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List of included studies

1. Avon Longitudinal Study of Parents And Children (UK)
* Please note that the study website contains details of all the data that is available through a fully searchable data dictionary and variable search tool: Explore data and samples | Avon Longitudinal Study of Parents and Children | University of Bristol. http://www.bristol.ac.uk/alspac/researchers/our-data/ (accessed 10 Sep2019)
* Boyd A, Golding J, Macleod J, et al. Cohort Profile: the ’children of the 90s’- the index offspring of the Avon Longitudinal Study of Parents and Children. *Int J Epidemiol* 2013;42:111–127.
* Fraser A, Macdonald-Wallis C, Tilling K, et al. Cohort Profile: the Avon Longitudinal Study of Parents and Children: ALSPAC mothers cohort. *Int J Epidemiol* 2013;42:97–110
1. Children’s Health and Activity Monitoring for Schools (CHAMPS; UK)
2. CHAMPS (USA)
3. Children Living in Active Neighbourhoods (CLAN; Australia)
4. Copenhagen School Child Intervention Study (Denmark)
5. European Youth Heart Study (EYHS; Denmark)
6. EYHS (Estonia)
7. EYHS (Norway)
8. EYHS (Portugal)
9. Healthy Eating And Play Study (HEAPS; Australia)
10. Iowa Bone Development Study (USA)
11. Kinder-Sportstudie (KISS; Switzerland)
12. National Health And Nutrition Examination Survey 2003-04 and 2005-06 (USA)
13. Personal and Environmental Associations with Children’s Health (UK)
14. Pelotas 1993 Birth Cohort (Brazil)
15. Trial of Activity for Adolescent Girls (USA)
16. Sport, Physical activity and Eating behavior: Environmental Determinants in Young people (UK)

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| **Table 1. Descriptive characteristics of participants with and without race data** |
|  | **Participants with race data** | **Participants without race data** |
|  | **N** | **Mean (SD)** **or %** | **N** | **Mean (SD)** **or %** |
| **Age (years)** | 17232 | 12.0 (2.3) | 4380 | 10.7 (2.9) |
| **Height (cm)** | 17162 | 150.5 (13.4) | 4260 | 144.1 (17.5) |
| **Weight (kg)** | 17175 | 46.5 (16.1) | 4267 | 40.5 (14.9) |
| **Moderate-vigorous physical activity (minutes per day)** | 17232 | 46.8 (27.9) | 4380 | 58.7 (28.0) |
| **BMI z-score** | 17152 | 0.50 (1.2) | 4251 | 0.43 (1.1) |
| **Male (%)** | 17232 | 35.3% | 4374 | 46.7% |
| **Healthy weight status (%)** | 17232 | 66.1% | 4380 | 69.0% |
| **Overweight weight status (%)** | 17232 | 18.0% | 4380 | 17.0% |
| **Obese weight status (%)** | 17232 | 7.8% | 4380 | 5.0% |
| **Mother has > compulsory education (%)** | 14087 | 64.4% | 2727 | 58.1% |
| SD = standard deviation; BMI = body mass index |

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| **Table 2. Descriptive characteristics of participants with and without maternal education data** |
|  | **Participants with maternal education data** | **Participants without maternal education data** |
|  | **N** | **Mean (SD) or %** | **N** | **Mean (SD) or %** |
| **Age (years)** | 16814 | 11.7 (2.5) | 4798 | 11.9 (2.5) |
| **Height (cm)** | 16684 | 149.1 (14.5) | 4738 | 149.7 (14.4) |
| **Weight (kg)** | 16701 | 45.1 (16.0) | 4741 | 46.0 (16.3) |
| **Moderate-vigorous physical activity (minutes per day)** | 16814 | 49.4 (28.4) | 4798 | 48.3 (28.1) |
| **BMI z-score** | 16670 | 0.48 (1.2) | 4733 | 0.51 (1.3) |
| **Male (%)** | 16811 | 38.1% | 4795 | 36.0% |
| **Healthy weight status (%)** | 16814 | 67.3% | 4798 | 64.6% |
| **Overweight weight status (%)** | 16814 | 17.5% | 4798 | 18.5% |
| **Obese weight status (%)** | 16814 | 7.0% | 4798 | 7.8% |
| **Race is ‘White’ (%)** | 14087 | 63.0% | 3145 | 54.8% |
| SD = standard deviation; BMI = body mass index |

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| **Table 3. Results of McNemar’s test, examining the magnitude and significance of differences in compliance rates among youth, across physical activity guideline definitions (for the total sample, by sex, and by race)** |
|  | **Total sample** | **Males** | **Females** | **White** | **Other race** |
|  | χ2 | p | χ2 | p | χ2 | p | χ2 | p | χ2 | p |
| **% compliant with DM vs AM** | 5331·00 | <0·01 | 3226·00 | <0·01 | 2102·00 | <0·01 | 2707·00 | <0·01 | 1112·00 | <0·01 |
| **% compliant with AM vs AM5** | 106·01 | <0·01 | 65·02 | <0·01 | 39·02 | <0·01 | 70·01 | <0·01 | ·· | <0·01 |
| **% compliant with AM vs AM15** | 1337·00 | <0·01 | 787·00 | <0·01 | 548·00 | <0·01 | 744·00 | <0·01 | 287·00 | <0·01 |
| **% compliant with AM5 vs AM15** | 1229·00 | <0·01 | 720·00 | <0·01 | 507·00 | <0·01 | 672·00 | <0·01 | 267·00 | <0·01 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPA |

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| **Table 4. Results of McNemar’s test, examining the magnitude and significance of differences in compliance rates among youth, across physical activity guideline definitions (by maternal education status and age)** |
|  | **≤ compulsory education** | **> compulsory education**  | **5-9.9y** | **10-13.9y** | **>14y** |
|  | χ2 | p | χ2 | p | χ2 | χ2 | p | χ2 | p | χ2 |
| **% compliant with DM vs AM** | 1542·00 | <0·01 | 2686·00 | <0·01 | 1418·00 | 1542·00 | <0·01 | 2686·00 | <0·01 | 1418·00 |
| **% compliant with AM vs AM5** | 32·03 | <0·01 | 44·02 | <0·01 | 55·02 | 32·03 | <0·01 | 44·02 | <0·01 | 55·02 |
| **% compliant with AM vs AM15** | 386·00 | <0·01 | 619·00 | <0·01 | 552·00 | 386·00 | <0·01 | 619·00 | <0·01 | 552·00 |
| **% compliant with AM5 vs AM15** | 1542·00 | <0·01 | 2686·00 | <0·01 | 1418·00 | 1542·00 | <0·01 | 2686·00 | <0·01 | 1418·00 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPA |

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| **Table 5. Sensitivity analyses to test the effects of data analysis decisions on physical activity compliance estimates (results for males and females)** |
|  |  | **Total sample** | **Males** | **Females** | ***ORa*** ***(95% CIb)*** |
| n=21,612 | n=8,134 | n=13,472 |
| **% compliant** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysc | 5·3 |  10·6 |  2·0 | *0·19* *(0·15,0·23)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days  |  7·0 |  13·3 |  3·2 | *0·23* *(0·20,0·27)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days |  0·8 |  1·9 |  0·2 | *0·19* *(0·12,0·31)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd |  4·1 |  7·6 |  1·1 | *0·14* *(0·08, 0·23)* |
| **% compliant** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days |  29·9 |  50·3 |  17·7 | *0·23* *(0·21,0·25)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days |  35·5 |  56·7 |  22·8 | *0·25* *(0·23,0·27)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days |  8·6 |  17·7 |  3·1 | *0·17* *(0·14,0·19)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd | 35·1 | 53·2 |  20·1 | *0·20* *(0·17, 0·23)* |
| **% compliant** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days |  29·4 |  49·5 |  17·4 | *0·23* *(0·21,0·25)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days |  34·7 |  55·4 |  22·3 | *0·25* *(0·23,0·27)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days |  6·4 |  13·3 |  2·3 | *0·17* *(0·14,0·20)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd | 35·0 | 53·2 | 20 | *0·20* *(0·17, 0·23)* |
| **% compliant** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days |  23·7 |  40·6 |  13·6 | *0·24* *(0·22,0·27)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days |  26·4 |  43·4 |  16·2 | *0·27* *(0·25,0·29)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days |  2·4 |  4·8 |  1·0 | *0·20* *(0·15,0·27)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd | 31·6 |  48·2 |  17·9 | *0·21* *(0·18, 0·25)* |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Reference category = Male, adjusted for study, maternal education, age, race; b CI: confidence interval; c Analyses reported in main tables; d Sample size of 5,721 (2,587 males, 3,131 females) |

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| **Table 6. Sensitivity analyses to test the effects of data analysis decisions on physical activity compliance estimates (results by race)** |
|  |  | **White** | **Other** | ***ORa*** ***(95% CIb)*** |
| **n=10,595** | **n=6,637** |
| **% compliant** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 5·3 | 2·9 | *0·71 (0·59,0·85)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 7·2 | 4·0 | *0·75 (0·61,0·92)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 0·8 | 0·5 | *1·10 (0·68,1·78)* |
| Evenson cutpoints, 60 minutes, 7 valid daysc | 3·7 | 2·3 | *0·68 (0·41, 1·14)* |
| **% compliant** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 30·9 | 19·7 | *0·74 (0·67,0·81)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 36·5 | 24·0 | *0·74 (0·67,0·81)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 9·1 | 5·0 | *0·77 (0·65,0·90)* |
| Evenson cutpoints, 60 minutes, 7 valid daysc | 34·5 | 26·1 | *0·88 (0·72, 1·07)* |
| **% compliant** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 30·2 | 19·4 | *0·75 (0·68,0·82)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 35·4 | 23·6 | *0·75 (0·68,0·82)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 6·4 | 3·9 | *0·76 (0·64,0·91)* |
| Evenson cutpoints, 60 minutes, 7 valid daysc | 34·4 | 26·0 | *0·87 (0·71, 1·07)* |
| **% compliant** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 23·8 | 15·4 | *0·77 (0·70,0·85)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 26·5 | 17·5 | *0·76 (0·69,0·85)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2·1 | 1·9 | *1·07 (0·82,1·39)* |
| Evenson cutpoints, 60 minutes, 7 valid daysc | 31·3 | 22·6 | *0·80 (0·65, 0·98)* |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Reference category = White, adjusted for study, maternal education, age, sex; b CI: confidence interval; c Sample size of 2,905 for ‘White’ participants and 1,338 for ‘Other’ participants |

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| **Table 7. Sensitivity analyses to test the effects of data analysis decisions on physical activity compliance estimates (results by socioeconomic status)** |
|  |  | **≤compulsory eda** | **>compulsory edb** | ***ORc*** ***(95% CId)*** |
| **n=6,160** | **n=10,654** |
| **% compliant** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 6·2 | 5·0 | *0·83 (0·71,0·97)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 8·1 | 6·7 | *0·80 (0·67,0·95)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 1·0 | 0·7 | *0·84 (0·55,1·29)* |
| Evenson cutpoints, 60 minutes, 7 valid dayse | 4·8 | 4·2 | *0·76 (0·51, 1·13)* |
| **% compliant** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 31·3 | 30·2 | *0·94 (0·86,1·02)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 36·5 | 36·0 | *0·89 (0·82,0·98)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 9·0 | 8·7 | *0·95 (0·83,1·10)* |
| Evenson cutpoints, 60 minutes, 7 valid dayse | 36·9 | 35·3 | *0·85 (0·71, 1·01)* |
| **% compliant** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days |  30·7 | 29·8 | *0·94 (0·86,1·02)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days |  35·6 | 35·2 | *0·90 (0·82,0·98)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days |  6·8 | 6·8 | *0·99 (0·84,1·17)* |
| Evenson cutpoints, 60 minutes, 7 valid dayse | 36·8 | 35·3 | *0·85 (0·71, 1·01)* |
| **% compliant** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days |  25·0 | 24·4 | *0·93 (0·85,1·02)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days |  27·4 | 27·3 | *0·89 (0·81,0·98)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days |  2·5 | 2·6 | *1·07 (0·83,1·39)* |
| Evenson cutpoints, 60 minutes, 7 valid dayse | 33·6 | 31·7 | *0·86 (0·72, 1·03)* |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa mother received compulsory education or less; b mother completed more than compulsory education; c Reference category = ≤ compulsory ed, adjusted for study, race, age, sex; d CI: confidence interval; e Sample size of 1,445 for ‘≤compulsory ed’ and 3,154 for ‘>compulsory ed’. |

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| **Table 8. Sensitivity analyses to test the effects of data analysis decisions on physical activity compliance estimates (results by age group)** |
|  |  | **5-9·9ya** | **10-13·9ya** | ***ORb*** ***(95% CIc)*** | **≥14ya** | ***ORb*** ***(95% CIc)*** |
| **n=4,219** | **n=13,657** | **n=3,676** |
| **% compliant** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 10·9 |  4·5 | *0·51 (0·42,0·63)* | 1·6 | *0·23 (0·16,0·33)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 13·7 |  6·2 | *0·51 (0·42,0·61)* |  2·3 | *0·24 (0·18,0·33)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 1·8 |  0·7 | *0·53 (0·33,0·84)* |  0·4 | *0·48 (0·25,0·94)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd | 8·8 | 3·8 | *0·52* *(0·25, 1·05)* | 1·3 | *0·35* *(0·12, 1·00)* |
| **% compliant** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 44·5 |  29·9 | *0·46 (0·42,0·52)* |  13·5 | *0·27 (0·24,0·32)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 51·7 |  35·6 | *0·44 (0·39,0·49)* |  16·9 | *0·27 (0·23,0·31)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 12·1 |  8·6 | *0·64 (0·54,0·76)* |  4·6 | *0·51 (0·40,0·65)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd | 52·8 | 35·7 | *0·37* *(0·27, 0·49)* | 13·9 | *0·21* *(0·14, 0·32)* |
| **% compliant** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 43·2 |  29·6 | *0·48 (0·43,0·54)* |  13·4 | *0·29 (0·25,0·34)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 49·7 |  35·1 | *0·47 (0·42,0·52)* |  16·5 | *0·29 (0·25,0·34)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 9·0 |  6·7 | *0·62 (0·51,0·76)* |  2·6 | *0·39 (0·29,0·52)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd | 52·8 | 35·6 | *0·36* *(0·27, 0·49)* |  13·9 | *0·21* *(0·14, 0·32)* |
| **% compliant** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 31·4 |  25·0 | *0·59 (0·52,0·67)* |  10·4 | *0·38 (0·32,0·44)* |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 33·5 |  28·1 | *0·62 (0·55,0·69)* |  12·2 | *0·40 (0·35,0·47)* |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 3·4 |  2·5 | *0·55 (0·41,0·75)* |  1·2 | *0·35 (0·22,0·56)* |
| Evenson cutpoints, 60 minutes, 7 valid daysd | 45·7 |  32·4 | *0·41* *(0·30, 0·56)* | 12·8 | *0·24* *(0·16, 0·37)* |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa y = years of age; b Reference category = 5-9·9y, adjusted for study, race, maternal education and sex; c CI = confidence interval; d Sample size for 5-9·9 year olds = 600, for 10-13·9 year olds = 4,490, and for >14 year olds = 626. |

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| **Table 9. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for BMI-z score)** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 14,026 | -0·21 | 0·05 | <0·01 | -0·31, -0·11 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 14,026 | -0·21 | 0·04 | <0·01 | -0·30, -0·13 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 14,026 | -0·27 | 0·12 | 0·02 | -0·51, -0·04 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,551 | -0·43 | 0·11 | <0·01 | -0·65, -0·21 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 14,026 | -0·28 | 0·03 | <0·01 | -0·33, -0·23 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 14,026 | -0·26 | 0·02 | <0·01 | -0·31, -0·22 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 14,026 | -0·30 | 0·04 | <0·01 | -0·38, -0·22 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,551 | -0·31 | 0·05 | <0·01 | -0·40, -0·22 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 14,026 | -0·28 | 0·03 | <0·01 | -0·33, -0·23 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 14,026 | -0·26 | 0·02 | <0·01 | -0·31, -0·22 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 14,026 | -0·34 | 0·05 | <0·01 | -0·43, -0·25 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,551 | -0·31 | 0·05 | <0·01 | -0·41, -0·22 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 14,026 | -0·30 | 0·03 | <0·01 | -0·35, -0·25 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 14,026 | -0·29 | 0·03 | <0·01 | -0·35, -0·24 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 14,026 | -0·38 | 0·07 | <0·01 | -0·52, -0·24 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,551 | -0·39 | 0·05 | <0·01 | -0·48, -0·29 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 10. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for waist measures)** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 10,157 | -1·93 | 0·41 | <0·01 | -2·73, -1·14 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 10,157 | -1·80 | 0·36 | <0·01 | -2·50, -1·10 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 10,157 | -2·39 | 0·97 | 0·01 | -4·28, -0·50 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,223 | -3·48 | 0·89 | <0·01 | -5·22, -1·74 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 10,157 | -2·63 | 0·21 | <0·01 | -3·04, -2·21 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 10,157 | -2·43 | 0·20 | <0·01 | -2·83, -2·03 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 10,157 | -2·48 | 0·32 | <0·01 | -3·10, -1·86 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,223 | -3·06 | 0·38 | <0·01 | -3·80, -2·32 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 10,157 | -2·65 | 0·21 | <0·01 | -3·06, -2·23 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 10,157 | -2·45 | 0·20 | <0·01 | -2·85, -2·05 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 10,157 | -2·82 | 0·36 | <0·01 | -3·53, -2·11 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,223 | -3·07 | 0·38 | <0·01 | -3·81, -2·34 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 10,157 | -2·82 | 0·22 | <0·01 | -3·26, -2·39 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 10,157 | -2·75 | 0·21 | <0·01 | -3·17, -2·32 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 10,157 | -2·79 | 0·58 | <0·01 | -3·92, -1·66 |
| Evenson cutpoints, 60 minutes, 7 valid days | 3,223 | -3·62 | 0·38 | <0·01 | -4·36, -2·87 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 11. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for LDL cholesterol [mmol/l])** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 5,049 | -0·09 | 0·04 | 0·02 | -0·16, -0·02 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 5,049 | -0·08 | 0·03 | 0·01 | -0·14, -0·02 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,049 | -0·10 | 0·09 | 0·25 | -0·27, 0·07 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·07 | 0·07 | 0·36 | -0·21, 0·07 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 5,049 | -0·06 | 0·02 | <0·01 | -0·10, -0·03 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 5,049 | -0·05 | 0·02 | 0·01 | -0·09, -0·01 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,049 | -0·07 | 0·03 | 0·02 | -0·12, -0·01 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·09 | 0·03 | 0·01 | -0·15, -0·02 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 5,049 | -0·06 | 0·02 | <0·01 | -0·10, -0·03 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 5,049 | -0·05 | 0·02 | 0·01 | -0·09, -0·01 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,049 | -0·07 | 0·03 | 0·03 | -0·13, -0·01 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·09 | 0·03 | 0·01 | -0·15, -0·02 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 5,049 | -0·07 | 0·02 | <0·01 | -0·11, -0·03 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 5,049 | -0·06 | 0·02 | <0·01 | -0·10, -0·02 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,049 | -0·06 | 0·05 | 0·24 | -0·16, 0·04 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·09 | 0·03 | 0·01 | -0·15, -0·02 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 12. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for insulin [pmol/l])** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 2,248 | -7·94 | 3·89 | 0·04 | -15·57, -0·31 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 2,248 | -7·23 | 3·43 | 0·04 | -13·97, -0·50 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,248 | -19·62 | 8·52 | 0·02 | -36·33, -2·91 |
| Evenson cutpoints, 60 minutes, 7 valid days | 218 | -12·32 | 26·68 | 0·65 | -64·90, 40·26 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 2,248 | -10·62 | 2·22 | <0·01 | -14·98, -6·26 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 2,248 | -10·27 | 2·15 | <0·01 | -14·49, -6·05 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,248 | -11·34 | 3·15 | <0·01 | -17·52, -5·15 |
| Evenson cutpoints, 60 minutes, 7 valid days | 218 | -21·02 | 9·81 | 0·03 | -40·36, -1·68 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 2,248 | -10·26 | 2·23 | <0·01 | -14·63, -5·89 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 2,248 | -9·47 | 2·16 | <0·01 | -13·70, -5·24 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,248 | -14·53 | 3·90 | <0·01 | -22·17, -6·88 |
| Evenson cutpoints, 60 minutes, 7 valid days | 218 | -21·02 | 9·81 | 0·03 | -40·36, -1·68 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 2,248 | -10·60 | 2·45 | <0·01 | -15·42, -5·79 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 2,248 | -9·56 | 2·40 | <0·01 | -14·27, -4·85 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,248 | -14·28 | 6·55 | 0·03 | -27·12, -1·43 |
| Evenson cutpoints, 60 minutes, 7 valid days | 218 | -23·96 | 10·05 | 0·02 | -43·76, -4·16 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 13. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for HDL cholesterol [mmol/l])** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 6,467 | 0·05 | 0·02 | 0·01 | 0·01, 0·08 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 6,467 | 0·04 | 0·01 | <0·01 | 0·02, 0·07 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 6,467 | 0·03 | 0·04 | 0·48 | -0·05, 0·10 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,069 | 0·10 | 0·03 | <0·01 | 0·03, 0·17 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 6,467 | 0·05 | 0·01 | <0·01 | 0·03, 0·06 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 6,467 | 0·04 | 0·01 | <0·01 | 0·02, 0·06 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 6,467 | 0·05 | 0·01 | <0·01 | 0·02, 0·07 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,069 | 0·05 | 0·02 | <0·01 | 0·02, 0·08 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 6,467 | 0·04 | 0·01 | <0·01 | 0·03, 0·06 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 6,467 | 0·04 | 0·01 | <0·01 | 0·02, 0·06 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 6,467 | 0·05 | 0·01 | <0·01 | 0·02, 0·08 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,069 | 0·05 | 0·02 | <0·01 | 0·02, 0·08 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 6,467 | 0·05 | 0·01 | <0·01 | 0·03, 0·07 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 6,467 | 0·05 | 0·01 | <0·01 | 0·03, 0·06 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 6,467 | 0·04 | 0·02 | 0·10 | -0·01, 0·08 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,069 | 0·04 | 0·02 | 0·01 | 0·01, 0·07 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 14. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for glucose [mmol/l])** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 2,267 | -0·10 | 0·04 | 0·01 | -0·17, 0·03 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 2,267 | -0·09 | 0·03 | <0·01 | -0·15, -0·03 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,267 | -0·13 | 0·08 | 0·10 | -0·28, 0·02 |
| Evenson cutpoints, 60 minutes, 7 valid days | 221 | -0·42 | 0·18 | 0·03 | -0·78, -0·05 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 2,267 | -0·09 | 0·02 | <0·01 | -0·13, -0·05 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 2,267 | -0·09 | 0·02 | <0·01 | -0·13, -0·06 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,267 | -0·12 | 0·03 | <0·01 | -0·18, -0·07 |
| Evenson cutpoints, 60 minutes, 7 valid days | 221 | -0·16 | 0·07 | 0·02 | -0·29, -0·02 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 2,267 | -0·09 | 0·02 | <0·01 | -0·13, -0·05 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 2,267 | -0·09 | 0·02 | <0·01 | -0·13, -0·06 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,267 | -0·11 | 0·04 | <0·01 | -0·18, -0·04 |
| Evenson cutpoints, 60 minutes, 7 valid days | 221 | -0·16 | 0·07 | 0·02 | -0·29, -0·02 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 2,267 | -0·10 | 0·02 | <0·01 | -0·14, -0·05 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 2,267 | -0·09 | 0·02 | <0·01 | -0·13, -0·05 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 2,267 | -0·11 | 0·06 | 0·07 | -0·23, 0·01 |
| Evenson cutpoints, 60 minutes, 7 valid days | 221 | -0·17 | 0·07 | 0·02 | -0·31, -0·03 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 15. Sensitivity analysess to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for triglycerides [mmol/l; log transformed values])** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 5,040 | -0·03 | 0·01 | <0·01 | -0·05, -0·01 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 5,040 | -0·03 | 0·01 | <0·01 | -0·05, -0·01 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,040 | -0·06 | 0·03 | 0·02 | -0·11, -0·01 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·03 | 0·02 | 0·17 | -0·07, 0·01 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | <0·01 | -0·03, -0·01 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | <0·01 | -0·03, -0·01 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | 0·02 | -0·04, 0·00 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·01 | 0·01 | 0·17 | -0·03, 0·01 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | <0·01 | -0·03, -0·01 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | <0·01 | -0·03, -0·01 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | 0·08 | -0·04, 0·00 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·02 | 0·01 | 0·13 | -0·04, 0·00 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | <0·01 | -0·04, -0·01 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 5,040 | -0·02 | 0·01 | <0·01 | -0·03, -0·01 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 5,040 | -0·05 | 0·02 | <0·01 | -0·08, -0·02 |
| Evenson cutpoints, 60 minutes, 7 valid days | 1,651 | -0·02 | 0·01 | 0·05 | -0·04, -0·00 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 16. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for diastolic blood pressure [mmHg])** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 8,172 | -0·41 | 0·37 | 0·27 | -1·14, 0·32 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 8,172 | -0·76 | 0·33 | 0·02 | -1·41, -0·12 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,172 | -0·01 | 0·85 | 0·99 | -1·68, 1·66 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,640 | -0·45 | 0·77 | 0·56 | -1·96, 1·07 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 8,172 | -0·80 | 0·20 | <0·01 | -1·19, -0·41 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 8,172 | -0·99 | 0·19 | <0·01 | -1·37, -0·62 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,172 | -0·53 | 0·29 | 0·07 | -1·10, 0·04 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,640 | -0·70 | 0·34 | 0·04 | -1·36, -0·04 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 8,172 | -0·79 | 0·20 | <0·01 | -1·18, -0·40 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 8,172 | -0·97 | 0·19 | <0·01 | -1·34, -0·59 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,172 | -0·32 | 0·33 | 0·34 | -0·96, 0·33 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,640 | -0·71 | 0·34 | 0·04 | -1·37, -0·04 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 8,172 | -0·66 | 0·21 | <0·01 | -1·07, -0·25 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 8,172 | -0·73 | 0·20 | <0·01 | -1·13, -0·33 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,172 | -0·33 | 0·54 | 0·55 | -1·39, 0·74 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,640 | -0·73 | 0·34 | 0·03 | -1·40, -0·06 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |

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| **Table 17. Sensitivity analyses to test the effects of data analysis decisions on associations between physical activity compliance and health indicators (results for systolic blood pressure [mmHg])** |
|  |  | **N** | **Est.** | **S.E.** | **Sig** | **95% C.I.b** |
| **Compliance** **with DM** | Evenson cutpoints, 60 minutes, ≥4 valid daysa | 8,194 | -1·74 | 0·46 | <0·01 | -2·63, -0·85 |
| Evenson cutpoints, 55 minutes, ≥4 valid days  | 8,194 | -1·75 | 0·40 | <0·01 | -2·54, -0·96 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,194 | -2·81 | 1·04 | 0·01 | -4·86, -0·77 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,649 | -1·52 | 0·98 | 0·12 | -3·45, 0·40 |
| **Compliance** **with AM** | Evenson cutpoints, 60 minutes, ≥4 valid days | 8,194 | -2·01 | 0·24 | <0·01 | -2·48, -1·54 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 8,194 | -1·95 | 0·23 | <0·01 | -2·41, -1·49 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,194 | -1·54 | 0·35 | <0·01 | -2·23, -0·84 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,649 | -2·02 | 0·43 | <0·01 | -2·86, -1·19 |
| **Compliance** **with AM5** | Evenson cutpoints, 60 minutes, ≥4 valid days | 8,194 | -1·96 | 0·24 | <0·01 | -2·44, -1·49 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 8,194 | -1·87 | 0·24 | <0·01 | -2·33, -1·41 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,194 | -1·64 | 0·40 | <0·01 | -2·43, -0·85 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,649 | -2·04 | 0·43 | <0·01 | -2·88, -1·20 |
| **Compliance** **with AM15** | Evenson cutpoints, 60 minutes, ≥4 valid days | 8,194 | -1·70 | 0·25 | <0·01 | -2·20, -1·20 |
| Evenson cutpoints, 55 minutes, ≥4 valid days | 8,194 | -1·52 | 0·25 | <0·01 | -2·01, -1·04 |
| MVPA≥3000cpm, VPA≥6000cpm; 60 minutes, ≥4 valid days | 8,194 | -1·81 | 0·66 | 0·01 | -3·11, -0·52 |
| Evenson cutpoints, 60 minutes, 7 valid days | 2,649 | -2·16 | 0·43 | <0·01 | -3·00, -1·31 |
| DM = daily method; AM = average method; AM5 = AM + 3 days with ≥5 minutes VPA; AM15 = AM + 3 days with ≥15 minutes VPAa Analyses reported in main tables; b 95% confidence interval |