

Table S2. Global Physical Activity Questionnaire.

Physical Activity, Continued		
Question	Response	Code
Recreational activities		
The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure), <i>[insert relevant terms]</i> .		
Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like <i>[running or football]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i>	Yes 1 No 2 <i>If No, go to P13</i>	P10
In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?	Number of days _____	P11
How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	Hours : minutes _____ : _____ hrs mins	P12 (a-b)
Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate such as brisk walking, <i>[cycling, swimming, volleyball]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i>	Yes 1 No 2 <i>If No, go to P16</i>	P13
In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities?	Number of days _____	P14
How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?	Hours : minutes _____ : _____ hrs mins	P15 (a-b)
Sedentary behaviour		
The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping. <i>[INSERT EXAMPLES] (USE SHOWCARD)</i>		
How much time do you usually spend sitting or reclining on a typical day?	Hours : minutes _____ : _____ hrs mins	P16 (a-b)

Physical Activity		
<p>Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.</p> <p>Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. <i>[insert other examples if needed]</i>. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.</p>		
Question	Response	Code
Work		
Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like <i>[carrying or lifting heavy loads, digging or construction work]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i>	Yes 1 No 2 <i>If No, go to P 4</i>	P1
In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Number of days <input type="text"/>	P2
How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P3 (a-b)
Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking <i>[or carrying light loads]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i>	Yes 1 No 2 <i>If No, go to P 7</i>	P4
In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Number of days <input type="text"/>	P5
How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P6 (a-b)
Travel to and from places		
<p>The next questions exclude the physical activities at work that you have already mentioned.</p> <p>Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. <i>[insert other examples if needed]</i></p>		
Do you walk or use a bicycle (<i>pedal cycle</i>) for at least 10 minutes continuously to get to and from places?	Yes 1 No 2 <i>If No, go to P 10</i>	P7
In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?	Number of days <input type="text"/>	P8
How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes <input type="text"/> : <input type="text"/> hrs mins	P9 (a-b)

Table S3. Stratification of Baseline Data by Survey Completion at Year 1.

	AD (n = 36)	Non-AD (n = 52)	ANOVA p-value
BMI	27.6 (SD = 5.08)	31.0 (SD = 8.35)	0.416
Completed T1	27.5 (SD = 4.86)	31.8 (SD = 8.99)	
Did not complete T1	27.4 (SD = 5.63)	29.6 (SD = 6.83)	
WHR	0.84 (SD = 0.09)	0.87 (SD = 0.10)	0.301
Completed T1	0.82 (SD = 0.08)	0.86 (SD = 0.09)	
Did not complete T1	0.85 (SD = 0.10)	0.88 (SD = 0.12)	
Age	34.9 (SD = 14.50)	41.8 (SD = 13.20)	0.588
Completed T1	35.1 (SD = 12.21)	42.3 (SD = 10.61)	
Did not complete T1	34.8 (SD = 17.90)	40.6 (SD = 18.27)	
Gender (% Men)	19.4% (n = 7)	23.1% (n = 12)	
Work vigorous activity (%)	31.4% (n = 11)	28.6% (n = 14)	
Mean min per week	513 (SD = 1126.7)	467 (SD = 995.7)	0.257
Completed T1	424 (SD = 1164.5)	373 (SD = 715.2)	
Did not complete T1	651 (SD = 1092.5)	680 (SD = 1457.3)	
Work moderate activity (%)	65.7% (n = 23)	44.9% (n = 22)	
Mean min per week	887 (SD = 1065.6)	749 (SD = 1136.7)	0.182
Completed T1	891 (SD = 1141.6)	564 (SD = 890.9)	
Did not complete T1	882 (SD = 967.9)	1168 (SD = 1513.8)	
Walk/cycle for travel (%)	88.5% (n = 31)	77.6% (n = 38)	
Mean min per week	717 (SD = 843.9)	450 (SD = 1097.8)	0.852
Completed T1	643 (SD = 883.8)	533 (SD = 1297.3)	
Did not complete T1	843 (SD = 789.7)	263 (SD = 332.3)	
Vigorous rec activity (%)	54.2% (n = 19)	33.3% (n = 6)	
Mean min per week	202 (SD = 312.8)	113 (SD = 241.9)	0.401
Completed T1	138 (SD = 211.0)	129 (SD = 274.4)	
Did not complete T1	312 (SD = 422.8)	78 (SD = 149.5)	
Moderate rec activity (%)	50% (n = 18)	43.7% (n = 21)	
Mean min per week	218 (SD = 410.2)	102 (SD = 195.7)	0.857
Completed T1	254 (SD = 479.4)	90 (SD = 170.9)	
Did not complete T1	157 (SD = 261.0)	130 (SD = 246.3)	
Daily sitting time (min)	272 (SD = 203.8)	245 (SD = 196.2)	0.956
Completed T1	299 (SD = 222.8)	225 (SD = 153.0)	
Did not complete T1	227 (SD = 165.4)	283 (SD = 270.7)	
Steps per day	4573 (SD = 3038.7)	5388 (SD = 3378.3)	0.018
Completed T1	3792 (SD = 3175.2)	4404 (SD = 2972.3)	
Did not complete T1	6524 (SD = 1631.5)	9327 (SD = 1448.9)	
Stair flights per day	5.0 (SD = 2.6)	9.4 (SD = 5.3)	0.014
Completed T1	4.2 (SD = 2.5)	7.5 (SD = 3.9)	
Did not complete T1	7.3 (SD = 1.5)	17 (SD = 1.4)	

