

Supplementary Table 2. Changes in total daily sedentary time, prolonged (≥ 30 min) and highly prolonged (≥ 60 min) sedentary time before and after the transition to retirement by gender and occupational status.

		Women			Men		
		Before retirement	After retirement	Change	Before retirement	After retirement	Change
		Mean (h) (95% CI)	Mean (h) (95% CI)	Mean (min) (95% CI)	Mean (h) (95% CI)	Mean (h) (95% CI)	Mean (min) (95% CI)
Total	All ^a	8.4 (8.2 to 8.5)	8.7 (8.6 to 8.9)	22 (13 to 31)	9.8 (9.5 to 10.1)	9.6 (9.3 to 9.9)	-12 (-31 to 6)
	Manual ^b	7.7 (7.4 to 7.9)	8.6 (8.3 to 8.8)	56 (42 to 70)	9.0 (8.4 to 9.6)	8.9 (8.3 to 9.5)	-8 (-40 to 25)
	Non-manual ^b	8.7 (8.5 to 8.8)	8.8 (8.6 to 9.0)	7 (-3 to 18)	10.2 (9.8 to 10.5)	9.9 (9.6 to 10.3)	-13 (-34 to 8)
Prolonged (≥ 30 min)	All ^a	1.7 (1.6 to 1.9)	2.3 (2.2 to 2.4)	34 (27 to 42)	2.6 (2.3 to 2.8)	2.8 (2.5 to 3.0)	12 (-3 to 27)
	Manual ^b	1.6 (1.4 to 1.8)	2.3 (2.1 to 2.5)	46 (34 to 58)	2.0 (1.6 to 2.5)	2.5 (2.0 to 3.0)	25 (-2 to 52)
	Non-manual ^b	1.8 (1.7 to 2.0)	2.3 (2.2 to 2.5)	29 (21 to 38)	2.8 (2.5 to 3.1)	2.9 (2.6 to 3.2)	8 (-10 to 25)
Highly prolonged (≥ 60 min)	All ^a	0.6 (0.5 to 0.6)	0.8 (0.8 to 0.9)	15 (11 to 20)	0.9 (0.8 to 1.1)	1.0 (0.9 to 1.2)	5 (-4 to 15)
	Manual ^b	0.6 (0.5 to 0.7)	0.9 (0.8 to 1.0)	18 (11 to 26)	0.8 (0.5 to 1.0)	0.9 (0.6 to 1.2)	7 (-11 to 24)
	Non-manual ^b	0.6 (0.5 to 0.7)	0.8 (0.8 to 1.0)	14 (9 to 20)	1.0 (0.8 to 1.1)	1.1 (0.9 to 1.2)	5 (-6 to 16)

Notes: ^a Adjusted for age, occupational status, wake wear time, smoking, body mass index, number of chronic diseases and mobility limitation.

^b Adjusted for age, wake wear time, smoking, body mass index, number of chronic diseases and mobility limitation.

h=hours, min=minutes, CI = confidence interval.

P values for interaction time*gender for total, prolonged and highly prolonged sedentary time: <.001, 0.006 and 0.05, occupation*time: women: <.0001, 0.01, 0.35, men: 0.52, 0.32, 1.0.