



**Supplementary material**

---

## **Trends in Leisure Time Physical Activity Practice in the 1995-2005 Period in Girona**

Ana Redondo,<sup>a,b</sup> Isaac Subirana,<sup>a</sup> Rafel Ramos,<sup>c,d</sup> Pascual Solanas,<sup>c,d</sup> Joan Sala,<sup>e</sup> Rafael Masiá,<sup>e</sup> Helmut Schröder,<sup>f,g</sup> Jaume Marrugat,<sup>a</sup> and Roberto Elosua\*<sup>a,h</sup>

<sup>a</sup>*Grupo de Epidemiología y Genética Cardiovascular, IMIM, Barcelona, Spain*

<sup>b</sup>*Unidad Docente de Medicina Preventiva y Salud Pública (IMAS-UPF-ASPB), Barcelona, Spain*

<sup>c</sup>*Instituto de Investigación en Atención Primaria (IDIAP-Jordi Gol), Girona, Spain*

<sup>d</sup>*Departamento de Ciencias Médicas, Facultad de Medicina, Universitat de Girona, Girona, Spain*

<sup>e</sup>*Departamento de Cardiología., Hospital Universitari de Girona Josep Trueta, Girona, Spain*

<sup>f</sup>*Grupo de Riesgo Cardiovascular y Nutrición, IMIM, Barcelona, Spain*

<sup>g</sup>*CIBER Obesidad y Nutrición (CIBEROBN), Barcelona, Spain*

<sup>h</sup>*CIBER Epidemiología y Salud Pública (CIBERESP), Barcelona, Spain*

---

**SUPPLEMENTARY RESULTS****Table 1**

Age- and gender- and gender-age-stratified sedentary lifestyle prevalence and the 95 % confidence interval (CI 95%) in each of the three surveys in the urban population.

	1995 n=658			2000 n=1,376			2005 n=3,396			P value
	%	CI 95%		%	CI 95%		%	CI 95%		
<i>Gender</i>										
Male	52.1	46.4	57.7	37.6	33.9	41.4	29.6	27.4	32.0	<.001
Female	73.0	68.0	77.7	46.7	43.0	50.4	34.9	32.7	37.2	<.001
p value	<.001			.001			.001			
<i>Age groups</i>										
35-44	55.1	47.0	63.0	35.4	30.3	40.7	25.4	22.1	28.9	<.001
45-54	62.4	54.6	69.8	39.0	34.1	44.1	27.6	24.8	30.6	<.001
55-64	67.2	59.8	74.0	42.0	36.8	47.3	34.9	31.9	37.9	<.001
65-74	66.5	58.4	73.8	54.9	49.0	60.7	40.9	37.5	44.4	<.001
p value	.091			<.001			<.001			
<i>Men by age groups</i>										
35-44	47.2	35.3	59.3	32.4	25.5	39.9	24.1	19.2	29.5	<.001
45-54	55.1	43.4	66.4	38.6	31.4	46.3	27.6	23.3	32.2	<.001
55-64	52.3	41.3	63.2	38.2	30.9	45.8	30.4	26.3	34.7	<.001
65-74	53.1	41.7	64.3	42.1	33.9	50.5	34.9	30.1	39.9	.006
p value	.800			.340			.017			
<i>Women by age groups</i>										
35-44	61.6	50.5	71.9	38.5	31.1	46.2	26.4	21.9	31.2	<.001
45-54	69.0	58.1	78.5	39.3	32.6	46.3	27.7	23.9	31.7	<.001
55-64	80.9	71.4	88.2	45.7	38.3	53.1	39.2	34.9	43.6	<.001
65-74	81.1	70.3	89.3	67.3	59.2	74.8	46.5	41.7	51.4	<.001
p value	.008			<.001			<.001			

**Table 2**

Age- and gender- and gender-age-stratified sedentary lifestyle prevalence and the 95 % confidence interval (CI 95%) in each of the three surveys in the rural population.

	1995 n=761			2000 n=1123			2005 n=2230			p value
	%	CI 95%		%	CI 95%		%	CI 95%		
<i>Gender</i>										
Male	34.5	29.6	39.7	29.9	26.1	33.9	29.0	26.3	31.8	.137
Female	59.2	54.2	64.0	46.3	42.1	50.5	41.3	38.5	44.2	<.001
p value	<.001			<.001			<.001			
<i>Age groups</i>										
35-44	39.8	32.8	47.1	34.9	29.3	40.9	31.2	27.6	35.0	.078
45-54	48.9	41.6	56.3	36.6	31.3	42.2	37.4	33.5	41.4	.010
55-64	47.7	40.4	55.0	38.2	32.6	44.0	36.1	32.0	40.4	.018
65-74	54.0	46.6	61.3	44.1	37.7	50.7	37.3	32.9	41.9	<.001
p value	.048			.163			.080			
<i>Men by age groups</i>										
35-44	32.3	22.9	42.7	29.7	22.2	38.1	28.1	23.1	33.6	.742
45-54	35.6	25.6	46.6	30.2	23.0	38.3	33.0	27.8	38.6	.679
55-64	31.8	22.3	42.6	26.8	19.7	34.8	28.9	23.4	35.0	.712
65-74	38.5	28.4	49.2	33.3	25.2	42.3	24.9	19.5	31.0	.036
p value	.761			.709			.221			
<i>Women by age groups</i>										
35-44	46.9	36.8	57.3	40.1	31.9	48.9	33.9	28.9	39.3	.051
45-54	60.2	50.1	69.7	42.4	34.8	50.3	41.9	36.2	47.7	.004
55-64	61.0	50.9	70.3	48.7	40.6	56.9	42.6	36.7	48.7	.006
65-74	68.8	58.5	77.8	56.3	46.6	65.6	49.8	43.2	56.4	.007
p value	.019			.048			.002			

**Table 3**

Prevalence of sedentary lifestyle in the groups of participants leaving in the city of Girona and in other cities participating in the 1995 and 2000 surveys.

	<b>Participants living in the city of Girona</b>	<b>Participants living in other cities</b>	<b>P value</b>
<b>1995 survey</b>	67.2% (41/61)	62.5% (373/597)	.490
<b>2000 survey</b>	41.6% (74/178)	42.4% (508/1198)	.871

**Table 4**

Trends in the prevalence of sedentary lifestyle in the study period estimated by multivariate logistic regression analyses and stratified by gender and age groups in the urban population.

TOTAL	1995	2000	2005	P value
	1	0.43 (0.34-0.52)	0.32 (0.26-0.39)	<.001
P value of interaction Period*Gender = .018				
<i>Gender</i>				
Men	1	0.53 (0.38-0.72)	0.43 (0.32-0.57)	<.001
Women	1	0.34 (0.24-0.48)	0.23 (0.17-0.31)	<.001
P value of interaction: Period*Age groups*Gender = .063				
<i>Men</i>				
35-44	1	0.45 (0.24-0.85)	0.43 (0.23-0.79)	.017
45-54	1	0.39 (0.21-0.74)	0.31 (0.17-0.58)	.001
55-64	1	0.68 (0.37-1.24)	0.59 (0.34-1.02)	.169
65-74	1	0.58 (0.30-1.14)	0.44 (0.24-0.81)	.028
<i>Women</i>				
35-44	1	0.40 (0.20-0.77)	0.32 (0.18-0.58)	.001
45-54	1	0.32 (0.17-0.60)	0.21 (0.12-0.39)	<.001
55-64	1	0.36 (0.17-0.73)	0.22 (0.12-0.41)	<.001
65-74	1	0.39 (0.17-0.89)	0.19 (0.10-0.40)	<.001

Adjusted by place of residence, smoking, alcohol consumption, dyslipidemia, diabetes, hypertension and previous ischemic heart disease.

**Table 5**

Trends in the prevalence of sedentary lifestyle in the study period estimated by multivariate logistic regression analyses and stratified by gender and age groups in the rural population.

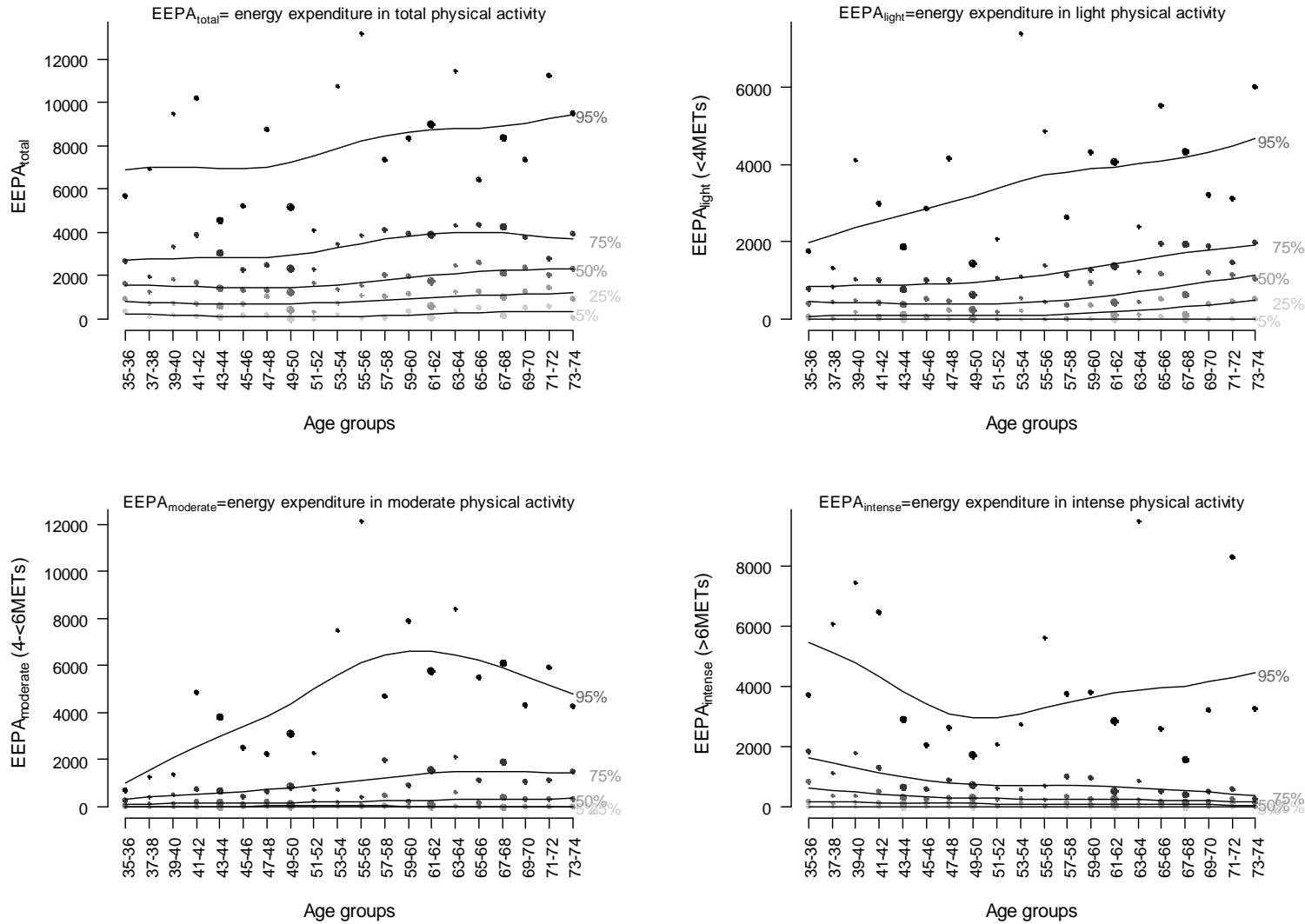
<b>Total</b>	<b>1995</b>	<b>2000</b>	<b>2005</b>	<b>P value</b>
	1	0.71 (0.56-0.90)	0.69 (0.57-0.84)	.001
P value of interaction Period*Gender = .014				
<i>Gender</i>				
Men	1	0.83 (0.59-1.16)	0.88 (0.66-1.19)	.545
Women	1	0.66 (0.47-0.93)	0.57 (0.44-0.75)	<.001
P value of interaction: Period*Age groups*Gender = .626				
<i>Men</i>				
35-44	1	0.86 (0.43-1.73)	1.04 (0.56-1.91)	.821
45-54	1	0.74 (0.38-1.44)	1.01 (0.56-1.81)	.492
55-64	1	0.99 (0.48-2.05)	0.98 (0.51-1.91)	.999
65-74	1	0.74 (0.36-1.51)	0.56 (0.30-1.03)	.172
<i>Women</i>				
35-44	1	0.67 (0.34-1.32)	0.65 (0.38-1.10)	.275
45-54	1	0.69 (0.36-1.32)	0.61 (0.36-1.04)	.195
55-64	1	0.87 (0.43-1.73)	0.55 (0.32-0.95)	.065
65-74	1	0.47 (0.21-1.04)	0.50 (0.27-0.91)	.058

Adjusted by place of residence, smoking, alcohol consumption, dyslipidemia, diabetes, hypertension and previous ischemic heart disease.

**Figure 1**

Distribution in percentiles of total, light, moderate, and intense physical activity practice (kcal/week) by gender and age groups in the 1995 survey.

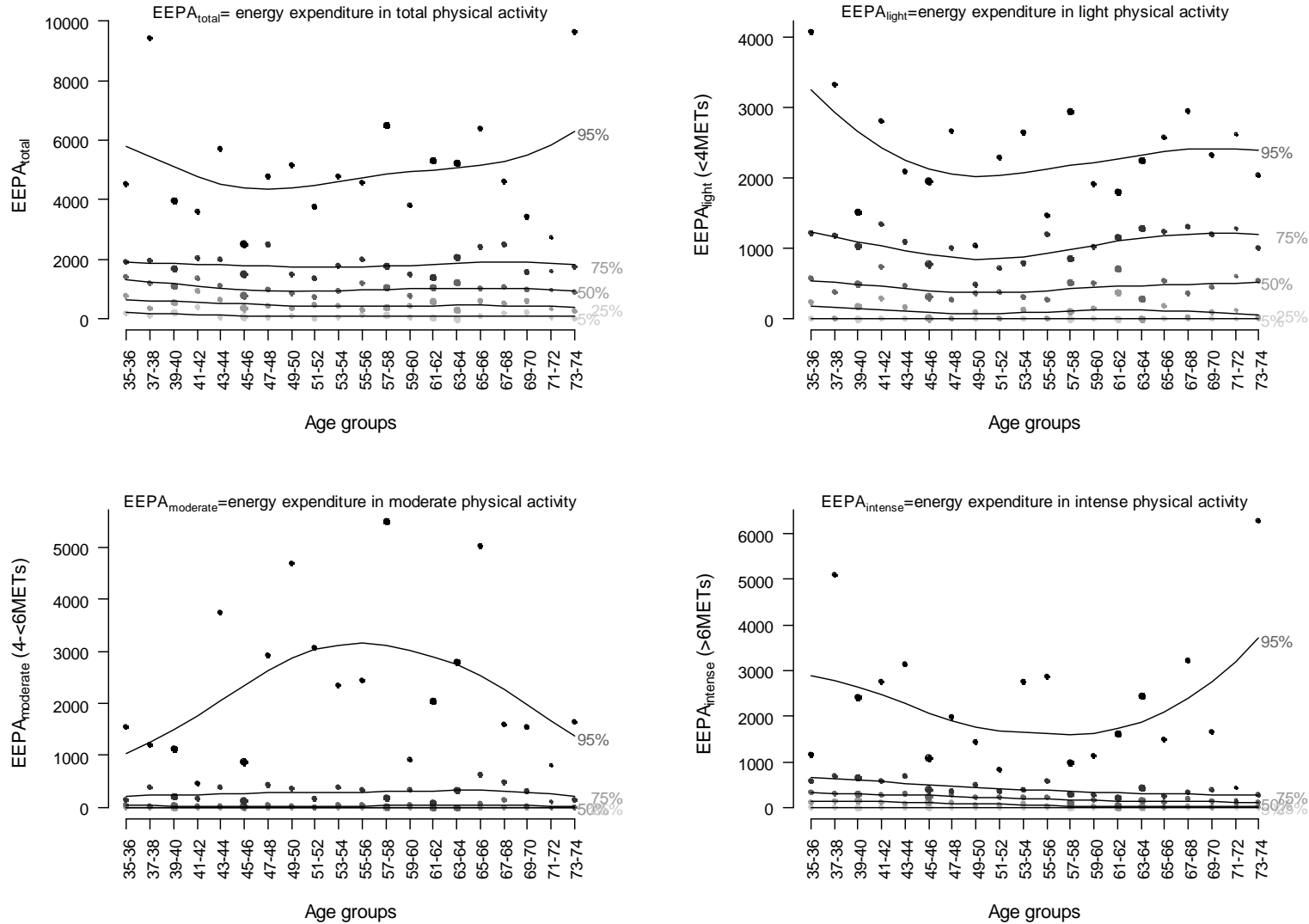
**Men:**



**Figure 1 (continuation)**

Distribution in percentiles of total, light, moderate, and intense physical activity practice (kcal/week) by gender and age groups in the 1995 survey.

**Women:**

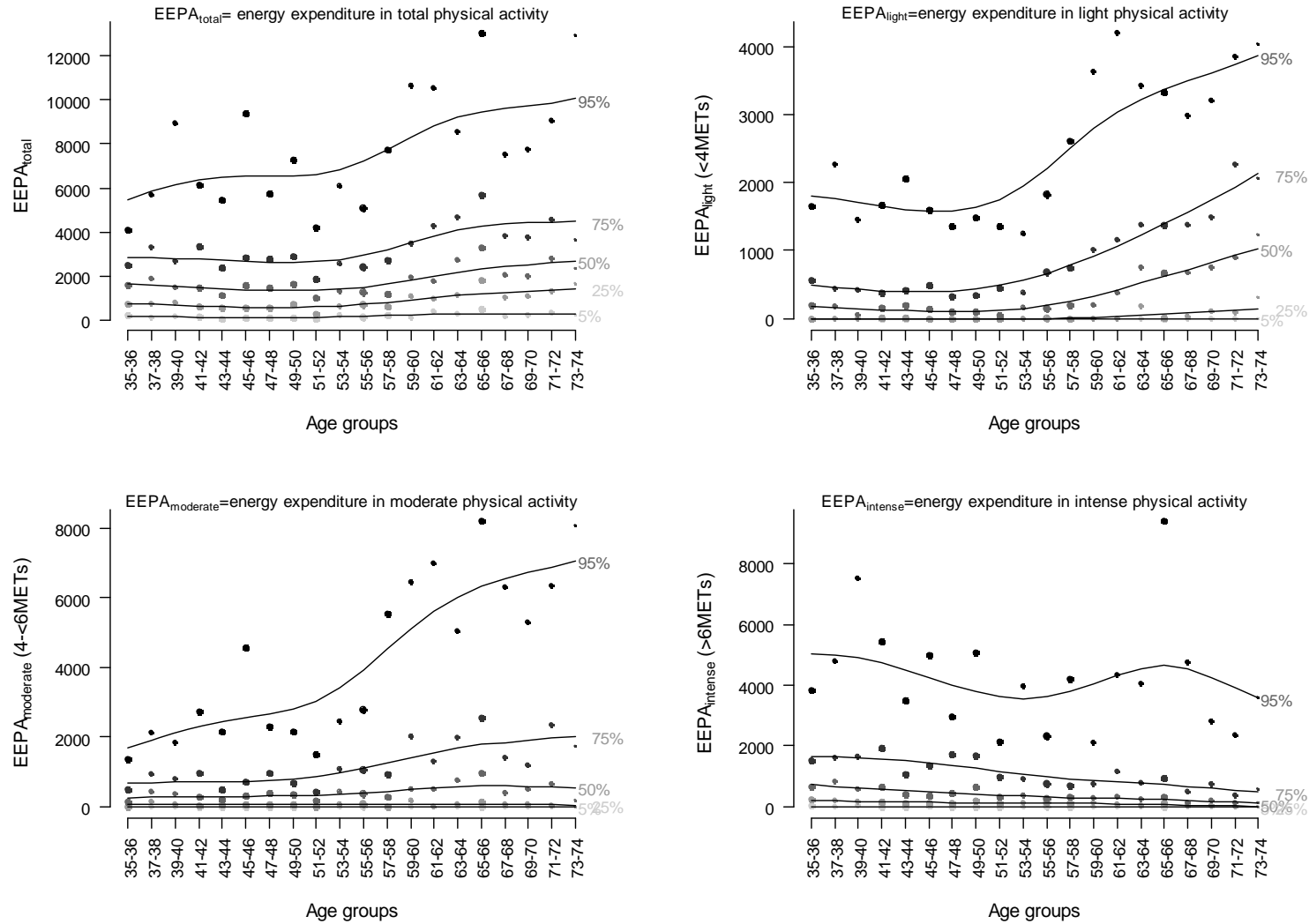




**Figure 2**

Distribution in percentiles of total, light, moderate, and intense physical activity practice (kcal/week) by gender and age groups in the 2000 survey.

**Men:**



**Figure 2 (continuation)**

Distribution in percentiles of total, light, moderate, and intense physical activity practice (kcal/week) by gender and age groups in the 2000 survey.

**Women:**

