

Supplementary file 3: Unadjusted associations for moderate or high levels of physical activity levels

Variable	Physical Activity Subgroups			
	Moderate ^a (n=960)		High ^a (n= 413)	
Age category				
<25 years	1 ^d		1	
25-29 years	2.35 (1.63-3.41)	0.000	2.02 (1.26-3.22)	<0.0001
30-34 years	2.70 (1.89-3.85)	0.000	3.07 (1.97-4.78)	<0.0001
≥ 35 years	2.48 (1.58-3.89)	0.000	2.62 (1.52-4.54)	<0.0001
Ethnicity				
Non-Caucasian	1		1	
Caucasian	1.62 (0.84-3.13)	0.155	5.42 (1.56-18.88)	<0.0001
Marital status				
Single	1		1	
Married/partner	2.17 (1.54-3.07)	0.000	2.03 (1.54-3.07)	<0.0001
Education				
Schooling ≤12 years	1		1	
Schooling >12 years	2.09 (1.52-2.88)	0.000	1.96 (1.32-2.90)	<0.0001
Employment status				
Not working	1		1	
Working	2.07 (1.44-2.96)	0.000	1.28 (0.86-1.91)	0.230
Accommodation				
Other	1		1	
Own house	1.72 (1.35-2.19)	0.000	1.77 (1.35-2.36)	<0.0001
Socioeconomic index				
<24	1		1	
≥24	1.65 (1.23-2.21)	0.001	1.73 (1.21-2.47)	<0.0001
Maternity service^b				
Private	1		1	
Public	0.61 (0.46-0.82)	0.001	0.65 (0.47-0.92)	<0.0001
BMI category^e				
Normal	1		1	
Overweight	1.08 (0.83-1.42)	0.559	0.99 (0.73-1.36)	0.973
Gravidity^b				
1 pregnancy	1		1	
>1 Pregnancy	0.82 (0.60-1.13)	0.221	0.90 (0.62-1.31)	0.592
Mode of delivery^c				
C-section	1		1	
Vaginal birth	0.95 (0.73-1.24)	0.732	1.11 (0.81-1.52)	0.512
Smoking				
Smoker	1		1	
Non-smoker	1.56 (1.21-2.01)	0.001	1.65 (1.22-2.24)	<0.0001
Alcohol				
Drinker	1		1	
Non-drinker	0.63 (0.48-0.83)	0.001	0.67 (0.48-0.94)	<0.0001
Folic-acid supplement^b				
No	1		1	
Yes	1.59 (1.24-2.03)	0.000	1.68 (1.25-2.26)	<0.0001
Five a day^b				
No	1		1	
Yes	1.57 (1.07-2.32)	0.022	2.30 (1.51-3.50)	<0.0001
Fish^b				
No	1		1	
Yes	1.41 (1.08-1.84)	0.012	1.60 (1.18-2.17)	<0.0001
Anxiety Index	0.99 (0.98-1.00)	0.003	0.99 (0.98-1.00)	<0.0001
Perceived Stress Scale	0.98 (0.97-1.00)	0.084	0.97 (0.95-1.00)	<0.0001
Depression Scale	0.96 (0.94-0.99)	0.003	0.94 (0.95-0.97)	<0.0001
Limiting response	0.94 (0.91-0.96)	0.000	0.86 (0.83-0.89)	<0.0001
All or nothing response	1.02 (1.00-1.04)	0.215	1.02 (0.99-1.05)	0.260

^aReference category: low physical activity level; ^bMissing values; ^cRecoded at birth ^d1 denotes reference category ^eBMI category World Health Organisation guidelines as underweight (<18.5kg/m²), normal weight (18.5 -24.9kg/m²), overweight (≥25 – 29.9kg/m²), obese (≥30kg/m²)