

Supplementary Table 1. Associations of correlates with walking time from preconception to pregnancy and postpartum in women

Walking	Preconception	Pregnancy	Postpartum	Overall P	Interaction P
Adjusted mean differences (95% CI)					
Age at recruitment (Ref: ≤30 years) >30 years	-68 (-210, 73)	5 (-121, 130)	-103 (-223, 17)	0.343	0.266
BMI (Ref: Under & normal weight) Overweight Obese	85 (-91, 261) -14 (-204, 177)	126 (-33, 284) -8 (-183, 168)	46 (-108, 201) -50 (-215, 115)	0.590	0.801
Ethnicity (Ref: Chinese) Non-Chinese	156 (-25, 337)	209 (39, 379)	101 (-60, 262)	0.091	0.103
Education (Ref: Post-secondary and below) Undergraduate Postgraduate	-21 (-194, 152) -151 (-389, 86)	88 (-60, 236) 136 (-84, 357)	-14 (-151, 123) -70 (-299, 158)	0.386	0.330
Employment status (Ref: Non-employed) Employed	302 (123, 482)*	42 (-124, 208)	122 (-47, 291)	0.001*	0.001*
Parity (Ref: Nulliparous) Primi/multiparous	82 (-59, 223)	11 (-111, 132)	31 (-96, 158)	0.256	0.683
General health (Ref: Very good/Good) Fair/Bad/Very bad	-147 (-295, 1)	-101 (-230, 27)	-120 (-240, 1)	0.052	0.107

Values are mean differences (95% CI) from repeated-measure linear regression models. Overall P values are the overall association of exposure (correlates) on physical activity levels regardless of time. Interaction P values relate to the interaction term exposure*time. An asterisk (*) indicates a P value less than 0.05.

Supplementary Table 2. Associations of correlates with MVPA from preconception to pregnancy and postpartum in women

MVPA	Preconception	Pregnancy	Postpartum	Overall P	Interaction P
Adjusted mean differences (95% CI)					
Age at recruitment (Ref: ≤30 years) >30 years	-13 (-80, 54)	-71 (-125, -17)*	-84 (-169, 0)	0.708	0.024*
BMI (Ref: Under & normal weight) Overweight Obese	67 (-44, 179) 7 (-100, 115)	0 (-68, 69) 5 (-95, 105)	-15 (-132, 101) -47 (-173, 79)	0.495	0.927
Ethnicity (Ref: Chinese) Non-Chinese	179 (60, 297)*	113 (27, 199)*	191 (46, 336)*	0.003*	<0.001*
Education (Ref: Post-secondary and below) Undergraduate Postgraduate	-87 (-186, 12) -19 (-184, 146)	9 (-58, 76) 86 (-13, 185)	-10 (-118, 98) 14 (-152, 180)	0.124	0.227
Employment status (Ref: Non-employed) Employed	-8 (-154, 137)	-28 (-126, 70)	10 (-147, 168)	0.912	0.953
Parity (Ref: Nulliparous) Primi/multiparous	-5 (-87, 77)	27 (-32, 85)	113 (9, 217)*	0.903	0.177
General health (Ref: Very good/Good) Fair/Bad/Very bad	-30 (-101, 41)	17 (-57, 91)	-43 (-130, 44)	0.411	0.687

Values are mean differences (95% CI) from repeated-measure linear regression models. Overall P values are the overall association of exposure (correlates) on physical activity levels regardless of time. Interaction P values relate to the interaction term exposure*time.

An asterisk (*) indicates a P value less than 0.05.

MVPA; moderate-to-vigorous physical activity

Supplementary Table 3. Associations of correlates with vigorous-intensity PA from preconception to pregnancy and postpartum in women

Vigorous-intensity PA	Preconception	Pregnancy	Postpartum	Overall P	Interaction P
Adjusted mean differences (95% CI)					
Age at recruitment (Ref: ≤30 years)				0.103	0.389
>30 years	14 (-3, 30)	3 (-7, 12)	1 (-6, 9)		
BMI (Ref: Under & normal weight)				0.368	0.477
Overweight	25 (-10, 60)	-5 (-16, 5)	-10 (-25, 6)		
Obese	0 (-20, 20)	-9 (-24, 5)	-3 (-27, 20)		
Ethnicity (Ref: Chinese)				0.236	0.113
Non-Chinese	16 (-11, 43)	10 (-10, 29)	29 (0, 59)		
Education (Ref: Post-secondary and below)				0.927	0.761
Undergraduate	2 (-19, 24)	-14 (-34, 6)	-10 (-33, 13)		
Postgraduate	-2 (-30, 26)	-15 (-39, 9)	-7 (-32, 19)		
Employment status (Ref: Unemployed)				0.337	0.266
Employed	-30 (-92, 31)	9 (-2, 20)	14 (-2, 31)		
Parity at inclusion (Ref: Nulliparous)				0.011*	0.040*
Primi/multiparous	-28 (-50, -6)*	-7 (-16, 2)	-4 (-16, 7)		
General health (Ref: Very good/Good)				0.012*	0.020*
Fair/Bad/Very bad	-24 (-42, -5)*	-5 (-13, 4)	-11 (-21, -1)*		

Values are mean differences (95% CIs) from repeated-measures linear regression models. Overall P values relate to the overall association of exposure (correlates) on physical activity levels regardless of time. Interaction P values relate to the interaction term exposure*time.

An asterisk (*) indicates a P value less than 0.05.

Supplementary Table 4. Associations of correlates with screen time from preconception to pregnancy and postpartum in women

Screen time	Preconception	Pregnancy	Postpartum	Overall P	Interaction P
Adjusted mean differences (95% CI)					
Age at recruitment (Ref: ≤30 years)				0.134	0.428
>30 years	-23 (-54, 7)	4 (-33, 40)	3 (-24, 29)		
BMI (Ref: Under & normal weight)				0.010*	0.003*
Overweight	-17 (-46, 11)	35 (-14, 83)	43 (2, 83)*		
Obese	70 (14, 126)*	74 (17, 132)*	27 (-14, 68)		
Ethnicity (Ref: Chinese)				0.679	0.384
Non-Chinese	-9 (-49, 32)	24 (-24, 73)	20 (-15, 55)		
Education (Ref: Post-secondary and below)				0.456	0.082
Undergraduate	-19 (-58, 20)	-58 (-107, -9)*	-40 (-71, -9)*		
Postgraduate	-30 (-77, 18)	-72 (-134, -9)*	-44 (-89, 2)		
Employment status (Ref: Non-employed)				0.003*	0.027*
Employed	-115 (-190, -40)*	-52 (-109, 6)	-26 (-64, 13)		
Parity (Ref: Nulliparous)				0.011*	0.002*
Primi/multiparous	-43 (-76, -10)*	-69 (-109, -29)*	-27 (-53, -1)*		
General health (Ref: Very good/Good)				0.264	0.674
Fair/Bad/Very bad	19 (-15, 53)	1 (-39, 40)	0 (-29, 29)		

Screen time includes TV time and electronic device time.

Values are mean differences (95% CI) from repeated-measure linear regression models. Overall P values are the overall association of exposure (correlates) on sedentary behaviour levels regardless of time. Interaction P values relate to the interaction term exposure*time.

An asterisk (*) indicates a P value less than 0.05.

Supplementary Table 5. Associations of correlates with total sedentary time from preconception to pregnancy and postpartum in women

Total sedentary time	Preconception	Pregnancy	Postpartum	Overall P	Interaction P
Adjusted mean differences (95% CI)					
Age at recruitment (Ref: ≤30 years)				0.381	0.214
>30 years	20 (-25, 66)	46 (2, 90)*	28 (-23, 80)		
BMI (Ref: Under & normal weight)				0.004*	0.021*
Overweight	-2 (-57, 53)	38 (-21, 97)	39 (-25, 103)		
Obese	115 (45, 185)*	31 (-28, 91)	55 (-14, 123)		
Ethnicity (Ref: Chinese)				0.054	0.192
Non-Chinese	-56 (-112, 1)	-41 (-99, 17)	-16 (-75, 43)		
Education (Ref: Post-secondary and below)				0.140	0.144
Undergraduate	-58 (-115, 0)*	-55 (-109, -1)*	-63 (-123, -3)*		
Postgraduate	-37 (-118, 43)	-66 (-147, 15)	-24 (-106, 58)		
Employment status (Ref: Non-employed)				0.002*	<0.001*
Employed	126 (48, 204)*	91 (28, 155)*	172 (104, 239)*		
Parity (Ref: Nulliparous)				0.005*	<0.001*
Primi/multiparous	-68 (-115, -20)*	-90 (-139, -41)*	-18 (-70, 34)		
General health (Ref: Very good/Good)				0.032*	0.137
Fair/Bad/Very bad	56 (5, 107)*	33 (-14, 79)	37 (-14, 88)		

Total sedentary time includes occupational, screen time and leisure-time sedentary behaviour.

Values are mean differences (95% CI) from repeated-measure linear regression models. Overall P values are the overall association of exposure (correlates) on sedentary behaviour levels regardless of time. Interaction P values relate to the interaction term exposure*time.

An asterisk (*) indicates a P value less than 0.05.