.6 −23.8±34.0  | Reference22.6±14.0 4.9±18.5  | Reference6.4±4.8 7.6±6.4  |
| **Printer location (office)**Personal printer (*n*=38)Shared printer (*n*=141) | Reference0.1±12.5  | Reference2.7±18.5  | Reference4.5±16.8  | Reference4.6±10.6  | Reference−5.4±3.4  |
| **Printer location (home)**Personal printer (*n*=43)Shared printer (*n*=23)Don’t use printer (*n*=24) | Reference−37.0±16.3a−1.4±16.7  | Reference−61.1±26.4a−6.4±27.0  | Reference−55.1±25.2a−17.7±25.7  | Reference24.8±13.9b−0.6±14.2  | Reference11.7±4.8a2.9±4.9  |
| **Trashcan location (office)**Personal trash (*n*=162)Shared trash (*n*=18) | Reference−28.3±17.3  | Reference−50.1±25.8b | Reference−31.7±23.5  | Reference20.2±14.8 | Reference8.5±4.8b |
| **Trashcan location (home)**Personal trash (*n*=75)Shared trash (*n*=15) | Reference−2.0±18.3  | Reference2.6±29.6  | Reference3.3±28.1  | Reference1.5±15.4  | Reference0.4±5.4  |
| **Restroom location (office)**Same floor (*n*=175)Different floor (*n*=5) | Reference2.8±30.9  | Reference4.8±46.1  | Reference−14.4±41.7  | Reference−5.2±26.3  | Reference2.9±8.6  |
| **Restroom location (home)**Same floor (*n*=77)Different floor (*n*=13) | Reference−18.5±18.6  | Reference−31.3±30.0  | Reference−6.6±28.6  | Reference14.4±15.6  | Reference3.9±5.4  |
| **Traveling to different floor (office)**Don’t change (*n*=31)Stairs (*n*=88)Elevator (*n*=60) | Reference−6.7±14.3 −4.7±14.8  | Reference12.2±21.2 −0.6±21.9  | Reference22.1±19.2 2.3±19.9  | Reference3.9±12.2 −3.0±12.6  | Reference2.8±3.9 7.6±4.1b |
| **Traveling to different floor (home)**Don’t change (*n*=26)Stairs (*n*=50)Elevator (*n*=11) | Reference−12.1±14.9 −40.6±23.3b | Reference−28.6±24.1 −61.2±37.7  | Reference−21.0±23.1 −35.5±36.2  | Reference13.4±12.5 35.6±19.6b | Reference−0.6±4.4 5.1±6.9  |
| **Stairwell description (office)**No stairwells (*n*=52)Attractive (*n*=103)Unattractive (*n*=19) | Reference6.3±11.4 15.9±18.1  | Reference8.2±16.8 −6.1±26.7  | Reference4.6±15.3 −4.2±24.4  | Reference−4.1±9.7 −5.9±15.4  | Reference−2.1±3.1 −9.8±5.0b |
| **Stairwell description (home)**No stairwells (*n*=12)Attractive (*n*=67)Unattractive (*n*=10) | Reference13.8±19.4 −0.3±27.5  | Reference34.0±31.3 8.8±44.3  | Reference36.9±29.5 26.7±41.9  | Reference−5.1±16.4 9.8±23.2  | Reference−7.9±5.6 −8.6±8.0  |
| **Stairwell location (office)**Can’t see stairs @ desk (*n*=55)Can see stairs @ desk (*n*=107) | Reference−2.6±11.4  | Reference−3.0±16.6  | Reference−4.9±15.3  | Reference4.6±9.7  | Reference−2.2±3.1  |
| **Stairwell location (home)**Can’t see stairs @ desk (*n*=30)Can see stairs @ desk (*n*=50) | Reference16.1±14.7  | Reference19.8±23.6  | Reference13.2±22.7  | Reference−14.4±12.5  | Reference−2.1±4.2  |
| **Access to common/break room (office)**No (*n*=32)Yes (*n*=148) | Reference−14.1±13.1  | Reference−17.4±19.6  | Reference−10.6±17.8  | Reference6.2±11.2  | Reference7.1±3.6b |
| **Access to common/break room (home)**No (*n*=12)Yes (*n*=77) | Reference2.2±19.7  | Reference−11.1±31.9  | Reference−16.9±30.2  | Reference−5.6±16.6  | Reference3.5±5.8  |
| **OFFESS subscales (office)**Local connectivity (*n*=179)Overall connectedness (*n*=179) | −7.3±8.7 −10.0±8.7  | −4.2±13.0 −1.6±13.0  | −4.6±11.8 −4.8±11.8  | 5.9±7.4 5.9±7.4  | 0.9±2.4 4.2±2.4b |
| **OFFESS subscales (home)**Local connectivity (*n*=87)Overall connectedness (*n*=89) | −1.1±13.9 −10.4±12.0  | −28.5±22.1 −20.3±19.4  | −23.4±20.8 −27.0±18.3  | 1.4±11.77.7±10.1  | −0.7±4.0 2.7±3.5 |

Results are reported as adjusted β ± standard error with adjustments for age, body mass index, gender, and work wear time. OFFESS, Office Environment and Sitting Scale; PA, physical activity; SB, sedentary behavior; SB30, duration of time spent in bouts of sedentary behavior ≥30 minutes; SB60, duration of time spent in bouts of sedentary behavior ≥60 minutes.

a Indicates p≤0.05.

b Indicates p between 0.05 and 0.10.