

This is a self-archived version of an original article. This version may differ from the original in pagination and typographic details.

Author(s): Yang, Xiaolin; Lounassalo, Irinja; Kankaanpää, Anna; Hirvensalo, Mirja; Rovio, Suvi P.; Tolvanen, Asko; Biddle, Stuart J. H.; Helajärvi, Harri; Palomäki, Sanna H.; Salin, Kasper; Hutri-Kähönen, Nina; Raitakari, Olli T.; Tammelin, Tuija H.

Title: Associations Between Trajectories of Leisure-Time Physical Activity and Television Viewing Time Across Adulthood : The Cardiovascular Risk in Young Finns Study

Year: 2019

Version: Accepted version (Final draft)

Copyright: © 2019 Human Kinetics, Inc.

Rights: In Copyright

Rights url: <http://rightsstatements.org/page/InC/1.0/?language=en>

Please cite the original version:

Yang, X., Lounassalo, I., Kankaanpää, A., Hirvensalo, M., Rovio, S. P., Tolvanen, A., Biddle, S. J. H., Helajärvi, H., Palomäki, S. H., Salin, K., Hutri-Kähönen, N., Raitakari, O. T., & Tammelin, T. H. (2019). Associations Between Trajectories of Leisure-Time Physical Activity and Television Viewing Time Across Adulthood : The Cardiovascular Risk in Young Finns Study. *Journal of Physical Activity and Health*, 16(12), 1078-1084. <https://doi.org/10.1123/jpah.2018-0650>

Table 1. Characteristics of the study sample

Variable	<i>n</i>	Mean ± SD/(% of total n)
TV-time in 2001 (hrs/d)	2594	2.0 ± 1.1
TV-time in 2007 (hrs/d)	2224	1.7 ± 1.1
TV-time in 2011 (hrs/d)	1970	1.8 ± 1.2
LTPA in 2001 (score)	2453	8.8 ± 1.9
LTPA in 2007 (score)	2173	8.8 ± 1.8
LTPA in 2011 (score)	1924	9.0 ± 1.8
Age (years) in 2001	2934	31.4 ± 4.9
Gender (%)	2934	
Men	1350	46.0
Women	1584	54.0
Education (years) in 2001	2604	14.5 ± 3.1
Body mass index in 2001	1924	25.0 ± 4.4
Smoking in 2001 (%)	2547	
Smoker	754	29.6
Non-smoker	1793	70.4

TV, television viewing; LTPA, leisure-time physical activity.