

## Supplementary material 2: Health-related outcomes addressed by WHO

The WHO Guideline Development Group decided on the scope of their guidelines to use PICO (Population-Intervention-Control-Outcome) questions.

**Population:** Adults (18-64years), Working population

**Exposure:** Greater volume, duration, frequency or intensity of Occupational Physical Activity.

**Comparison:** No Occupational Physical Activity or a lesser volume, duration, frequency or intensity.

Outcomes	Importance
All cause of mortality	Critical
Cardio Vascular Disease	Critical
Cancer	Critical
Diabetes type 2	Critical
Osteoarthritis	Critical
Adiposity/Prevention of weight gain	Critical
Cognitive outcomes (dementia, cognition)	Critical
Mental Health problems	Critical
Health Related quality of life	Important
Hypertension	Important
Sleep duration and quality	Important