

Table S1. Characteristics of the study participants according to sex

	Male	Female
Age	47.06 ± 16.53	47.51 ± 16.11
BMI	23.62 ± 3.19	23.71 ± 3.39
Leisure-time PA (hours/day)	0 (0-3.0)	0 (0-3.0)
Leisure-time SB (hours/day)		
Watch TV or video	2.0 (0-15.29)	2.0 (0-15.14)
Computer use	0 (0-13.0)	0 (0-10.29)
Play online or video games	0 (0-10.0)	0 (0-6.0)
Do Homework	0 (0-7.71)	0 (0-12.14)
Reading	0 (0-13.0)	0 (0-11.43)
Total leisure-time sedentary time (hours/day)	2.52 (0-15.86)	2.29 (0-15.49)
Energy intake (kcal/day)	2.35 (0.08-6.20)	1.98 (0.19-6.19)

Results are presented as mean ± SD, median (range)

Table S2. Sample Size for Leisure-time sedentary behaviors in the Chinese population by sociodemographic and lifestyle characteristics, CHNS 2004-2011

Variables	No. of Participants by Age group, n (%)				
	6- 11	12 - 17	18 - 44	45 - 59	≥ 60
Overall	513 (100)	1286 (100)	13494 (100)	12492 (100)	8384 (100)
Sex					
Male	308 (58.6)	657 (51.1)	6350 (47.1)	5985 (47.9)	4028 (48.0)
Female	205 (42.2)	629 (48.9)	7144 (52.9)	6507 (52.1)	4356 (52.0)
Weight status					
Normal	410 (79.9)	1102 (85.7)	8617 (63.9)	6458 (51.7)	4583 (54.7)
Excessive weight	103 (20.1)	184 (14.3)	4877 (36.1)	6034 (48.3)	3801 (45.3)
Educational level					
<High school	-	-	8581 (63.6)	9005 (72.1)	6953 (82.9)
High school	-	-	3312 (24.5)	2897 (23.2)	983 (11.7)
>High school	-	-	1580 (11.7)	580 (4.6)	426 (5.1)
Missing	-	-	21 (0.2)	10 (0.1)	22 (0.3)
Region					
Rural	311 (60.6)	792 (61.6)	9157 (67.9)	8170 (65.4)	4715 (56.2)
Urban	202 (39.4)	494 (38.4)	4337 (32.1)	4322 (34.6)	3669 (43.8)
Leisure-time PA					
< 60 min/week	339 (66.1)	801 (62.3)	11876 (88.0)	11065 (88.6)	7238 (86.3)
≥ 60 min/week	24 (4.7)	62 (4.8)	200 (1.5)	104 (0.8)	43 (0.5)
≥ 150 min/week	63 (12.3)	136 (19.6)	497 (3.7)	283 (2.3)	251 (3.0)
≥ 300 min/week	87 (17.0)	287 (22.3)	923 (6.8)	1040 (8.3)	852 (10.2)
Smoking status					
Never	-	1244 (97.7)	9605 (71.2)	8211 (65.7)	5670 (67.6)
Former	-	7 (0.5)	244 (1.8)	434 (3.5)	683 (8.1)
Current	-	27 (2.1)	3632 (26.9)	3835 (30.7)	2025 (24.2)
Missing		8 (0.6)		12 (0.1)	
Leisure-time SB					
Watch TV or video					
≤ 1.0 hour/day	197 (38.4)	657 (51.1)	3254 (24.1)	2681 (21.5)	2137 (25.5)
1.1-2.0 hours/day	192 (37.4)	495 (38.5)	5026 (37.2)	4729 (37.9)	2824 (33.7)
> 2.0 hours/day	124 (24.2)	134 (10.4)	5214 (38.6)	5082 (40.7)	3423 (40.8)
Computer use					
< 1.0 hour/day	488 (95.1)	1069 (83.1)	10913 (80.9)	11846 (94.8)	8232 (98.2)
≥ 1.0 hours/day	25 (4.9)	217 (16.9)	2581 (19.1)	646 (5.2)	152 (1.8)

Play online or video games					
< 1.0 hour/day	476 (92.8)	1170 (91.0)	12026 (89.1)	12077 (96.7)	8293 (98.9)
≥ 1.0 hours/day	37 (7.2)	116 (9.0)	1468 (10.9)	415 (3.3)	91 (1.1)
Do Homework					
< 1.0 hour/day	167 (32.6)	523 (40.7)	-	-	-
≥ 1.0 hours/day	346 (67.4)	763 (59.3)	-	-	-
Reading					
< 1.0 hour/day	389 (75.8)	1005 (78.1)	12026 (89.1)	11137 (89.2)	7147 (85.2)
≥ 1.0 hours/day	124 (24.2)	281 (21.9)	1468 (10.9)	1355 (10.8)	1237 (14.8)
Survey year					
2004	100 (19.5)	403 (31.3)	3345 (24.8)	2627 (21.0)	1432 (17.1)
2006	106 (20.7)	271 (21.1)	3209 (23.8)	2620 (21.0)	1677 (20.0)
2009	101 (19.7)	244 (19.0)	3057 (22.7)	3055 (24.5)	2120 (25.3)
2011	206 (40.2)	368 (28.6)	3883 (28.8)	4190 (33.5)	3155 (37.6)

Note: Excessive weight: combined overweight and obesity; PA: physical activity; SB: sedentary behavior.

Table S3. Association of total leisure-time sedentary time with excessive weight among the Chinese population, CHNS 2004-2011

Variables	OR (95% C.I.)	
	Male	Female
Age, years	1.009 (1.006-1.011)	1.024 (1.022-1.026)
Educational level		
< high school	1 [Reference]	1 [Reference]
high school	1.349 (1.249-1.458)	0.775 (0.711-0.845)
> high school	1.420 (1.261-1.599)	0.530 (0.456-0.616)
Region		
Rural	1 [Reference]	1 [Reference]
Urban	1.376 (1.281-1.478)	1.046 (0.976-1.121)
Survey year		
2004	1 [Reference]	1 [Reference]
2006	1.084 (0.985-1.193)	0.964 (0.879-1.057)
2008	1.262 (1.150-1.385)	1.012 (0.925-1.107)
2011	1.415 (1.296-1.545)	1.203 (1.105-1.309)
Leisure-time PA (hours/day)	0.993 (0.984-1.003)	1.007 (0.997-1.017)
Energy intake (kcal/day)	1.171 (1.126-1.218)	1.142 (1.095-1.192)
Smoking status		
Never	1 [Reference]	1 [Reference]
Former	1.170 (1.033-1.325)	1.028 (0.645-1.636)
Current	0.830 (0.777-0.887)	0.860 (0.726-1.019)
Total leisure-time sedentary time		
≤ 1 hour/day	1 [Reference]	1 [Reference]
≤ 2 hours/day	1.214 (1.095-1.346)	1.185 (1.084-1.295)
> 2 hours/day	1.166 (1.059-1.284)	1.130 (1.038-1.230)

Note: PA: physical activity; OR: odds ratio; CI: confidence interval; sex, energy intakes, physical activity, region (in urban and rural areas), and survey year, and educational level, and smoking status were adjusted for.