**Table S1. Characteristics of included studies**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Author** | **Year** | **Country** | **Study design** | **Sample size** | **Data collection methods** | **Follow-up period** | **Major life events\*** |
| Bamberg | 2006 | Germany | RCT; quant | 169 | 1-day travel diary; questionnaire | 6 months | 7 |
| Barnett | 2014 | UK | Prospective; quant | 3334 | Questionnaire | 7.6 years (average) | 6 |
| Beenackers | 2012 | Australia | Prospective; quant | 1289 | Questionnaire | 1-3 years | 7 |
| Beige | 2017 | Switzerland | Retrospective; quant | 1140 | Life course calendar | 20 years | 7 |
| Berg | 2014 | Sweden | Retrospective; qual | 24 | Travel diary; semi-structured interviews | Unclear | 6 |
| Bhattacharyya | 2019 | USA | RCT; quant | 184 | Questionnaire | 3 months | 7 |
| Bonham | 2012 | Australia | Retrospective; qual | 49 | In-depth interviews; focus groups; videos; diaries | Unclear | 1,5,6,7 |
| Bonham | 2012b | Australia | Retrospective; qual | 42 | In-depth interviews; focus groups; videos; diaries | Unclear | 1,5,6,7 |
| Bopp | 2019 | USA | Prospective; quant | 204 | Questionnaire | Up to 3.75 years | 3 |
| Busch-Geertsema | 2017 | Germany | Prospective; quant | 235 | Questionnaire | 1 year | 3 |
| Cao | 2007 | USA | Retrospective; quant | 547 | Questionnaire | Up to 1 year | 7 |
| Cao | 2017 | USA | Retrospective; quant | 597 | Questionnaire | Unclear | 7 |
| Cardon | 2012 | Belgium | Prospective; quant | 1070 | Questionnaire | 6 years | 1 |
| Clark | 2014 | UK | Prospective; quant | 32151 | Questionnaire | 1 year | 5,6,7 |
| Clark | 2016 | UK | Prospective; quant | 15200 | Questionnaire | 1 year | 5,7 |
| Cooper | 2012 | UK | Prospective; quant | 500 | Questionnaire; distance measured by GIS | 1 year | 1 |
| Dargay | 2007 | UK | Prospective; quant | 5439 | Questionnaire | 10 years | 7 |
| Deforche | 2015 | Belgium | Prospective; quant | 291 | Questionnaire; measured body mass index and waist circumference | 1.5 years | 2 |
| de Haas | 2018 | Netherlands | Prospective; quant | 3807 | 3-day travel diary | 1 year | 5,6,7 |
| De Meester | 2014 | Belgium | Prospective; quant | 420 | Questionnaire | 2 years | 1 |
| De Paepe | 2018 | Belgium | Retrospective; quant | 404 | Questionnaire | Unclear | 2 |
| D'Haese | 2015 | Belgium | Prospective; quant | 321 | Questionnaire; PA measured with pedometers or accelerometers | 2 years | 1 |
| Döring | 2019 | Germany | Retrospective; quant | 803 | Questionnaire | 27 years | 4,5,7 |
| Fatmi | 2016 | Canada | Retrospective; quant | 453 | Questionnaire | Unclear | 5,7 |
| Gao | 2019 | Netherlands | Prospective; quant | 1185 | 3-day travel diary | 2 years | 5,7 |
| Gerber | 2017 | Luxembourg | Retrospective; quant | 2038 | Questionnaire | 1-7 years | 7 |
| Giles-Corti | 2013 | Australia | Prospective; quant | 1437 | Questionnaire | 1 year | 7 |
| Haque | 2019 | UK | Prospective; quant | 1455 | Questionnaire | 18 years | 7 |
| Hirsch | 2014 | USA | Prospective; quant | 701 | Questionnaire; neighbourhood walkability measured with Walk Score® | 6.3 years (average) | 7 |
| Janke | 2019 | USA | Retrospective; qual | 54 | Semi-structured interviews | Unclear | 5,7 |
| Janke | 2020 | USA | Prospective; quant | 3471 | Questionnaire | At least 1 year | 7 |
| Johansson | 2019 | Sweden | Natural experiment; mixed methods | 46 | 7-day travel diary | 1 year | 7 |
| Jones | 2012 | UK | Retrospective; qual | 26 | Semi-structured interviews | 1 year | 7 |
| Jones | 2013 | UK | Retrospective; qual | 33 | Interviews | Unclear | 1,2,3,5,6,7 |
| Jones | 2018a | USA | Prospective; quant | 928 | Questionnaire | 10 years | 6 |
| Jones | 2018b | USA | Prospective; quant | 4091 | Questionnaire | 9 years | 6 |
| Kamruzzaman | 2014 | Australia | Prospective; quant | 6692 | Questionnaire | 2 years | 6 |
| Klinger | 2016 | Germany | Retrospective; quant | 1450 | Questionnaire | Unclear | 7 |
| Knuiman | 2014 | Australia | Prospective; quant | 1703 | Questionnaire; GIS-measured neighbourhood walkability | 7 years | 7 |
| Krizek | 2003 | USA | Prospective; quant | 6144 | Questionnaire | 1 year | 7 |
| Kroesen | 2014 | Netherlands | Prospective; quant | 5304 | Questionnaire | Up to 5 years | 7 |
| Lanzendorf | 2010 | Germany | Retrospective; qual | 20 | Semi-structured interviews | Up to 15 years | 5 |
| Larouche | 2013 | Canada | Prospective; quant | 29 | Questionnaire; PA measured with pedometers; distance measured with Google Maps | 4 months | 1 |
| Laverty | 2018 | UK | Prospective; quant | 4834 | Questionnaire | 4 years | 6,7 |
| Lin | 2018 | China | Prospective; quant | 537 | 1-day travel diary | 10.7 months (average) | 7 |
| Marks | 2015 | Australia | Prospective; quant | 243 | Questionnaire; PA measured with accelerometers | 5-8 months | 1 |
| Mbabazi | 2016 | UK | Retrospective; qual | 82 | Interviews | Unclear | 1,3,5,7 |
| McCarthy | 2019 | Australia | Retrospective; quant | 758 | Questionnaire | Unclear | 5 |
| Nakanishi | 2016 | Australia | Retrospective; qual | 37 | Semi-structured interviews | Unclear | 5,7 |
| Oakil | 2016 | Netherlands | Retrospective; quant | 237 | Questionnaire | Up to 21 years | 3,5,7 |
| Parra-Saldías | 2019 | Chile | Retrospective; quant | 1288 | Questionnaire | Unclear | 2 |
| Peer | 2019 | Austria | Natural experiment; quant | 385 | Questionnaire | Unclear | 7 |
| Plyushteva | 2018 | UK, Philippines | Retrospective; qual | 42 | Interviews | Unclear | 6 |
| Prillwitz | 2007 | Germany | Prospective; quant | 3188 | Questionnaire | 5 years | 4,5,7 |
| Ralph | 2019 | USA | RCT; quant | 561 | Questionnaire | 3 months | 7 |
| Rau | 2016 | Ireland | Retrospective; quant | 324 | Life course calendars | Unclear | 2,3,5,6,7 |
| Rau | 2019 | Germany | Retrospective; mixed methods | 121 | Questionnaires; semi-structured interviews; observation | Unclear | 7 |
| Remmers | 2020 | Netherlands | Retrospective; quant | 175 | Travel behaviour derived via accelerometers and GPS worn for 7 consecutive days | 1 year | 1 |
| Scheiner | 2013a | Germany | Retrospective; quant | 791 | Structured interviews | 14 years | 5,7 |
| Scheiner | 2013b | Germany | Prospective; quant | 6932 | 7-day travel diary | 1 or 2 years | 2,3,5,6,7 |
| Scheiner | 2014 | Germany | Prospective; quant | 12555 | 7-day travel diary | 1 or 2 years | 3,5,6,7 |
| Scheiner | 2014b | Germany | Prospective; quant | 9533 | 7-day travel diary | 1 or 2 years | 3,5,6,7 |
| Scheiner | 2016 | Germany | Prospective; quant | 7656 | 7-day travel diary | 2 years | 3,5,6,7 |
| Scheiner | 2020 | Germany | Prospective; quant | 3814 | 7-day travel diary | 2 years | 5 |
| Sharmeen | 2013 | Netherlands | Retrospective; quant | 632 | Questionnaire | Up to 2 years | 2,7 |
| Siren | 2016 | Denmark | Prospective; quant | 864 | Questionnaire | 2 years | 6 |
| Slingerland | 2007 | Netherlands | Prospective; quant | 971 | Questionnaire | 13 years | 6 |
| Smart | 2018 | USA | Prospective; quant | 13995 | Questionnaire | Up to 50 years | 7 |
| Soltani | 2019 | Australia | Retrospective; quant | 410 | Questionnaire | Unclear | 7 |
| Sprod | 2017 | Australia | Prospective; quant | 124 | Questionnaire | 1 year | 6 |
| Underwood | 2014 | USA | Retrospective; qual | 54 | Semi-structured interviews | Unclear | 1 |
| Van Dyck | 2015 | Belgium | Prospective; quant | 291 | Questionnaire | 1.5 years | 2 |
| Van Dyck | 2016 | Belgium | Prospective; quant | 446 | Questionnaire | 2 years | 6 |
| Vanwolleghem | 2016 | Belgium | Prospective; quant | 313 | Questionnaire | 2 years | 1 |
| Verplanken | 2008 | UK | Retrospective; quant | 433 | Questionnaire | 1 year | 7 |
| von Behren | 2018 | Germany | Natural experiment; quant | 53 | Questionnaire | 3 years | 7 |
| Walker | 2015 | UK | Natural experiment; quant | 89 | Questionnaire | 20 months | 7 |
| Yang | 2017 | China | Retrospective; quant | 258 | Questionnaire | Unclear | 7 |
| Zarabi | 2019 | Canada | Retrospective; qual | 20 | Semi-structured interviews | Up to 2 years | 7 |
| Zhao | 2018 | China | Retrospective; quant | 862 | Questionnaire | Up to 10 years | 7 |

Note: Follow-up period was deemed unclear when the authors did not specify it. \* Major life events: 1 = primary to secondary school; 2 = post-secondary studies; 3 = entry into the labour market; 4 = marriage; 5 = parenthood; 6 = retirement; 7 = relocation. GIS: geographic information systems; GPS: global positioning systems; PA: physical activity; RCT: randomized controlled trial; Qual: qualitative; Quant: quantitative;