

Appendix 11. Sensitivity analysis showing the association of occupational physical activity (OPA) and leisure-time physical activity (LTPA) with all-cause mortality, stratified by education level.

The association of occupational physical activity (OPA) with all-cause mortality among males. Models with either the sedentary (left columns) and low OPA category (right column) as reference are shown.

		n	N	HR [95% CI]	n	N	HR [95% CI]
Low education level	Sedentary OPA	28,868	15	1.00 (reference)	28,774	14	1.01 [0.97-1.05]
	Low OPA	24,255	14	0.99 [0.95-1.03]	24,255	15	1.00 (reference)
	Moderate OPA	24,735	15	0.99 [0.94-1.04]	24,446	15	0.99 [0.95-1.02]
	High OPA	15,952	14	1.02 [0.93-1.13]	15,800	14	1.00 [0.96-1.04]
Moderate education level	Sedentary OPA	63,824	16	1.00 (reference)	63,455	15	0.99 [0.96-1.03]
	Low OPA	47,536	15	1.01 [0.97-1.04]	48,802	17	1.00 (reference)
	Moderate OPA	41,502	16	1.11 [1.02-1.20]	41,687	17	1.04 [1.01-1.08]
	High OPA	22,947	14	1.19 [1.02-1.37]	23,293	16	1.08 [0.95-1.22]
High education level	Sedentary OPA	54,543	8	1.00 (reference)	55,033	7	0.95 [0.90-1.00]
	Low OPA	26,333	7	1.06 [1.00-1.12]	27,164	9	1.00 (reference)
	Moderate OPA	10,560	8	1.10 [0.92-1.31]	10,289	8	1.07 [0.90-1.28]
	High OPA	4,793	7	1.12 [0.96-1.32]	5,399	8	1.08 [0.91-1.27]

n = number of participants; N = number of studies; HR = hazard ratio; 95% CI = 95% confidence interval; OPA = occupational physical activity
Note that the number of studies (N) differs across comparisons, as not all occupational physical activity categories were available from all studies (see Appendix 2 for an overview).

Estimates are from model 2: Adjusted for leisure-time physical activity, age, body mass index and smoking.

Occupational physical activity levels reflect the physical activity continuum, i.e., sedentary, low, moderate, and high. Categories roughly indicate: mainly sitting work (sedentary), work that mainly involves standing or walking, but without lifting or carrying loads (low), work that involves carrying light objects or walking stairs (moderate), physically demanding work involving frequent carrying or lifting heavy loads (high).

Education levels reflect low (pre-primary/primary/lower secondary), moderate (upper secondary), and high (post-secondary) education, using the International Standard Classification of Education (ISCED-97).

The association of occupational physical activity (OPA) with all-cause mortality among females. Models with either the sedentary (left columns) and low OPA category (right column) as reference are shown.

		n	N	HR [95% CI]	n	N	HR [95% CI]
Low education level	Sedentary OPA	25,563	10	1.00 (reference)	25,117	9	1.08 [1.00-1.16]
	Low OPA	48,980	9	0.93 [0.87-1.00]	48,964	10	1.00 (reference)
	Moderate OPA	22,547	10	0.87 [0.79-0.97]	22,264	9	0.94 [0.90-0.98]
	High OPA	7,011	9	0.93 [0.77-1.14]	6,928	9	1.08 [0.88-1.32]
Moderate education level	Sedentary OPA	61,277	13	1.00 (reference)	60,188	12	1.00 [0.89-1.12]
	Low OPA	75,131	12	1.00 [0.89-1.12]	74,887	13	1.00 (reference)
	Moderate OPA	38,337	12	0.92 [0.79-1.07]	37,941	11	0.95 [0.91-0.99]
	High OPA	4,928	8	1.15 [0.85-1.56]	4,617	8	1.02 [0.85-1.23]
High education level	Sedentary OPA	39,214	10	1.00 (reference)	38,363	8	1.06 [0.98-1.14]
	Low OPA	47,942	8	0.95 [0.88-1.02]	47,798	9	1.00 (reference)
	Moderate OPA	20,344	8	1.04 [0.94-1.15]	20,111	7	1.11 [1.01-1.22]
	High OPA	1,099	6	1.18 [0.85-1.64]	1,070	6	1.16 [0.87-1.54]

n = number of participants; N = number of studies; HR = hazard ratio; 95% CI = 95% confidence interval; OPA = occupational physical activity
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Estimates are from model 2: Adjusted for leisure-time physical activity, age, body mass index and smoking.

Occupational physical activity levels reflect the physical activity continuum, i.e., sedentary, low, moderate, and high. Categories roughly indicate: mainly sitting work (sedentary), work that mainly involves standing or walking, but without lifting or carrying loads (low), work that involves carrying light objects or walking stairs (moderate), physically demanding work involving frequent carrying or lifting heavy loads (high).

The association of leisure-time physical activity (LTPA) with all-cause mortality among males. Models with either the sedentary (left columns) and low LTPA category (right column) as reference are shown.

		n	N	HR [95% CI]	n	N	HR [95% CI]
Low education level	Sedentary LTPA	18,231	16	1.00 (reference)	18,231	16	1.11 [1.03-1.2]
	Low LTPA	37,868	16	0.90 [0.84-0.97]	38,948	19	1.00 (reference)
	Moderate LTPA	28,476	16	0.84 [0.77-0.92]	31,266	19	0.89 [0.84-0.95]
	High LTPA	7,823	13	0.83 [0.72-0.94]	8,179	16	0.88 [0.78-0.99]
		n	N	HR [95% CI]	n	N	HR [95% CI]
Moderate education level	Sedentary LTPA	34,650	18	1.00 (reference)	34,206	18	1.16 [1.09-1.24]
	Low LTPA	72,791	18	0.86 [0.81-0.92]	73,824	21	1.00 (reference)
	Moderate LTPA	51,799	18	0.78 [0.71-0.87]	54,551	21	0.90 [0.84-0.96]
	High LTPA	14,890	15	0.76 [0.65-0.89]	15,126	18	0.84 [0.77-0.92]
		n	N	HR [95% CI]	n	N	HR [95% CI]
High education level	Sedentary LTPA	14,604	15	1.00 (reference)	14,604	14	1.21 [1.09-1.34]
	Low LTPA	39,747	14	0.83 [0.75-0.91]	40,655	19	1.00 (reference)
	Moderate LTPA	34,296	14	0.76 [0.66-0.87]	36,506	19	0.94 [0.88-1.01]
	High LTPA	10,229	12	0.80 [0.72-0.90]	11,375	17	0.94 [0.86-1.04]

n = number of participants; N = number of studies; HR = hazard ratio; 95% CI = 95% confidence interval; LTPA = leisure-time physical activity
Note that the number of studies (N) differs across comparisons, as not all leisure-time physical activity categories were available from all studies (see Appendix 2 for an overview).

Estimates are from model 2: Adjusted for occupational physical activity, age, body mass index and smoking.

Leisure-time physical activity levels reflect the physical activity continuum, i.e., sedentary, low, moderate, and high. Categories roughly indicate: almost no regular physical activity, spending most leisure time sitting (sedentary), occasionally engaging in leisure time activities such as slow walking or household activities (low), engaging in activities such as intense household activities or brisk walking (moderate), regular engagement in activities such as jogging or cycling (high).

The association of leisure-time physical activity (LTPA) with all-cause mortality among females. Models with either the sedentary (left columns) and low LTPA category (right column) as reference are shown.

		n	N	HR [95% CI]	n	N	HR [95% CI]
Low education level	Sedentary LTPA	17,488	10	1.00 (reference)	17,488	10	1.13 [1.09-1.18]
	Low LTPA	53,584	10	0.88 [0.85-0.92]	54,678	13	1.00 (reference)
	Moderate LTPA	25,570	10	0.80 [0.75-0.86]	26,806	13	0.92 [0.87-0.98]
	High LTPA	4,790	8	0.82 [0.63-1.07]	5,027	10	0.90 [0.70-1.16]
		n	N	HR [95% CI]	n	N	HR [95% CI]
Moderate education level	Sedentary LTPA	33,051	13	1.00 (reference)	33,051	13	1.21 [1.16-1.25]
	Low LTPA	99,501	13	0.83 [0.80-0.86]	100,279	15	1.00 (reference)
	Moderate LTPA	37,649	13	0.68 [0.58-0.79]	39,065	15	0.89 [0.83-0.94]
	High LTPA	6,907	9	0.69 [0.57-0.83]	7,143	11	0.77 [0.74-0.80]
		n	N	HR [95% CI]	n	N	HR [95% CI]
High education level	Sedentary LTPA	14,084	9	1.00 (reference)	14,084	9	1.12 [1.03-1.22]
	Low LTPA	55,511	9	0.89 [0.82-0.97]	55,955	12	1.00 (reference)
	Moderate LTPA	31,026	8	0.81 [0.72-0.91]	32,059	11	0.95 [0.83-1.08]
	High LTPA	6,087	7	0.77 [0.61-0.96]	6,746	9	0.85 [0.70-1.03]

n = number of participants; N = number of studies; HR = hazard ratio; 95% CI = 95% confidence interval; LTPA = leisure-time physical activity
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Estimates are from model 2: Adjusted for occupational physical activity, age, body mass index and smoking.

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