

Supplementary Table1. Demographic characteristics of the participants from WHO

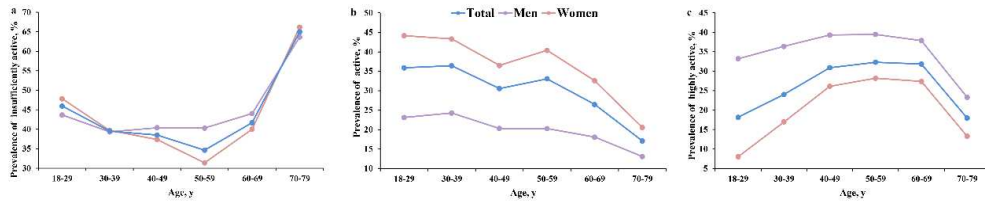
Variable	Physical activity(from WHO)			P
	Highly active (N=11341)	Active (N=11190)	Insufficiently active (N=15984)	
Age(years), mean±SD	55.51±10.8	53.57±11.91	57.2±12.95	<0.001
Sex, %(95%CI)				<0.001
Women	51.01(50.09,51.93)	74.49(73.68,75.29)	57.49(56.73,58.26)	
Men	48.99(48.07,49.91)	25.51(24.71,26.32)	42.51(41.74,43.27)	
Marital status, %(95%CI)				<0.001
Married/cohabiting	91.82(91.31,92.32)	91.55(91.03,92.06)	87.05(86.53,87.57)	
Widowed/single/divorced/separated	8.18(7.68,8.69)	8.45(7.94,8.97)	12.95(12.43,13.47)	
Education, %(95%CI)				0.234
≤Primary school	44.69(43.77,45.60)	42.67(41.76,43.59)	46.51(45.74,47.28)	
≥Junior school	55.31(54.40,56.23)	57.33(56.41,58.24)	53.49(52.72,54.26)	
Per capita monthly income, %(95%CI)				<0.001
≤500RMB	36.24(35.36,37.12)	31.74(30.88,32.61)	38.06(37.31,38.82)	
500RMB~	32.39(31.53,33.25)	33.81(32.93,34.68)	32.54(31.81,33.27)	
≥1000RMB	31.37(30.52,32.23)	34.45(33.57,35.33)	29.40(28.69,30.10)	
Smoking, %(95%CI)				<0.001
Never	65.89(65.02,66.77)	82.70(82.00,83.40)	70.67(69.96,71.38)	
Light	6.90(6.43,7.36)	3.88(3.52,4.24)	5.86(5.49,6.22)	
Moderate	5.59(5.17,6.01)	3.07(2.75,3.39)	4.83(4.50,5.16)	
Heavy	21.62(20.86,22.38)	10.35(9.78,10.91)	18.64(18.04,19.25)	
Drinking, %(95%CI)				<0.001
Never	71.33(70.50,72.17)	84.84(84.18,85.51)	76.63(75.98,77.29)	
Light	18.13(17.42,18.84)	9.30(8.76,9.84)	14.16(13.62,14.70)	
Moderate	5.93(5.50,6.37)	3.35(3.02,3.68)	4.83(4.50,5.16)	
Heavy	4.60(4.22,4.99)	2.50(2.21,2.79)	4.38(4.06,4.70)	
Dietary habits (Kg/Month), (mean ± SD)				
Meat and poultry	1.34±1.33	1.42±1.34	1.23±1.3	<0.001
Fishery products	0.11±0.16	0.12±0.16	0.1±0.16	<0.001
Vegetables and fruits	14.06±7.44	14.7±7.33	12.98±7.5	<0.001
Soy products	0.53±0.67	0.5±0.64	0.43±0.62	<0.001
Height(cm), mean ± SD	160.73±8.26	158.43±7.71	159.83±8.37	<0.001
Weight(kg), mean ± SD	63.97±10.89	62.43±10.71	63.87±11.54	<0.001
BMI(kg/m <sup>2</sup> ), mean ± SD	24.71±3.46	24.82±3.5	24.94±3.68	<0.001
WC(cm), mean ± SD	83.65±10.04	83.46±10.18	84.8±10.76	<0.001

Supplementary Table 2. Prevalence of physical activity and sitting time about various characteristics

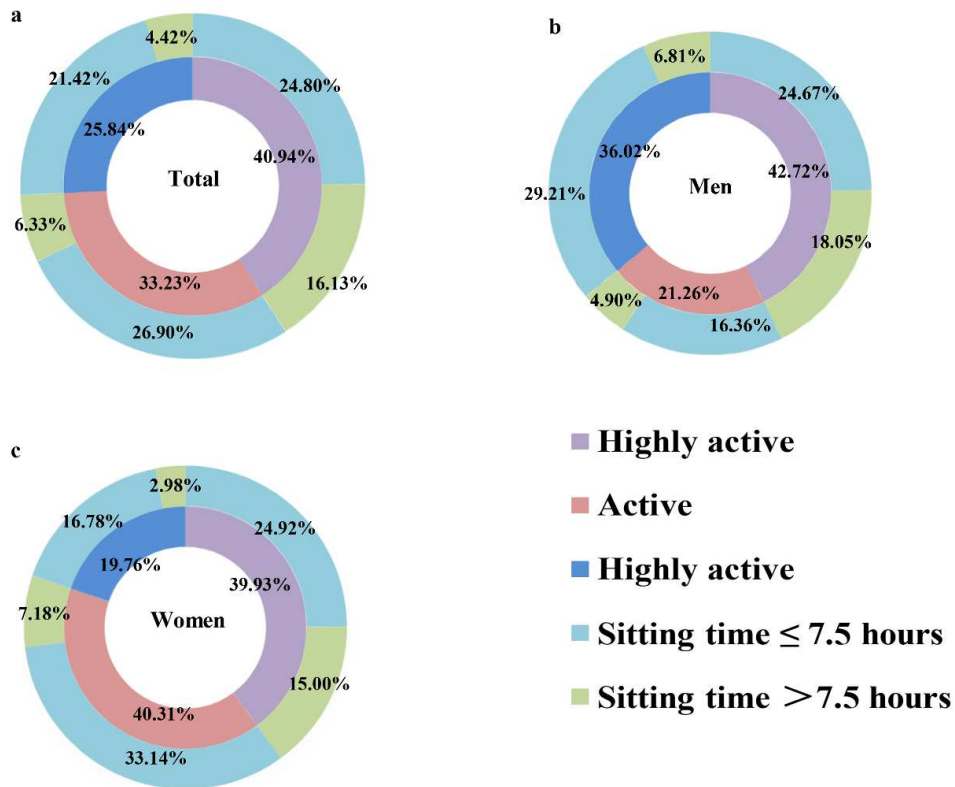
Variable	Physical activity			P	Sitting time per day		P
	Vigorous (N=11510)	Moderate (N=14672)	Light (N=12333)		≤7.5 hours (N=29270)	>7.5 hours (N=10245)	
Age, n (%)				<0.001			<0.001
18~	220(17.49)	558(44.36)	480(38.16)		910(72.34)	348(27.66)	
30~	685(25.19)	1172(43.10)	862(31.70)		1975(72.64)	744(27.36)	
40~	2275(31.71)	2807(39.13)	2092(29.16)		5327(74.25)	1847(25.75)	
50~	3539(33.36)	4320(40.73)	2748(25.91)		7965(75.09)	2642(24.91)	
60~	3861(31.99)	4358(36.11)	3849(31.89)		8996(74.54)	3072(25.46)	
70~79	930(19.83)	1457(31.07)	2302(49.09)		3097(66.05)	1592(33.95)	
Sex, n (%)				<0.001			<0.001
Women	5963(25.58)	10402(44.62)	6945(29.79)		17588(75.45)	5722(24.55)	
Men	5547(36.48)	4270(28.08)	5388(35.44)		10682(70.25)	4523(29.75)	
Marital status, n (%)				<0.001			<0.001
Married/cohabiting	10567(30.57)	13231(38.27)	10773(31.16)		25502(73.77)	9069(26.23)	
Widowed/single/ divorced/separated	943(23.91)	1441(36.54)	1560(39.55)		2768(70.18)	1176(29.82)	
Education, n (%)				0.234			0.001
≤Primary school	5149(29.81)	6521(37.74)	5607(32.45)		12533(72.54)	4744(27.46)	
≥Junior school	6361(29.95)	8151(38.38)	6726(31.67)		15737(74.10)	5501(25.90)	
Per capita monthly income, n (%)				<0.001			<0.001
≤500RMB	4169(30.33)	4841(35.22)	4736(34.45)		9812(71.38)	3934(28.62)	
500RMB~	3724(29.42)	4959(39.18)	3974(31.40)		9720(76.80)	2937(23.20)	
≥1000RMB	3617(29.86)	4872(40.23)	3623(29.91)		8738(72.14)	3374(27.86)	
Smoking, n (%)				<0.001			<0.001
Never	7652(27.31)	11768(41.99)	8603(30.70)		20929(74.69)	7094(25.31)	
Light	786(36.52)	625(29.04)	741(34.43)		1599(74.30)	553(25.70)	
Moderate	632(36.11)	505(28.86)	613(35.03)		1252(71.54)	498(28.46)	
Heavy	2440(37.03)	1774(26.92)	2376(36.05)		4490(68.13)	2100(31.87)	
Drinking, n (%)				<0.001			<0.001
Never	8257(27.68)	12223(40.97)	9353(31.35)		22068(73.97)	7765(26.03)	
Light	2065(38.53)	1525(28.45)	1770(33.02)		3840(71.64)	1520(28.36)	
Moderate	668(36.70)	534(29.34)	618(33.96)		1351(74.23)	469(25.77)	
Heavy	520(34.62)	390(25.97)	592(39.41)		1011(67.31)	491(32.69)	

**Supplementary Table 3. Association of potential risk factors for physical activity and sitting time from WHO.**

Factors	Physical activity from WHO			
	Active <sup>a</sup>	Active <sup>b</sup>	Insufficiently active <sup>a</sup>	Insufficiently active <sup>b</sup>
<b>Age(year)</b>				
18-	1.00	1.00	1.00	1.00
30-	0.67(0.55,0.80)	0.57(0.47,0.70)	0.64(0.53,0.76)	0.70(0.58,0.85)
40-	0.44(0.37,0.52)	0.48(0.40,0.59)	0.48(0.40,0.56)	0.54(0.46,0.65)
50-	0.45(0.38,0.54)	0.50(0.42,0.59)	0.41(0.35,0.49)	0.47(0.40,0.56)
60-	0.37(0.31,0.44)	0.48(0.40,0.57)	0.53(0.45,0.62)	0.63(0.53,0.75)
70-79	0.41(0.34,0.49)	0.69(0.57,0.83)	1.26(1.06,1.50)	1.43(1.19,1.72)
<b>Gender</b>				
Women	1.00	1.00	1.00	1.00
Men	0.36(0.34,0.38)	0.37(0.34,0.40)	0.77(0.74,0.81)	0.74(0.69,0.79)
<b>Education</b>				
≤Primary school	1.00	1.00	1.00	1.00
≥Junior middle school	1.09(1.03,1.14)	1.19(1.12,1.26)	0.93(0.89,0.98)	1.21(1.14,1.28)
<b>Marital status</b>				
Married/cohabiting	1.00	1.00	1.00	1.00
Divorced/widowed/unmarried	1.04(0.94,1.14)	1.14(1.03,1.26)	1.67(1.54,1.82)	1.51(1.39,1.65)
<b>Per capita monthly income</b>				
<500 RMB	1.00	1.00	1.00	1.00
500RMB-	1.19(1.12,1.27)	1.12(1.05,1.20)	0.96(0.90,1.01)	1.05(0.99,1.11)
≥1000 RMB	1.25(1.18,1.34)	1.14(1.06,1.22)	0.89(0.84,0.95)	0.98(0.92,1.04)
<b>Smoking</b>				
Never	1.00	1.00	1.00	1.00
Light	0.45(0.40,0.51)	0.89(0.80,1.00)	0.79(0.72,0.88)	1.02(0.91,1.15)
Moderate	0.44(0.38,0.50)	0.98(0.84,1.14)	0.81(0.72,0.90)	1.00(0.88,1.13)
Heavy	0.38(0.35,0.41)	0.89(0.80,1.00)	0.80(0.76,0.86)	0.92(0.84,1.00)
<b>Drinking,</b>				
Never	1.00	1.00	1.00	1.00
Light	0.43(0.40,0.47)	0.78(0.71,0.85)	0.73(0.68,0.78)	0.87(0.80,0.94)
Moderate	0.48(0.42,0.54)	0.90(0.78,1.03)	0.76(0.68,0.84)	0.96(0.85,1.08)
Heavy	0.46(0.39,0.53)	0.88(0.75,1.04)	0.89(0.79,1.00)	1.04(0.91,1.18)
<b>Dietary habits</b>				
Meat and poultry	1.05(1.03,1.07)	1.09(1.07,1.12)	0.94(0.92,0.96)	1.02(1.00,1.04)
Fishery products	1.25(1.06,1.46)	1.09(0.91,1.32)	0.65(0.56,0.76)	0.87(0.73,1.04)
Vegetables and fruits	1.01(1.01,1.01)	1.01(1.00,1.01)	0.98(0.98,0.98)	0.97(0.97,0.97)
Soy products	0.91(0.88,0.96)	0.87(0.84,0.91)	0.77(0.74,0.80)	0.83(0.80,0.86)
<b>Sitting time per day</b>				
≤7.5 hours	1.00	1.00	1.00	1.00
>7.5 hours	1.14(1.07,1.22)	1.18(1.10,1.27)	3.22(3.03,3.41)	3.53(3.32,3.75)



**Supplementary Figure 1.** Changes in the age-standardized prevalence of physical activity according to WHO with aging in different gender. (a) is for insufficiently active; (b) is for active; (c) is for highly active.



**Supplementary Figure 2.** The age-standardized percentage according to the cut-off points of physical activity from WHO and sitting time in different gender. (a) is for total; (b) is for men; (c) is for women.