Table S1. Recent Physical Activity Questionnaire.

## Recent Physical Activity Questionnare (RPAQ)

Do you currently live in walk-up building?...............YES/NO
Does your building have a working elevator most days of the week?..........YES/NO If no, explain $\qquad$ -

Stair climbing at home (please put a tick $(\checkmark)$ on every line)

| Number of times you | Average over the last 4 weeks |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| climbed up a flight of stairs (approx 10 steps) each day at home | None | 1 to 5 times a day | 6 to 10 times a day | 11 to 15 times a day | 16 to 20 times a day | More than 20 times a day |
| On a weekday |  |  |  |  |  |  |
| On a weekend day |  |  |  |  |  |  |

## Smartphone Data

| DATE (for the last month) | \# of stairs climbed (in <br> flights) | \# of steps taken |
| :--- | :--- | :--- |
| $m m / d d / y y$ |  |  |
|  |  |  |
|  |  |  |
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|  |  |  |
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|  |  |  |
|  |  |  |

## Body Measurements

| Height (cm) | Weight (cm) | Body fat (\%) | Waist (cm) | Hip (cm) |
| :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |

Table S2. Global Physical Activity Questionnaire.

| Physical Activity, Continued |  |  |
| :---: | :---: | :---: |
| Question | Response | Code |
| Recreationl activities |  |  |
| The next questions exdude the work and transport activifies that you have already mentioned, Now I would like to ask you aboul sports, fithess and recreational activites (Iesure), (Insert reievant terms), |  |  |
| Do you do any vgorous-intensity sports, finess or recreational (lisisue) activities that cause large incteases in breathing or heart rate like jurnming or footbailf for at leas: 10 minutes continuously? <br> [MSERT EXAMPIES) (USE SHOWCARD) | Yes 1 <br> No 2 IINo, go to P13 | P10 |
| In a typical week, on how mary days do you do vigorousintensity spots, fithess or recreational (\|lisiure) acivities? | Number of days | P11 |
| How much line da you spend dong vigorocis-iniensity spots, finess or recieational acivilites on a typical day? |  | $\begin{aligned} & \mathrm{P} 12 \\ & (a-b) \end{aligned}$ |
| Do you do any moderate-intensity sports, ftress or recreaional (Heisure) actuvities that cause a small increase in breathing or heart raie such as brisk walking, (Iycying, swimming, volleybail? for at least 10 minutes contniously? <br> INSERT EXAMPLES) (USE SHOWCARD) | Yes 1 <br> No 2 INo, gotoP16 | P13 |
| In a typical week, on how many days do you do moderateintensity spots, fitress or recreatonal (\|eisure) acivities? | Number of days | P14 |
| How much ime co you spend dong moderate-intensity sports, finess or recreaional (etisurue) activites on a typical cay? |  | $\begin{aligned} & \text { P15 } \\ & (a-b) \end{aligned}$ |
| Sedentary behaviour |  |  |
| The tollowing question is about siting or recilining at work, at home, geting to and from places, or with fitiends incuuding ime spent siting ata desk, sitting with triends, traveing in car, bus, train, reading, laying cards or watching television, but do not include time spent sleeping. IMSERT EXAMPLES) (USE SHOWCARD) |  |  |
| How much time do you ussally spend siting or ecelining on a typical day? |  | $\begin{aligned} & P 16 \\ & (a-b) \end{aligned}$ |


| Physical Activity |  |  |  |
| :---: | :---: | :---: | :---: |
| Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. <br> Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. [lhsert other examples if needed]. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate. |  |  |  |
| Question |  | onse | Code |
| Work |  |  |  |
| Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like /carrying or ilfing heavy loads, digging or construction work] for at least 10 minutes continuously? <br> [INSERT EXAMPLES] (USE SHOWCARD) | Yes <br> No | 2 If No, go to P4 | P1 |
| in a typical week, on how many days do you do vigorousintensity activities as part of your work? | Number of days | - | P2 |
| How much time do you spend doing vigorous-intensity activities at work on a typical day? | Hours: minutes | $\underset{\text { hrs }}{\text { L____ mins }}$ | $\begin{gathered} \text { P3 } \\ (a-b) \end{gathered}$ |
| Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously? <br> [INSERT EXAMPLES] (USE SHOWCARD) | Yes <br> No | $2 \text { If No, go to P } 7$ | P4 |
| In a typical week, on how many days do you do moderateintensity activities as part of your work? | Number of days | $\square$ | P5 |
| How much time do you spend doing moderate-intensity activities at work on a typical day? | Hours : minutes |  | $\begin{gathered} \text { P6 } \\ (a-b) \end{gathered}$ |
| Travel to and from places |  |  |  |
| The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. [linsert other examples if needed] |  |  |  |
| Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places? |  | $\begin{aligned} & 1 \\ & 2 \text { If No, go to P } 10 \end{aligned}$ | P7 |
| In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places? | Number of days | L-I | P8 |
| How much time do you spend walking or bicycling for travel on a typical day? | Hours : minutes | $\underset{\text { hrs }}{1.1}: \underset{\text { mins }}{\underset{ـ}{1}}$ | $\begin{gathered} \text { P9 } \\ \langle\mathrm{a}-\mathrm{b}\rangle \end{gathered}$ |

Table S3. Stratification of Baseline Data by Survey Completion at Year 1.

|  | AD ( $n=36$ ) | Non-AD ( $n=52$ ) | ANOVA $p$-value |
| :---: | :---: | :---: | :---: |
| BMI | 27.6 ( $\mathrm{SD}=5.08$ ) | 31.0 ( $\mathrm{SD}=8.35$ ) | 0.416 |
| Completed T1 | 27.5 (SD = 4.86) | 31.8 (SD = 8.99) |  |
| Did not complete T1 | 27.4 (SD = 5.63) | 29.6 (SD = 6.83) |  |
| WHR | 0.84 ( $\mathrm{SD}=0.09$ ) | 0.87 (SD = 0.10) | 0.301 |
| Completed T1 | 0.82 (SD = 0.08) | 0.86 (SD = 0.09) |  |
| Did not complete T1 | 0.85 (SD = 0.10) | 0.88 (SD = 0.12) |  |
| Age | 34.9 (SD = 14.50) | 41.8 (SD = 13.20) | 0.588 |
| Completed T1 | $35.1(\mathrm{SD}=12.21)$ | 42.3 (SD = 10.61) |  |
| Did not complete T1 | 34.8 (SD = 17.90) | 40.6 (SD = 18.27) |  |
| Gender (\% Men) | 19.4\% ( $n=7$ ) | 23.1\% ( $n=12$ ) |  |
| Work vigorous activity (\%) | $31.4 \%(n=11)$ | 28.6\% ( $n=14$ ) |  |
| Mean min per week | 513 (SD = 1126.7) | 467 (SD = 995.7) | 0.257 |
| Completed T1 | 424 (SD = 1164.5) | 373 (SD = 715.2) |  |
| Did not complete T1 | 651 (SD = 1092.5) | 680 (SD = 1457.3) |  |
| Work moderate activity (\%) | $65.7 \%(n=23)$ | 44.9\% ( $n=22$ ) |  |
| Mean min per week | 887 (SD = 1065.6) | 749 (SD = 1136.7) | 0.182 |
| Completed T1 | 891 (SD = 1141.6) | 564 (SD = 890.9) |  |
| Did not complete T1 | 882 (SD = 967.9) | 1168 (SD = 1513.8) |  |
| Walk/cycle for travel (\%) | $88.5 \%(n=31)$ | $77.6 \%(n=38)$ |  |
| Mean min per week | 717 (SD = 843.9) | 450 (SD = 1097.8) | 0.852 |
| Completed T1 | 643 (SD = 883.8) | 533 (SD = 1297.3) |  |
| Did not complete T1 | 843 (SD = 789.7) | 263 (SD = 332.3) |  |
| Vigorous rec activity (\%) | $54.2 \%(n=19)$ | $33.3 \%(n=6)$ |  |
| Mean min per week | 202 (SD = 312.8) | 113 (SD = 241.9) | 0.401 |
| Completed T1 | 138 (SD = 211.0) | 129 (SD = 274.4) |  |
| Did not complete T1 | 312 (SD = 422.8) | 78 (SD = 149.5) |  |
| Moderate rec activity (\%) | 50\% ( $n=18$ ) | $43.7 \%(n=21)$ |  |
| Mean min per week | 218 (SD = 410.2) | 102 (SD = 195.7) | 0.857 |
| Completed T1 | 254 (SD = 479.4) | 90 (SD = 170.9) |  |
| Did not complete T1 | 157 (SD = 261.0) | 130 (SD = 246.3) |  |
| Daily sitting time (min) | 272 (SD = 203.8) | 245 (SD = 196.2) | 0.956 |
| Completed T1 | 299 (SD = 222.8) | 225 (SD = 153.0) |  |
| Did not complete T1 | 227 (SD = 165.4) | 283 (SD = 270.7) |  |
| Steps per day | 4573 (SD = 3038.7) | 5388 (SD = 3378.3) | 0.018 |
| Completed T1 | 3792 (SD = 3175.2) | 4404 (SD = 2972.3) |  |
| Did not complete T1 | 6524 (SD = 1631.5) | 9327 (SD = 1448.9) |  |
| Stair flights per day | 5.0 (SD = 2.6) | 9.4 (SD = 5.3) | 0.014 |
| Completed T1 | 4.2 (SD = 2.5) | 7.5 (SD = 3.9) |  |
| Did not complete T1 | 7.3 (SD = 1.5) | 17 (SD = 1.4) |  |

