Supplementary Material File 5: Physical activity differences between weekday (Monday-Friday) and weekend (Saturday, Sunday) activity by housing sector.

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| Physical activity variable (N = 1107) | Housing sector group | Mean (95% CI) weekday (Mon-Fri) activity | | Difference in PA outcome compared to weekdays  (95% confidence interval), p-value | | | | | |
| Saturday - weekday | | | Sunday - weekday | | |
| Daily steps | Social | 8733 | (8364, 9103) | -1643 | (-2078, -1207) | <0.0001 | -2629 | (-3093, -2164) | <0.0001 |
| Intermediate | 9497 | (9178, 9817) | 460 | (59, 862) | 0.02 | -1104 | (-1528, -680) | <0.0001 |
| Market-rent | 9146 | (8673, 9619) | 1055 | (467, 1642) | <0.001 | -102 | (-734, 531) | 0.75 |
| MVPA (minutes) | Social | 57.2 | (54.3, 60.1) | -11.2 | (-14.7, -7.7) | <0.0001 | -18.4 | (-22.1, -14.7) | <0.0001 |
| Intermediate | 63.1 | (60.6, 65.7) | 1.5 | (-1.8, 4.7) | 0.37 | -8.5 | (-11.9, -5.1) | <0.0001 |
| Market-rent | 63.5 | (59.8, 67.3) | 6.6 | (1.9, 11.3) | 0.01 | -0.1 | (-5.2, 5.0) | 0.97 |
| MVPA in ≥10 minute bouts (minutes) | Social | 16.3 | (14.0, 18.5) | -4.1 | (-6.9, -1.3) | 0.004 | -6.8 | (-9.8, -3.9) | <0.0001 |
| Intermediate | 22.6 | (20.7, 24.6) | 2.5 | (-0.06, 5.1) | 0.06 | -0.7 | (-3.4, 2.0) | 0.62 |
| Market-rent | 24.2 | (21.3, 27.1) | 6.1 | (2.4, 9.9) | 0.001 | 2.8 | (-1.2, 6.9) | 0.17 |

Means and differences (95% confidence intervals) are adjusted for sex, age group, ethnic group, limiting longstanding illness, month of recording, day of the week, housing sector, an interaction between housing sector and day of week, and random effects to allow for multiple days of measurement and clustering of participants within household.

MVPA and MVPA in ≥10 minute bouts are an average daily estimate, obtained from averaging a participant’s weekly total.