

Table S1. Distribution of daily steps, cadence, and duration of bouts of walking according to levels of clinically assessed walking capacity (6MWT)

	Levels of 6MWT distance				
	<300 m (cadence~70 steps/min)	300 to <400 m (cadence ~83 steps/min)	400 to <500 m (cadence ~107 steps/min)	500 to <600 m (cadence ~130 steps/min)	≥600 m (cadence >142 steps/min)
Patient days	28	119	269	322	131
Mean days of recording	7	7	6.9	7	6.9
No. of patients	4	17	39	46	19
Mean no. of steps per day (SD)	4130 (906)	4366 (2176)	5100 (2684)	6620 (2357)	7446 (2695)
No. (%) of steps at specific cadence bands					
0-39 (incidental)	390 (9.4)	371 (8.7)	331 (6.5)	404 (6.1)	389 (5.2)
40-59 (purposeful)	748 (18.1)	591 (13.6)	631 (12.4)	726 (10.9)	716 (9.6)
60-79 (slow)	1238 (29.9)	768 (17.6)	833 (16.3)	976 (4.7)	959 (12.9)
80-99 (medium)	1289 (31.3)	1491 (32.3)	1409 (27.6)	1596 (24.1)	1570 (21.1)
100-119 (brisk)	396 (9.7)	1007 (23.2)	1492 (29.3)	2108 (31.9)	2280 (30.6)
≥120 (fast)	66 (1.6)	190 (4.4)	402 (7.9)	808 (12.2)	1529 (20.5)
% ≥ concordant band	72.5	59.9	37.2	12.2	20.5
Average upright time (standing + stepping) hours/day	4.3	6.2	8.8	8.0	8.6
Duration of walking bouts (values are % of time)					
<1 min	50.7	47.6	46.9	45.9	46.9
≥1 to <2 min	21.3	20.5	20.5	20.8	20.3
≥2 to <3 min	14.7	13.8	13.8	14.1	13.4
≥3 to <4 min	4.6	5.9	5.9	5.8	5.5
≥4 to <5 min	3.7	4.5	4.5	4.4	4.5
≥5 to <6 min	1.3	2.2	2.2	2.1	2.2
≥6 to <10 min	2.5	3.9	3.9	4.6	4.3
≥10 min	0.5	1.9	1.9	2.2	2.7

Recording from 09:00 a.m. to 09:00 p.m.

Abbreviation: 6MWT, 6-Minute Walk Test.

Table S2. Quantile and zero-inflated Poisson regression analysis (adjusted and unadjusted) on mean number of steps, number of steps at brisk or more, cumulated time per week at brisk or more, and number of 5-minute bouts according to categories of 6MWT

	6MWT distance				
	<300 m (cadence ~70 steps/min)	300 to <400 m (cadence ~83 steps/min)	400 to <500 m (cadence ~107 steps/min)	500 to <600 m (cadence ~130 steps/min)	≥600 m (cadence >142 steps/min)
Mean no. of steps per person per day (SD)	4130 (906)	4366 (2176)	5100 (2684)	6620 (2357)	7446 (2695)
Quantile regression β (95% CI)					
Median	4306	4325	5425	6898	7844
Unadjusted	-3072.6 (-4773.2, -2379.3)	-3081.4 (-4559.9, -2083.3)	-2176.8 (-4078.8, -290.2)	-940.5 (-2248.4, 814.7)	Referent
Adjusted	-3379.4 (-6881.1, -1963.6)	-3304.1 (-5086.9, 219.8)	-1485.9 (-4392.4, 1932.2)	-804.1 (-2332.4, 2270.8)	Referent
No. (SD) of steps at brisk or more	463 (490)	1197 (913)	1894 (1438)	2916 (1654)	3810 (1915)
Quantile regression β (95% CI)					
Median	328	1017	1585	2507	3637
Unadjusted	-3044.0 (-3732.1, -2434.8)	-2571.7 (-3068.9, -1751.2)	-964.3 (-3054.5, -1340.1)	-1120.6 (-1993.2, -543.9)	Referent
Adjusted	-3009.3 (-3957.7, -1907.1)	-1929.9 (-3673.6, -642.8)	-1298.9 (-2809.3, -149.4)	-450.8 (-2467.4, 819.5)	Referent
Cumulated time* (min) per week \geq brisk: mean	17.4	19.8	25.2	29.4	34.2
Quantile regression β (95% CI)					
Median	17.4	18.6	19.2	24.6	27.6
Unadjusted	-0.2 (infy)	-0.1 (-0.2, -0.1)	-0.1 (-0.3, -0.03)	-0.05 (-0.2, -0.0004)	Referent
Adjusted	-0.2 (infy)	-0.1 (-0.2, 0.01)	-0.1 (-0.2, 0.03)	-0.04 (-0.2, 0.05)	Referent

Total 5-minute bouts in 7 days	209	680	1626	2324	1030
Median per person	36	41	48	66	71
Bouts per person-waking time (12 hours)	20,160	81,360	171,360	214,560	90,000
Crude rate per 1000 waking hours	10.36	8.35	9.49	10.83	11.44
Crude rate per 12 waking hours	0.12	0.10	0.11	0.13	0.14
[§] Rate ratio OR (95% CI)					
Unadjusted	0.59 (0.52, 0.67)	0.66 (0.60, 0.73)	0.78 (0.72, 0.84)	0.99 (0.92, 1.07)	Referent
Adjusted	0.61 (0.53, 0.69)	0.66 (0.59, 0.73)	0.73 (0.66, 0.79)	0.96 (0.87, 1.04)	Referent

Abbreviation: 6MWT, 6-Minute Walk Test.

* noncontiguous minutes

[§] RR from zero-inflated Poisson (ZIP) model

β is adjusted for age, sex, mental health, vitality, self-efficacy, exercise barriers, and enjoyment

Table S3. Adjusted and unadjusted values of quantile and zero-inflated Poisson regression analysis for each outcome and predictor

	Unadjusted		Adjusted	
	β (SE)	95% CI	β (SE)	95% CI
Mean No. of steps per day				
<300 m	-3315 (1363)	-4678, -1952	-3417 (1489)	-4906, -1928
300 to <400 m	-3079 (847)	-3926, -2232	-2276 (986)	-3262, -1290
400 to <500 m	-2345 (718)	-3063, -1627	-1973 (865)	-2838, -1108
500 to <600 m	-825 (694)	-1519, -131	-418 (825)	-1243, 407
≥ 600 m	Referent	---	Referent	---
Age (decade)			-228.1 (300.4)	-528.5, 72.3
Women vs men			-215.8 (700.1)	-915.9, 484.3
Vitality (per 10 units)			6.5 (178.4)	-171.9, 184.9
Mental health (per 10 units)			153.3 (204.1)	-50.8, 357.4
Exercise barriers (per barrier)			96.5 (282.2)	-185.7, 378.7
Self-efficacy (per 10 units)			-151.7 (310.4)	-462.1, 158.7
Exercise enjoyment (per unit)			178.8 (125.8)	53, 4.6
No. (%) of steps at brisk or more				
<300 m	-3347 (847)	-4194, -2500	-3323 (956)	-4279, -2367
300 to <400 m	-2613 (526)	-3139, -2087	-2164 (633)	-2797, -1531
400 to <500 m	-1915 (446)	-2361, -1469	-1584 (555)	-2139, -1029
500 to <600 m	-893 (431)	-1324, -462	-551 (530)	-1081, -21
≥ 600 m	Referent	---	Referent	---
Age (decade)			-345.3 (192.9)	-475.2, -215.4
Women vs men			25.5 (449.6)	-424.1, 475.1
Vitality (per 10 units)			77.4 (114.6)	-37.2, 192
Mental health (per 10 units)			62.1 (131.1)	-69, 193.2
Exercise barriers (per barrier)			21.4 (181.2)	-159.8, 202.6
Self-efficacy (per 10 units)			-179.3 (199.4)	-378.7, 20.1
Exercise enjoyment (per unit)			48.05 (80.8)	-32.75, 128.85
Cumulative time (min) per week at brisk or faster walking				
<300 m	-16.8 (15.6)	-32.4, -1.2	-20.4 (17.4)	-37.9, -2.9
300 to <400 m	-14.4 (5.4)	-19.8, -9.0	-12.1 (6.4)	-18.8, -5.7
400 to <500 m	-9.0 (4.8)	-13.8, -4.2	-5.1 (5.7)	-10.8, 0.5
500 to <600 m	-4.8 (4.2)	-9.0, -0.6	-2.2 (5.3)	-7.5, 3.0
≥ 600 m	Referent	---	Referent	---
Age (decade)			-0.4 (0.2)	-0.6, -0.2
Women vs men			3.9 (4.8)	-0.9, 8.7
Vitality (per 10 units)			0.1 (0.1)	0.02, 0.2
Mental health (per 10 units)			-0.08 (0.1)	-0.2, -0.06
Exercise barriers (per barrier)			-0.8 (1.9)	-2.8, 1.1
Self-efficacy (per 10 units)			0.04 (0.2)	-0.2, 0.2
Exercise enjoyment (per unit)			-0.3 (0.8)	-1.1, 0.6
Rate ratio				
	OR	95% CI	OR	95% CI
<300 m	0.59	(0.52, 0.67)	0.61	(0.53, 0.69)
300 to <400 m	0.66	(0.60, 0.73)	0.66	(0.59, 0.73)
400 to <500 m	0.78	(0.72, 0.84)	0.73	(0.66, 0.79)
500 to <600 m	0.99	(0.92, 1.07)	0.96	(0.87, 1.04)
≥ 600 m	Referent	---	Referent	---
Age (decade)			1.0	(0.98, 1.04)
Women vs men			0.96	(0.89, 1.03)
Vitality (per 10 units)			0.99	(0.98, 1.00)
Mental health (per 10 units)			1.03	(1.00, 1.05)
Exercise barriers (per barrier)			0.96	(0.93, 0.99)
Self-efficacy (per 10 units)			1	(0.97, 1.03)
Exercise enjoyment (per unit)			1.0	(0.99, 1.02)

Abbreviations: OR, odds ratio; SE, standard error.