**Table S2: Unadjusted and adjusted risk ratios for duration of bicycling and walking to work and overweight /obesity, hypertension and diabetes (40 minutes cutoff point)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Duration of active transport** | **BMI ≥25 kg/m2 (n=1388)** | | | **Doctor diagnosed hypertension (n=457)** | | | **Doctor diagnosed diabetes (n=283)** | | |
| **%** | **URRa[95%CI]** | **ARRb[95%CI]** | **%** | **URRa[95%CI]** | **ARRb[95%CI]** | **%** | **URRa[95%CI]** | **ARRb[95%CI]** |
| **Walking** |  |  |  |  |  |  |  |  |  |
| No active travel | 50.0 | 1.00[reference] | 1.00[reference] | 17.7 | 1.00[reference] | 1.00[reference] | 10.8 | 1.00[reference] | 1.00[reference] |
| 0 to 39 mins/day | 25.5 | 0.40[0.29-0.54] | 0.56[0.41-0.74] | 10.8 | 0.58[0.40-0.84] | 0.79[0.52-1.18] | 8.2 | 0.76[0.51-1.11] | 1.00[0.65-1.53] |
| ≥40 mins/day | 23.4 | 0.33[0.20-0.54] | 0.68[0.44-0.96] | 7.3 | 0.36[0.18-0.71] | 0.68[0.31-1.36] | 5.1 | 0.48[0.22-0.97] | 0.91[0.41-1.89] |
| **Bicycle** |  |  |  |  |  |  |  |  |  |
| No active travel | 50.0 | 1.00[reference] | 1.00[reference] | 17.7 | 1.00[reference] | 1.00[reference] | 10.8 | 1.00[reference] | 1.00[reference] |
| 0 to 39 mins/day | 27.9 | 0.45[0.36-0.55] | 0.74[0.61-0.88] | 7.7 | 0.37[0.27-0.51] | 0.54[0.36-0.78] | 4.2 | 0.38[0.26-0.55] | 0.66[0.44-0.98] |
| ≥40 mins/day | 15.6 | 0.20[0.13-0.29] | 0.43[0.29-0.59] | 3.8 | 0.17[0.10-0.31] | 0.28[0.13-0.54] | 2.8 | 0.25[0.13-0.47] | 0.48[0.23-0.96] |

Note: Duration of walking and cycling = minutes for total daily journey to and from work

a Unadjusted risk ratio

b Adjusted risk ratio: adjusted for age, sex, caste, standard of living index, occupation, factory location, current smoking, current alcohol intake, fat intake, leisuretime physical activity, with an individual-specific random effect of sib-pair