

Appendix 8. Association of occupational and leisure-time physical activity with all-cause mortality, with low physical activity as the reference category.

The association of occupational physical activity (left panels) and leisure-time physical activity (right panels) with all-cause mortality in males, using low physical activity as the reference category.

	Occupational physical activity			Leisure-time physical activity		
Model 1 ¹	n	N	HR [95% CI]	n	N	HR [95% CI]
Sedentary	121,424	18	0.89 [0.85-0.93]	64,306	19	1.23 [1.18-1.30]
Low	87,322	20	1.00 (reference)	132,592	22	1.00 (reference)
Moderate	66,687	19	1.06 [1.01-1.12]	94,012	22	0.81 [0.74-0.89]
High	41,782	19	1.17 [1.08-1.28]	29,559	20	0.64 [0.52-0.79]
Model 2 ²						
Sedentary	118,500	18	0.93 [0.91-0.95]	63,534	19	1.15 [1.10-1.20]
Low	86,734	20	1.00 (reference)	131,375	22	1.00 (reference)
Moderate	66,095	19	1.09 [1.07-1.12]	93,334	22	0.89 [0.84-0.94]
High	41,590	19	1.13 [1.07-1.20]	29,159	20	0.87 [0.81-0.93]
Model 3 ³						
Sedentary	115,367	17	0.99 [0.97-1.01]	61,375	18	1.14 [1.09-1.20]
Low	83,215	19	1.00 (reference)	126,414	21	1.00 (reference)
Moderate	63,869	18	1.02 [0.99-1.04]	91,450	21	0.90 [0.85-0.95]
High	39,474	18	1.06 [0.99-1.13]	28,122	19	0.87 [0.81-0.92]

n = number of participants; N = number of studies; HR = hazard ratio; 95% CI = 95% confidence interval.
Note that the number of studies (N) differs across comparisons, as not all occupational and leisure-time physical activity categories were available from all studies (see Appendix 2 for an overview).
¹ Model 1: Unadjusted model
² Model 2: Adjusted for the other domain of physical activity, body mass index, age and smoking
³ Model 3: Additionally adjusted for education level
Physical activity levels (during work and at leisure time) reflect the physical activity continuum, i.e., sedentary, low, moderate, and high. For occupational physical activity, categories roughly indicate: mainly sitting work (sedentary), work that mainly involves standing or walking, but without lifting or carrying loads (low), work that involves carrying light objects or walking stairs (moderate), physically demanding work involving frequent carrying or lifting heavy loads (high). For leisure-time physical activity these categories roughly indicate: almost no regular physical activity, spending most leisure time sitting (sedentary), occasionally engaging in leisure time activities such as slow walking or household activities (low), engaging in activities such as intense household activities or brisk walking (moderate), regular engagement in activities such as jogging or cycling (high).

Association of occupational physical activity (left panels) and leisure-time physical activity (right panels) with all-cause mortality in females, using low physical activity as the reference category.

	Occupational physical activity			Leisure-time physical activity		
Model 1 ¹	n	N	HR [95% CI]	n	N	HR [95% CI]
Sedentary	93,528	13	0.90 [0.83-0.97]	58,946	13	1.36 [1.14-1.63]
Low	140,101	14	1.00 (reference)	172,135	15	1.00 (reference)
Moderate	61,377	11	0.89 [0.75-1.05]	63,244	15	0.78 [0.71-0.85]
High	12,829	11	1.32 [1.06-1.65]	17,313	13	0.60 [0.52-0.70]
Model 2 ²						
Sedentary	90,773	13	0.99 [0.93-1.06]	58,110	13	1.20 [1.13-1.28]
Low	139,029	14	1.00 (reference)	170,064	15	1.00 (reference)
Moderate	60,456	11	0.98 [0.95-1.01]	62,467	15	0.88 [0.82-0.94]
High	12,258	11	1.06 [0.93-1.20]	17,014	13	0.82 [0.73-0.93]
Model 3 ³						
Sedentary	89,512	13	1.02 [0.96-1.09]	57,812	13	1.18 [1.13-1.24]
Low	137,691	14	1.00 (reference)	169,189	15	1.00 (reference)
Moderate	59,244	11	0.96 [0.93-0.99]	61,433	15	0.91 [0.88-0.94]
High	12,158	11	1.00 [0.88-1.14]	15,849	13	0.85 [0.75-0.95]

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