

Supplementary material

※ These are questions about exercising

6. These are questions about your physical activity for last week. Please complete the following questions by ticking the appropriate box.
- 6-1. During the last week, how many days did you exercise vigorously for over 20 minutes until you were almost out of breath? (example: running, aerobics, cycling in high speed, mountain hiking, etc.)
- 0 1 2 3 4 5 6 7
- 6-2. During the last week, how many days did you exercise in a moderate level for more than 30 minutes until you had to breath a little faster than usual? (ex: fast walking, tennis, bicycle riding, cleaning, etc.) ※ except the relevant answer from 6-1
- 0 1 2 3 4 5 6 7
- 6-3. During the last week, how many days did you walk for the total of 30 minutes or more in a day including 10 minute walks each time? (example: light exercise, walk to the work or walk for leisure, etc.)
- ※ Please exclude exercises you answered in 6-1 and 6-2
- 0 1 2 3 4 5 6 7

Supplementary Figure 1 The questionnaire modified by the Korean NHIS.