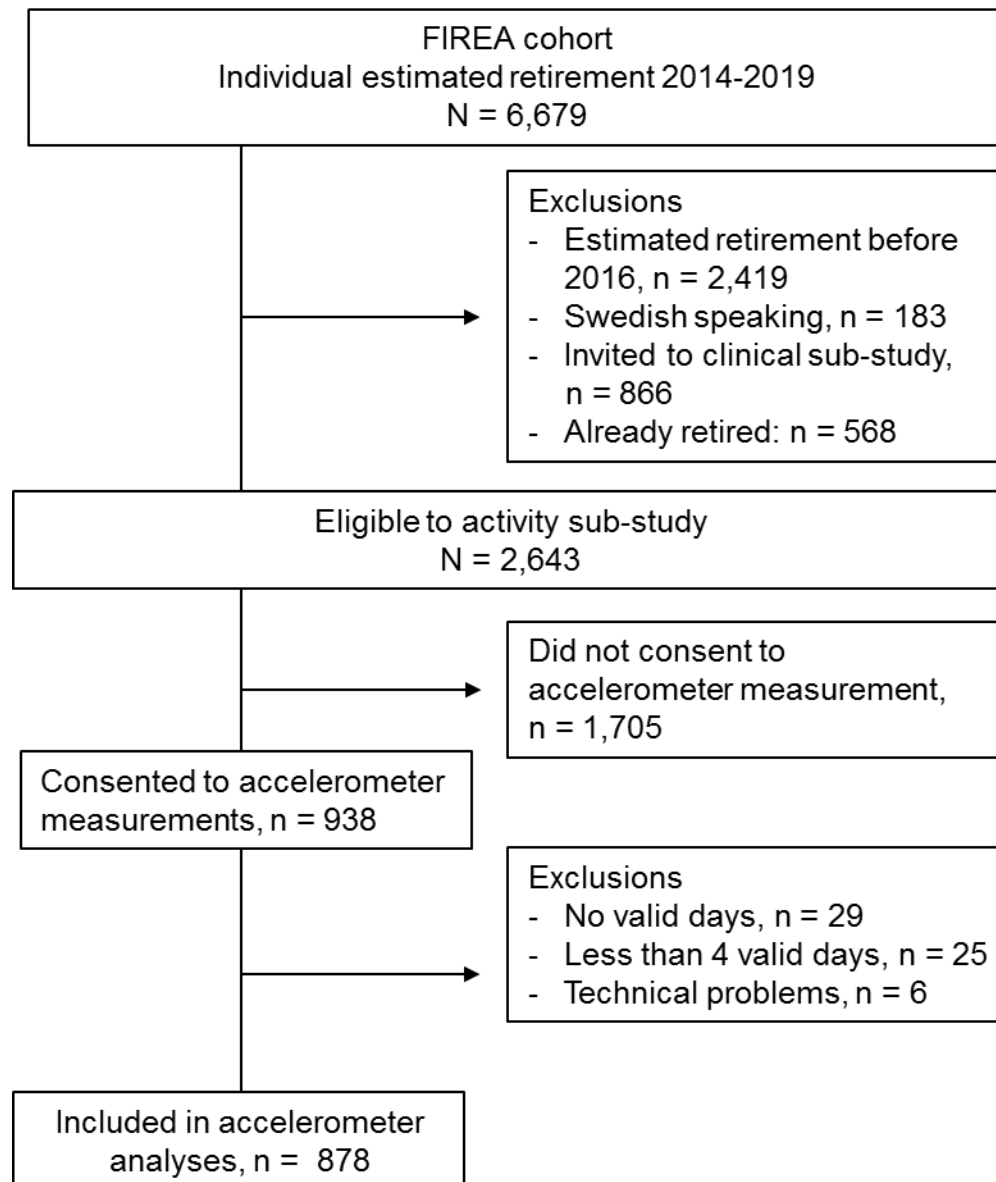


Daily physical activity patterns among aging workers: the Finnish Retirement and Aging Study (FIREA)

Anna Pulakka, Tuija Leskinen, Annemarie Koster, Jaana Pentti, Jussi Vahtera, Sari Stenholm



Online supplementary figure S1 Flow chart of the study sample selection in the Finnish Retirement and Aging Study (FIREA)

Online supplementary table S1

Comparison between those who consented to the accelerometer analyses and those who were eligible but did not consent to accelerometer measurement.

	Consented to accelerometer measurement n = 938	Eligible FIREA participants, who did not consent to accelerometer measurement n = 1705	P value
Women, n (%)	795 (85%)	1337 (78%)	<0.001
Age, years, mean (SD)	62.4 (1.1)	62.4 (1.1)	0.15
Occupational category, n (%)			<0.001
Non-manual occupational status			
Managers and professionals (ISCO1-2)	355 (38%)	501 (29%)	
Associate professionals (ISCO 3-4)	278 (30%)	506 (30%)	
Manual occupational status			
Service workers (ISCO 5)	229 (24%)	456 (27%)	
Manual workers (ISCO 6-9)	74 (8%)	229 (13%)	
Self-reported physical activity, MET- hours/week, mean (SD) ¹	25.1 (21)	23.1 (21)	0.01
Self-reported physical activity, n (%) ¹			0.04
High/vigorous	311 (33%)	517 (30%)	
Moderate	274 (29%)	520 (30%)	
Low	201 (21%)	340 (20%)	
Inactive	134 (14%)	314 (18%)	
Self-reported total sitting hours/day, mean (SD) ²	8.1 (3)	8.1 (3)	0.63

¹ Inactive: <7 Metabolic Equivalent Task (MET)-h/week; low: ≥7 to <14 MET-h/week; moderate: ≥14 to <30 MET-h/week; and high/vigorous: ≥30 MET-h/week. Based on self-reported average weekly hours of leisure-time physical activity (including commuting) within the previous year in four intensity levels: walking, brisk walking, jogging, and running. [1,2]

² self-reported sitting hours at the office, watching television, using computer, other and in a vehicle during week days.[3]

FIREA, the Finnish Retirement and Aging Study; ISCO, International Standard Classification of Occupations; SD, standard deviation

References:

1 Lahti J, Laaksonen M, Lahelma E, Rahkonen O. The impact of physical activity on physical health functioning – A prospective study among middle-aged employees. *Prev Med* 2010;50:246-250.

2 Leskinen T, Stenholm S, Heinonen OJ, et al. Change in physical activity and accumulation of cardiometabolic risk factors. *Prev Med* 2018;112:31-37.

3 Leskinen T, Pulakka A, Heinonen OJ, et al. Changes in non-occupational sedentary behaviours across the retirement transition: the Finnish Retirement and Aging (FIREA) study. *J Epidemiol Community Health* 2018;72:695-701.

Online supplementary table S2

Mean waking time activity counts/minute in men and women and different occupational categories during all days, working days and days off. The analyses are adjusted for gender, age, occupational category, duration of waking wear time, chronic diseases, mobility limitation, body mass index, and living in inner urban area.

Variable	n for all days	All days			n for working days and days off	Working days			Days off			P-value for day difference
		Mean	95% CI			Mean	95% CI		Mean	95% CI		
All	827	2510	2480	2550	728	2530	2480	2570	2540	2490	2590	0.7
Gender												
Men	130	2130	2040	2220	109	2130	2050	2220	2290	2180	2400	0.003
Women	697	2580	2550	2620	619	2580	2540	2630	2610	2550	2660	0.40
P-value for gender difference		<0.001				<0.001			<0.001			
Men, by occupational category												
Managers and professionals	68	2030	1910	2150	65	1960	1850	2070	2280	2140	2420	0.0009
Associate professionals	24	2220	2020	2430	19	2250	2060	2430	2320	2070	2570	0.64
Service workers	13	2260	1980	2540	10	2290	2010	2570	2360	2080	2640	0.75
Manual workers	25	2190	1990	2390	15	2430	2210	2650	2060	1870	2250	0.003
P-value for differences in occupations		0.15				0.005			0.95			
Women, by occupational category												
Managers and professionals	261	2440	2380	2510	238	2370	2300	2550	2590	2510	2670	<0.001
Associate professionals	216	2520	2460	2590	185	2480	2400	2980	2650	2550	2750	0.002
Service workers	180	2790	2720	2870	160	2900	2810	3390	2630	2530	2740	<0.001
Manual workers	40	2890	2730	3050	36	3170	2940	3390	2460	2240	2690	<0.001
P-value for differences in occupations		<0.001				<0.001			0.26			

Online supplementary table S3

Mean waking time activity counts/minute in men and women and in different occupational categories during working time and leisure time on working days. The analyses are adjusted for gender, age, occupational category, duration of waking wear time, chronic diseases, mobility limitation, body mass index, and living in inner urban area.

Variable	n	Working time			Leisure time on working day			P-value for day difference
		Mean	95% CI		Mean	95% CI		
All	688	2510	2450	2570	2550	2490	2610	0.33
Gender								
Men	103	2040	1930	2150	2340	2230	2460	<0.001
Women	585	2610	2540	2680	2580	2530	2630	0.58
P-value for gender difference		<0.001			<0.001			
Men by occupational category								
Managers and professionals	60	1820	1670	1960	2160	2020	2310	<0.001
Associate professionals	19	2020	1790	2260	2470	2210	2730	0.005
Service workers	10	2250	1850	2640	2490	2130	2860	0.50
Manual workers	14	2470	2170	2770	2480	2220	2730	0.82
P-value for differences in occupations		0.003			0.1			
Women by occupational category								
Managers and professionals	220	2200	2100	2430	2540	2460	2620	<0.001
Associate professionals	175	2320	2210	3360	2650	2570	2730	<0.001
Service workers	156	3230	3100	4360	2610	2510	2700	<0.001
Manual workers	34	3970	3580	4360	2590	2380	2800	<0.001
P-value for differences in occupations		<0.001			0.37			