*Supplementary Table A*

Inclusion criteria and resultant sample size reductions.

|  |  |  |  |
| --- | --- | --- | --- |
| Exclusion criteria | Justification | Reduction | Sample size |
| Total number of visits | - | - | 269,481 |
|  |  |  |  |
| Visits not selected for follow-up. | Many variables in our analysis required information that was only available in the follow-up questions (e.g. visit dates). | 175,717 | 93,764 |
|  |  |  |  |
| People who reported undertaking ‘any other activity’ or ‘none of the activities in the list.’ | In order to create meaningful MET rates we needed activities that could be specified. | 4,663 | 89,101 |
|  |  |  |  |
| People reporting multiple visit activities. | Respondents could choose multiple activities that they undertook on their leisure visit. To ascribe more accurate MET rates, we selected only those who reported one of the activities in the available list. | 16,341 | 72,760 |
|  |  |  |  |
| People whose visit duration was more than 3 standard deviations above the mean. | We wanted to observe leisure visits that occurred within a ‘day out.’ This eliminated any visits over 555 minutes in length. | 1,157 | 71,603 |

*Supplementary Table B*

Travel mode speed estimates used in the selection of respondents included in models 2 and 3 along with sources of information and model descriptions. N.B references and descriptions of model construction are in the footnotes of this table.

|  |  |  |  |
| --- | --- | --- | --- |
| **Travel mode** | **Frequency and proportion (%) of sample using travel mode** | **Speed Estimate** | **How estimate was calculated** |
| Car/van/taxi | 23,776 (33.2%) | 41 miles per hour (mph) | Since minor roads make up the majority of road length in Great Britain (Department for Transport, 2013a), we used automatic traffic counter data from the Department of Transport (DfT; DfT, 2013b; 2013c) which suggested that in 2013, cars travelled at an average of 47mph on non-built-up single carriageways (based on 41,823,000 observations) and 35mph on built-up 40mph speed-limit roads (based on 44,654,000 observations). We used the average of these two figures (41mph) as the predicted average travel speed of respondents travelling by car or van. |
|  |  |  |  |
| Public bus and private bus | 1,980 (2.8%) | 39.5mph | We used the same data sources above to estimate the average speed of bus travel. In 2013, the same data suggests that buses on non-built-up single carriageways travelled at an average speed of 45mph (based 464,000 observations) and on built-up 40mph speed limit roads at a speed of 34mph (based on 474,000 observations; DfT, 2013b; 2013c). We used the average of these two figures (39.5mph) as the predicted average travel speed of respondents travelling by public or private bus. |
|  |  |  |  |
| Motorbike | 144 (0.2%) | 43.5mph | We used the same data sources above to estimate the average speed of motorbike travel. In 2013, the data suggests that motorbikes on non-built-up single carriageways travelled at an average speed of 51mph (based on 456,000 observations) and on built-up 40mph speed-limit roads at an average of 36mph (based on 665,000 observations). We used the average of these two figures (43.5mph) as the predicted average travel speed of respondents travelling by motorbike. |
|  |  |  |  |
| On foot | 41,861 (58.5%) | 3mph | In this study, walking without a dog is set at a MET rate of 3.5 (Ainsworth et al., 2011). This is based on code 17190 in the compendium of physical activities, “walking 2.8 to 3.2mph, level, moderate pace, firm surface.” We used the mid-point of this speed (3.0mph) as our estimated travel speed of those travelling by foot. |
|  |  |  |  |
| By bicycle | 2,310 (3.2%) | 12mph | Again we used the compendium of physical activities (Ainsworth et al., 2011) to derive an estimate of travel speed for those travelling by bicycle. Assuming that “bicycling, general” (code 01015; 7.5 METs) represents light to moderate effort cycling, we used the mid-point of two other codes (code 01020; bicycling, 10-11.9mph, leisure, slow, light effort; and; code 01030; bicycling, 12-13.9mph, leisure, moderate effort) to derive a predicted travel speed (12mph). |
|  |  |  |  |
| Wheelchair | 70 (0.1%) | 3mph | Under UK law, powered wheelchairs and mobility scooters must not travel above 4mph on pavements and in pedestrian areas (Government Digital Service, 2014). Assuming most wheelchair users travel in this way (using power assisted wheelchairs on pavements), we estimate a travel speed under the speed limit similar to a walking pace (3mph). |
|  |  |  |  |
| **For all other transport modes, we were unable to identify academic or governmental sources pertaining to average speeds, so internet sources which retained face validity were used. In addition, these only make up 2% of the overall sample.** | | | |
|  |  |  |  |
| Train | 1,161 (1.6%) | 62.5mph | “The average speed at which trains in the UK travel is between 60 and 65 mph” (Onaverage, n.d). We used the mid-point of this estimate 62.5mph as the predicted average travel speed of respondents travelling by train. |
|  |  |  |  |
| Horseback | 68 (0.1%) | 9.9mph | A horse trot is estimated at 13 to 19km/h (Speed of Animals, n.d). The mid-point of this range (16km/h) equates to 9.9mph. Thus, we used this as the predicted average travel speed of respondents travelling by horseback. |
|  |  |  |  |
| Boat | 27 (0%) | 14mph | Assuming that most trips taken by boat were by a ferry, we calculated that because the average Dover-Calais crossing time is 90 minutes (P&O Ferries, n.d) and the distance from port to port is 21 miles, the average speed of the ferry would be 14mph. Thus we use this as the predicted average travel speed of respondents travelling by boat. |
|  |  |  |  |
| Other | 206 (0.3%) | 28mph | As it was impossible to determine what transport mode respondents reporting “other” modes of transport were referring to, we took an average of all the other travel speed estimates in this table (28mph). We thus used this as the predicted average travel speed of respondents reporting “other” modes of transport. |
| Ainsworth, B. E., Haskell, W. L., Herrmann, S. D., Meckes, N., Bassett, D. R., Tudor-Locke, C., ... & Leon, A. S. (2011). 2011 compendium of physical activities: a second update of codes and MET values. *Medicine and science in sports and exercise, 43(8),* 1575-1581.  Department for Transport (2013a). Table RDL0201: Road lengths (kilometres) by road type and region and country in Great Britain, 2013. Retrieved 12/01/2015 from <https://www.gov.uk/government/statistical-data-sets/tsgb07>.  Department for Transport (2013b). Table SPE0101: Free-flow vehicle speeds on non-built-up roads by road type and vehicle type in Great Britain, 2013. Retrieved 12/01/2015 from <https://www.gov.uk/government/statistical-data-sets/spe01-vehicle-speeds>.  Department for Transport (2013c). Table SPE0102: Free flow vehicle speeds on built-up roads by speed limit and vehicle type in Great Britain, 2013. Retrieved 12/01/2015 from <https://www.gov.uk/government/statistical-data-sets/spe01-vehicle-speeds>.  Government Digital Service (2014). Rules for users of powered wheelchairs and mobility scooters (36 to 46). Retrieved 12/01/15 from <https://www.gov.uk/rules-powered-wheelchairs-mobility-scooters-36-46/on-pavements-38-to-40>.  Onaverage. (n.d). Average train speed. Retrieved 12/01/2015 from <http://www.onaverage.co.uk/speed-averages/58-average-train-speed>.  P&O Ferries (n.d). Dover to Calais. Retrieved 12/01/2015 from <http://www.poferries.com/en/dover-calais>.  Speed of Animals (n.d). Horse: Equus ferus caballus. Retrieved 12/01/2015 from <http://www.speedofanimals.com/animals/horse>.  N.B. Model 1 contained the whole sample (n=71,603) and so did not concern the above speed estimates.  N.B. The “walkers only” model contained only individuals who walked to their destination, within five miles, and undertook walking or walking with a dog – for details of the questions pertaining to travel mode and travel distance, consult supplementary table C.  N.B. Model 2 took respondent’s visit duration and subtracted an estimate of two-way “there-and-back” travel duration. To calculate this new duration we used the equation where VD=the respondent’s original visit duration; D=the respondent’s travel distance and S=the speed of the respondent’s travel mode. As travel distances were defined by ranges, we took the median estimate in miles from each range (0.5, 1.5, 4, 8, 15.5, 30.5, 50.5, 70.5, 90.5, 120).  N.B. Model 3 took respondent’s visit duration and subtracted an estimate of one-way travel duration (assuming travel to the natural environment before moving elsewhere). To calculate this new duration we used the equation using the same principles as model 2. | | | |
|  |  |  |  |

*Supplementary Table C*

Descriptions of control variables, their definitions and their reference categories

|  |  |  |  |
| --- | --- | --- | --- |
| **Control Variable** | **Description** | **Number and definition of Levels for present study** | **Reference Category** |
| **Individual-level control variables** |  |  |  |
| Physical activity in the last 7 days | MENE asks: “In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.” | 2 – Reports meeting recommended PA guidelines / Reports not meeting recommended PA guidelines | Reports not meeting recommended PA guidelines |
|  |  |  |  |
| Gender | MENE records the gender of every respondent. | 2 – Male / Female | Females |
|  |  |  |  |
| Age | MENE records the age of every respondent into eight categories: 16-17, 18-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75 and over. These were condensed to three categories. | 3 – 16-34 / 35-54 / 55+ | 55+ |
|  |  |  |  |
| Socio-economic status | MENE records the socio-economic status of every respondent according to the Ipsos-MORI classification and uses four clusters in the dataset: AB (high/intermediate managerial, administrative or professional) C1 (supervisory, clerical and junior managerial, administrative or professional), C2 (skilled manual worker), and DE (semi and unskilled manual workers, state pensioners, casual or lowest grade workers, unemployed with state benefits only; Ipsos-MORI, 2009). | 4 – AB / C1 / C2 / DE | AB |
|  |  |  |  |
| Work status | MENE records every respondents work status into eight categories: Full-time paid work (30+ hours per week); part-time paid work (8-29 hours per week); part-time paid work (under 8 hours per week); retired; still at school; in full time higher education; unemployed (seeking work); not in paid employment (not seeking work). These were condensed to five categories based on similarities. | 5 – Full-time work / Part-time work / Retired / In education / Not working | Full-time work |
|  |  |  |  |
| Marital status | MENE records the marital status of every respondent into three categories: Married\living as married; single; widowed\divorced\separated. These were condensed to two categories. | 2 – Married / Unmarried | Married |
|  |  |  |  |
| Ethnicity | MENE records the ethnicity of every respondent into a number of categories: White British; White Irish; Any other white background; White & Black Caribbean; White & Black African; White & Asian; Any other mixed background; Indian; Pakistani; Bangladeshi; Any other Asian background; Caribbean; African; Any other Black background; Chinese; Any other. Due to the high prevalence of White-British respondents, we condensed these to two categories. | 2 – White-British / Black and minority ethnicities (BAME) | White-British |
|  |  |  |  |
| Disability status | MENE asks: “Do you have any long standing illness, health problem or disability that limits your daily activities or the kind of work you can do?” | 2 – Yes (has work-limiting disability) / No (does not have work-limiting disability) | Yes (has work-limiting disability) |
|  |  |  |  |
| **Visit characteristics** |  |  |  |
|  |  |  |  |
| Presence of other adults on the visit | MENE asks: “How many adults aged 16 or over, including yourself, were on this visit?” | 2 – Any other adults / No other adults | No other adults |
|  |  |  |  |
| Presence of children on visit | MENE asks: “How many children aged under 16 were on this visit?” | 2 – Any children / No children | Any children |
|  |  |  |  |
| Presence of dogs on visit | MENE asks: “Were you accompanied by a dog on this visit?” | 2 – Yes / No | Yes |
|  |  |  |  |
| Weekend / weekday visit | MENE records the date of the randomly-selected visit for every respondent who visited a natural environment in the last week. The day of the week corresponding to the date was ascribed. | 2 – Visit taken on a weekday / Visit taken on a weekend | Weekend visits |
|  |  |  |  |
| Visitation frequency | MENE asks every respondent the following: “I would like to record details of occasions when you made out of door visits during each of the last 7 days. How many times, if at all, did you make this type of visit yesterday?” Where ‘out of doors’ is described to the respondent as “open spaces in and around towns and cities, including parks, canals and nature areas; the coast and beaches; and the countryside including farmland, woodland, hills and rivers.” The interviewer then goes on to survey every day in the last week. | 2 – Only one visit taken in the last week / Multiple visits taken in the last week | Only one visit taken in the last week |
|  |  |  |  |
| Start point of the visit | MENE records the start point of every randomly selected visit into five categories: Your home; someone else’s home; work; holiday accommodation; somewhere else. These were condensed to four categories due to the low frequencies of ‘work’ and ‘somewhere else.’ N.B 95% of visits started from home. | 4 – Own home / someone else’s home / holiday accommodation / work or elsewhere | Own home |
|  |  |  |  |
| Travel distance | MENE asks all respondents how far they travelled in order to reach the visited environment; “Approximately how far, in miles, did you travel to reach this place? By that I mean the one way distance from where you set off to the place visited.” Respondents choose one category; Less than 1 mile; 1 or 2 miles; 3 to 5 miles; 6 to 10 miles; 11 to 20 miles; 21to 40 miles; 41to 60 miles; 61to 80 miles; 81to100 miles; more than 100 miles. These were condensed to four categories. N.B 35% of visits involved a travel distance of less than a mile. | 4 – Less than a mile / 1-5 miles / 6-20 miles / Over 20 miles | Less than a mile |
|  |  |  |  |
| Travel mode | MENE asks what form of transport the respondent used for the journey and classifies these into 12 categories: Car or van; train (includes tube/underground); public bus or coach (scheduled service); coach trip/ private coach; motorcycle/ scooter; bicycle/ mountain bike; on foot/ walking; wheelchair/mobility scooter; on horseback; boat (sail or motor); taxi; other. These were condensed into five categories. | 5 – Personal motorised transport / Public transport / On foot (including wheelchair use) / By bicycle / Other | Personal motorised transport |
|  |  |  |  |
| Season | MENE records the date of every randomly selected visit. Crude definitions of seasons using 3 month time periods were used as opposed to defining them via equinoxes and solstices, as this more labour-intensive strategy was deemed to not hold any more explanatory power than the simpler method which is more easy to interpret. These time periods were: March to May (Spring), June to August (Summer), September to November (Autumn), and December to February (Winter). | 4 – Spring / Summer / Autumn / Winter | Winter |
|  |  |  |  |
| Survey wave | The yearly wave of the survey was controlled for in case there were any systematic year-on-year differences in the outcome variables. | 5 – 2009-10 / 2010-11 / 2011-12 / 2012-13 / 2013-14 | 2009-10 |

*Supplementary Table D*

Full regression for all three outcome variables (model 1; N=71,603).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | METs |  |  | Duration |  |  | Log-transformed MET minutes | | |
|  | *b* | LB | UB | *b* | LB | UB | *b* | LB | UB |
| *Unadjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 3.54 | 3.53 | 3.55 | 109.87 | 108.80 | 110.94 | 2.44 | 2.44 | 2.44 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.05\*\*\* | 0.03 | 0.07 | 12.04\*\*\* | 10.49 | 13.58 | 0.05\*\*\* | 0.04 | 0.06 |
| Seaside resort | -0.21\*\*\* | -0.24 | -0.17 | 52.30\*\*\* | 49.34 | 55.26 | 0.14\*\*\* | 0.13 | 0.15 |
| Other coast | -0.11\*\*\* | -0.16 | -0.06 | 37.76\*\*\* | 33.50 | 42.03 | 0.12\*\*\* | 0.11 | 0.14 |
| R2 |  | 0.003 |  | 0.020 |  |  | 0.012 |  |  |
| Constant | 3.53 | 3.53 | 3.55 | 112.412 | 111.249 | 113.574 | 2.45 | 2.44 | 2.45 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.05\*\*\* | 0.03 | 0.07 | 12.63\*\*\* | 11.08 | 14.18 | 0.05\*\*\* | 0.05 | 0.06 |
| Seaside resort | -0.21\*\*\* | -0.24 | -0.17 | 52.40\*\*\* | 49.44 | 55.35 | 0.14\*\*\* | 0.13 | 0.15 |
| Other coast | -0.11\*\*\* | -0.16 | -0.06 | 38.21\*\*\* | 33.95 | 42.47 | 0.12\*\*\* | 0.11 | 0.14 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.03\*\*\* | 0.01 | 0.05 | -8.75\*\*\* | -10.31 | -7.18 | -0.02\*\*\* | -0.03 | -0.02 |
| R2 | 0.003 |  |  | 0.021 |  |  | 0.013 |  |  | |
| Constant | 3.51 | 3.47 | 3.55 | 112.837 | 109.349 | 116.326 | 2.42 | 2.41 | 2.43 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.08\*\*\* | 0.06 | 0.10 | 14.91\*\*\* | 13.29 | 16.53 | 0.06\*\*\* | 0.06 | 0.07 |
| Seaside resort | -0.15\*\*\* | -0.19 | -0.12 | 54.69\*\*\* | 51.72 | 57.66 | 0.16\*\*\* | 0.14 | 0.17 |
| Other coast | -0.07\*\* | -0.12 | -0.02 | 40.20\*\*\* | 35.93 | 44.46 | 0.14\*\*\* | 0.12 | 0.15 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.02\* | 0.01 | 0.04 | -8.86\*\*\* | -10.42 | -7.29 | -0.02\*\*\* | -0.03 | -0.02 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | -0.27\*\*\* | -0.29 | -0.25 | -15.15\*\*\* | -16.69 | -13.61 | -0.08\*\*\* | -0.08 | -0.07 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | 0.19\*\*\* | 0.16 | 0.23 | 7.69\*\*\* | 4.99 | 10.39 | 0.05\*\*\* | 0.04 | 0.06 |
| 35-54 | 0.15\*\*\* | 0.12 | 0.17 | -1.08n.s | -3.57 | 1.41 | 0.02\*\*\* | 0.01 | 0.03 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.09\*\*\* | -0.12 | -0.07 | -0.57n.s | -2.60 | 1.46 | -0.01\*\* | -0.02 | -0.01 |
| C2 | -0.17\*\*\* | -0.19 | -0.14 | -1.31n.s | -3.52 | 0.90 | -0.02\*\*\* | -0.03 | -0.02 |
| DE | -0.20\*\*\* | -0.22 | -0.17 | -3.16\*\* | -5.36 | -0.97 | -0.03\*\*\* | -0.04 | -0.03 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | -0.01n.s | -0.04 | 0.02 | -2.57\* | -4.92 | -0.22 | -0.00n.s | -0.01 | 0.01 |
| Retired | -0.07\*\*\* | -0.10 | -0.04 | 0.57n.s | -2.20 | 3.34 | 0.01n.s | -0.00 | 0.02 |
| In education | 0.14\*\*\* | 0.10 | 0.18 | -0.46n.s | -3.95 | 3.03 | 0.02\* | 0.00 | 0.03 |
| Not working | -0.05\*\*\* | -0.08 | -0.02 | -4.48\*\*\* | -6.86 | -2.10 | -0.01\* | -0.02 | -0.00 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.07\*\*\* | 0.05 | 0.09 | 4.54\*\*\* | 2.91 | 6.16 | 0.01\*\*\* | 0.01 | 0.02 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.03\*\* | 0.01 | 0.06 | 7.13\*\*\* | 4.97 | 9.29 | 0.04\*\*\* | 0.03 | 0.05 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.16\*\*\* | 0.14 | 0.19 | 4.47\*\*\* | 2.35 | 6.60 | 0.05\*\*\* | 0.04 | 0.06 |
| R2 | 0.038 |  |  | 0.031 |  |  | 0.036 |  |  |
| *Fully-adjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 2.61 | 2.54 | 2.68 | 92.14 | 86.29 | 97.98 | 2.29 | 2.27 | 2.31 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.04\*\*\* | 0.03 | 0.06 | 3.39\*\*\* | 2.05 | 4.74 | 0.02\*\*\* | 0.02 | 0.03 |
| Seaside resort | -0.17\*\*\* | -0.20 | -0.14 | 14.87\*\*\* | 12.41 | 17.34 | 0.03\*\*\* | 0.02 | 0.04 |
| Other coast | -0.09\*\*\* | -0.13 | -0.05 | 9.80\*\*\* | 6.31 | 13.30 | 0.03\*\*\* | 0.02 | 0.05 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.01n.s | -0.01 | 0.02 | 3.50\*\*\* | 2.20 | 4.80 | 0.02\*\*\* | 0.02 | 0.03 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | -0.15\*\*\* | -0.16 | -0.13 | -10.63\*\*\* | -11.89 | -9.38 | -0.05\*\*\* | -0.06 | -0.05 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | 0.17\*\*\* | 0.14 | 0.20 | 6.85\*\*\* | 4.65 | 9.05 | 0.05\*\*\* | 0.04 | 0.05 |
| 35-54 | 0.10\*\*\* | 0.08 | 0.12 | 1.03n.s | -0.99 | 3.06 | 0.02\*\*\* | 0.01 | 0.03 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.07\*\*\* | -0.09 | -0.05 | 0.48n.s | -1.17 | 2.13 | -0.01\* | -0.01 | -0.00 |
| C2 | -0.12\*\*\* | -0.14 | -0.10 | 2.86\*\* | 1.06 | 4.66 | -0.01n.s | -0.01 | 0.00 |
| DE | -0.14\*\*\* | -0.16 | -0.12 | 4.09\*\*\* | 2.30 | 5.88 | -0.01n.s | -0.01 | 0.00 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | -0.01n.s | -0.03 | 0.02 | 2.07\* | 0.16 | 3.98 | 0.01\*\*\* | 0.01 | 0.02 |
| Retired | -0.04\*\* | -0.06 | -0.01 | 4.51\*\*\* | 2.25 | 6.78 | 0.02\*\*\* | 0.01 | 0.03 |
| In education | 0.12\*\*\* | 0.08 | 0.15 | 5.52\*\*\* | 2.68 | 8.36 | 0.04\*\*\* | 0.03 | 0.05 |
| Not working | -0.03\*\* | -0.06 | -0.01 | 5.19\*\*\* | 3.24 | 7.13 | 0.03\*\*\* | 0.02 | 0.03 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.04\*\*\* | 0.02 | 0.05 | 3.51\*\*\* | 2.18 | 4.84 | 0.01\*\*\* | 0.01 | 0.02 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.03\*\* | 0.01 | 0.05 | 2.97\*\* | 1.20 | 4.74 | 0.02\*\*\* | 0.02 | 0.03 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.12\*\*\* | 0.10 | 0.14 | 3.99\*\*\* | 2.27 | 5.72 | 0.04\*\*\* | 0.04 | 0.05 |
| Presence of children on visit (any children=ref) |  |  |  |  |  |  |  |  |  |
| No children | 0.10\*\*\* | 0.07 | 0.14 | -8.06\*\*\* | -11.00 | -5.13 | -0.04\*\*\* | -0.05 | -0.03 |
| Presence of other adults on visit (no other adults=ref) |  |  |  |  |  |  |  |  |  |
| Other adults | 0.21\*\*\* | 0.18 | 0.23 | 7.27\*\*\* | 5.36 | 9.18 | 0.04\*\*\* | 0.04 | 0.05 |
| Presence of dog on visit (dog on visit=ref) |  |  |  |  |  |  |  |  |  |
| No dog on visit | 0.58\*\*\* | 0.55 | 0.62 | 24.50\*\*\* | 21.75 | 27.24 | 0.16\*\*\* | 0.15 | 0.17 |
| Weekend / weekday visit (weekend visit=ref) |  |  |  |  |  |  |  |  |  |
| Weekday visit | 0.02\* | 0.00 | 0.03 | -11.82\*\*\* | -13.06 | -10.59 | -0.05\*\*\* | -0.06 | -0.05 |
| Visitation frequency (one visit in the last week=ref) |  |  |  |  |  |  |  |  |  |
| Multiple visits | -0.01n.s | -0.03 | 0.00 | -15.88\*\*\* | -17.17 | -14.60 | -0.07\*\*\* | -0.08 | -0.07 |
| Start point (own home=ref) |  |  |  |  |  |  |  |  |  |
| Someone else’s home | -0.11\*\*\* | -0.16 | -0.06 | -2.95n.s | -7.04 | 1.15 | -0.01n.s | -0.02 | 0.01 |
| Holiday accommodation | -0.04n.s | -0.14 | 0.07 | 87.22\*\*\* | 78.31 | 96.14 | 0.31\*\*\* | 0.27 | 0.34 |
| Work or elsewhere | -0.00n.s | -0.09 | 0.08 | -23.38\*\*\* | -30.59 | -16.17 | -0.13\*\*\* | -0.16 | -0.10 |
| Travel distance (less than a mile=ref) |  |  |  |  |  |  |  |  |  |
| 1-5 miles | 0.07\*\*\* | 0.05 | 0.09 | 16.10\*\*\* | 14.63 | 17.57 | 0.10\*\*\* | 0.10 | 0.11 |
| 6-20 miles | 0.16\*\*\* | 0.13 | 0.19 | 71.00\*\*\* | 68.66 | 73.34 | 0.26\*\*\* | 0.25 | 0.27 |
| Over 20 miles | 0.03n.s | -0.01 | 0.06 | 143.31\*\*\* | 140.40 | 146.21 | 0.38\*\*\* | 0.36 | 0.39 |
| Travel mode (personal motorised transport=ref) |  |  |  |  |  |  |  |  |  |
| Public transport | -0.31\*\*\* | -0.35 | -0.27 | 31.81\*\*\* | 28.64 | 34.99 | 0.02\*\*\* | 0.01 | 0.04 |
| On foot (inc. wheelchair) | 0.04\*\*\* | 0.02 | 0.06 | -38.14\*\*\* | -39.82 | -36.46 | -0.14\*\*\* | -0.15 | -0.14 |
| By bicycle | 3.39\*\*\* | 3.35 | 3.43 | -29.32\*\*\* | -32.82 | -25.82 | 0.20\*\*\* | 0.18 | 0.21 |
| Other mode of transport | 0.33\*\*\* | 0.25 | 0.40 | 19.31\*\*\* | 12.75 | 25.87 | 0.03\*\* | 0.01 | 0.06 |
| Season (winter=ref) |  |  |  |  |  |  |  |  |  |
| Spring | 0.01n.s | -0.01 | 0.03 | 9.72\*\*\* | 8.02 | 11.43 | 0.04\*\*\* | 0.03 | 0.04 |
| Summer | 0.03\*\* | 0.01 | 0.05 | 19.04\*\*\* | 17.33 | 20.75 | 0.07\*\*\* | 0.06 | 0.07 |
| Autumn | 0.02\* | 0.00 | 0.05 | 6.49\*\*\* | 4.74 | 8.25 | 0.03\*\*\* | 0.02 | 0.03 |
| Survey year (2009-10=ref) |  |  |  |  |  |  |  |  |  |
| 2010-11 | 0.00n.s | -0.02 | 0.02 | -0.63n.s | -2.51 | 1.25 | 0.01n.s | -0.00 | 0.01 |
| 2011-12 | 0.03\* | 0.00 | 0.05 | -0.88n.s | -2.72 | 0.96 | 0.01n.s | -0.00 | 0.01 |
| 2012-13 | 0.01n.s | -0.01 | 0.04 | 9.10\*\*\* | 7.25 | 10.95 | 0.04\*\*\* | 0.03 | 0.05 |
| 2013-14 | 0.02n.s | -0.01 | 0.04 | 6.13\*\*\* | 4.29 | 7.96 | 0.03\*\*\* | 0.03 | 0.04 |
| R2 | 0.320 |  |  | 0.361 |  |  | 0.327 |  |  |
| LB Lower-bound. |  |  |  |  |  |  |  |  |  |
| UB Upper-bound. |  |  |  |  |  |  |  |  |  |
| \*\*\* *p*<.001. | | | | | | | | | |
| \*\* *p*<.01. | | | | | | | | | |
| \* *p*<.05. | | | | | | | | | |
| n.s not significant. | | | | | | | | | |

*Supplementary Table E*

Full regression model for all three outcome variables (model 2; N=56,568).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | METs |  |  | Duration |  |  | Log-transformed MET minutes | | |
|  | *b* | LB | UB | *b* | LB | UB | *b* | LB | UB |
| *Unadjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 3.52 | 3.51 | 3.53 | 96.62 | 95.51 | 97.73 | 2.33 | 2.33 | 2.34 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.07\*\*\* | 0.05 | 0.09 | 9.65\*\*\* | 8.02 | 11.27 | 0.05\*\*\* | 0.04 | 0.06 |
| Seaside resort | -0.21\*\*\* | -0.25 | -0.18 | 34.28\*\*\* | 31.25 | 37.32 | 0.12\*\*\* | 0.11 | 0.14 |
| Other coast | -0.12\*\*\* | -0.17 | -0.06 | 25.77\*\*\* | 21.36 | 30.17 | 0.12\*\*\* | 0.10 | 0.14 |
| R2 | 0.004 |  |  | 0.011 |  |  | 0.007 |  |  |
| Constant | 3.51 | 3.51 | 3.53 | 99.10 | 97.90 | 100.31 | 2.34 | 2.34 | 2.35 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.07\*\*\* | 0.05 | 0.09 | 10.20\*\*\* | 8.57 | 11.83 | 0.05\*\*\* | 0.04 | 0.06 |
| Seaside resort | -0.21\*\*\* | -0.25 | -0.18 | 34.35\*\*\* | 31.32 | 37.38 | 0.12\*\*\* | 0.11 | 0.14 |
| Other coast | -0.12\*\*\* | -0.17 | -0.06 | 26.20\*\*\* | 21.80 | 30.60 | 0.12\*\*\* | 0.10 | 0.14 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.04\*\*\* | 0.02 | 0.06 | -8.78\*\*\* | -10.44 | -7.12 | -0.04\*\*\* | -0.05 | -0.03 |
| R2 | 0.005 |  |  | 0.012 |  |  | 0.009 |  |  | |
| Constant | 3.46 | 3.41 | 3.50 | 100.378 | 96.70 | 104.06 | 2.32 | 2.30 | 2.33 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.10\*\*\* | 0.08 | 0.13 | 12.18\*\*\* | 10.47 | 13.89 | 0.07\*\*\* | 0.06 | 0.08 |
| Seaside resort | -0.16\*\*\* | -0.20 | -0.13 | 36.28\*\*\* | 33.23 | 39.33 | 0.14\*\*\* | 0.13 | 0.16 |
| Other coast | -0.08\*\* | -0.13 | -0.02 | 27.94\*\*\* | 23.53 | 32.35 | 0.14\*\*\* | 0.12 | 0.16 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.03\*\* | 0.01 | 0.05 | -8.87\*\*\* | -10.53 | -7.21 | -0.04\*\*\* | -0.05 | -0.03 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | -0.26\*\*\* | -0.28 | -0.24 | -14.19\*\*\* | -15.80 | -12.57 | -0.09\*\*\* | -0.10 | -0.08 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | 0.17\*\*\* | 0.13 | 0.20 | 7.26\*\*\* | 4.41 | 10.10 | 0.07\*\*\* | 0.05 | 0.08 |
| 35-54 | 0.13\*\*\* | 0.10 | 0.17 | -0.79n.s | -3.44 | 1.85 | 0.03\*\*\* | 0.01 | 0.04 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.07\*\*\* | -0.10 | -0.05 | -0.76n.s | -2.90 | 1.38 | -0.01\*\* | -0.02 | -0.00 |
| C2 | -0.13\*\*\* | -0.16 | -0.10 | -0.27n.s | -2.61 | 2.06 | -0.02\*\* | -0.03 | -0.01 |
| DE | -0.16\*\*\* | -0.19 | -0.13 | -3.05\*\* | -5.36 | -0.74 | -0.04\*\*\* | -0.05 | -0.02 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | 0.02n.s | -0.01 | 0.06 | -1.81n.s | -4.26 | 0.65 | 0.01n.s | -0.01 | 0.02 |
| Retired | -0.05\* | -0.08 | -0.01 | 2.32n.s | -0.62 | 5.27 | 0.02\* | 0.00 | 0.03 |
| In education | 0.17\*\*\* | 0.12 | 0.21 | 0.89n.s | -2.73 | 4.51 | 0.03\*\* | 0.01 | 0.04 |
| Not working | -0.01n.s | -0.04 | 0.02 | -4.53\*\*\* | -7.02 | -2.04 | -0.00n.s | -0.02 | 0.01 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.07\*\*\* | 0.04 | 0.09 | 4.51\*\*\* | 2.80 | 6.21 | 0.02\*\*\* | 0.01 | 0.02 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.02n.s | -0.01 | 0.05 | 6.09\*\*\* | 3.86 | 8.32 | 0.05\*\*\* | 0.04 | 0.06 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.16\*\*\* | 0.14 | 0.19 | 2.27\* | 0.04 | 4.51 | 0.04\*\*\* | 0.03 | 0.05 |
| R2 | 0.033 |  |  | 0.022 |  |  | 0.027 |  |  |
| *Fully-adjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 2.78 | 2.70 | 2.86 | 84.29 | 77.71 | 90.87 | 2.23 | 2.20 | 2.26 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.07\*\*\* | 0.06 | 0.09 | 1.68\* | 0.16 | 3.20 | 0.02\*\*\* | 0.01 | 0.02 |
| Seaside resort | -0.17\*\*\* | -0.20 | -0.14 | 7.57\*\*\* | 4.88 | 10.26 | 0.02\*\* | 0.01 | 0.03 |
| Other coast | -0.09\*\*\* | -0.14 | -0.04 | 4.20\* | 0.36 | 8.03 | 0.03\*\* | 0.01 | 0.05 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.01n.s | -0.01 | 0.02 | 1.44n.s | -0.02 | 2.90 | 0.01\*\* | 0.00 | 0.02 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | 0.15\*\*\* | -0.17 | -0.13 | -11.17\*\*\* | -12.57 | -9.77 | -0.06\*\*\* | -0.07 | -0.06 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | 0.13\*\*\* | 0.10 | 0.16 | 7.20\*\*\* | 4.74 | 9.76 | 0.06\*\*\* | 0.05 | 0.07 |
| 35-54 | 0.08\*\*\* | 0.06 | 0.11 | 1.09n.s | -1.20 | 3.38 | 0.03\*\*\* | 0.01 | 0.04 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.07\*\*\* | -0.09 | -0.04 | 0.17n.s | -1.68 | 2.02 | -0.01\* | -0.02 | 0.00 |
| C2 | -0.09\*\*\* | -0.11 | -0.07 | 2.08\* | 0.06 | 4.10 | -0.00n.s | -0.01 | 0.01 |
| DE | -0.12\*\*\* | -0.14 | -0.09 | 2.77\*\* | 0.77 | 4.77 | -0.01n.s | -0.01 | 0.01 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | 0.02n.s | -0.01 | 0.04 | 2.19\* | 0.06 | 4.31 | 0.02\*\*\* | 0.01 | 0.03 |
| Retired | -0.03n.s | -0.06 | 0.01 | 4.10\*\* | 1.54 | 6.65 | 0.03\*\*\* | 0.01 | 0.04 |
| In education | 0.13\*\*\* | 0.10 | 0.17 | 5.93\*\*\* | 2.80 | 9.06 | 0.05\*\*\* | 0.04 | 0.07 |
| Not working | -0.00n.s | -0.03 | 0.02 | 4.12\*\*\* | 1.96 | 6.28 | 0.04\*\*\* | 0.03 | 0.05 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.04\*\*\* | 0.02 | 0.05 | 3.44\*\*\* | 1.96 | 4.93 | 0.01\*\*\* | 0.01 | 0.02 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.02n.s | -0.01 | 0.04 | 2.35\* | 0.41 | 4.29 | 0.03\*\*\* | 0.02 | 0.04 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.13\*\*\* | 0.10 | 0.15 | 3.08\*\* | 1.15 | 5.01 | 0.04\*\*\* | 0.03 | 0.05 |
| Presence of children on visit (any children=ref) |  |  |  |  |  |  |  |  |  |
| No children | 0.06\*\* | 0.02 | 0.10 | -5.42\*\*\* | -8.58 | -2.25 | -0.05\*\*\* | -0.07 | -0.03 |
| Presence of other adults on visit (no other adults=ref) |  |  |  |  |  |  |  |  |  |
| Other adults | 0.17\*\*\* | 0.14 | 0.19 | 7.04\*\*\* | 4.91 | 9.17 | 0.04\*\*\* | 0.03 | 0.05 |
| Presence of dog on visit (dog on visit=ref) |  |  |  |  |  |  |  |  |  |
| No dog on visit | 0.54\*\*\* | 0.50 | 0.57 | 25.90\*\*\* | 22.77 | 29.04 | 0.18\*\*\* | 0.17 | 0.19 |
| Weekend / weekday visit (weekend visit=ref) |  |  |  |  |  |  |  |  |  |
| Weekday visit | 0.01n.s | -0.03 | 0.01 | -10.39\*\*\* | -11.76 | -9.02 | -0.06\*\*\* | -0.06 | -0.05 |
| Visitation frequency (one visit in the last week=ref) |  |  |  |  |  |  |  |  |  |
| Multiple visits | -0.01n.s | -0.03 | 0.01 | -11.53\*\*\* | -12.94 | -10.12 | -0.08\*\*\* | -0.08 | -0.07 |
| Start point (own home=ref) |  |  |  |  |  |  |  |  |  |
| Someone else’s home | -0.11\*\*\* | -0.17 | -0.06 | -1.25n.s | -5.85 | 3.35 | -0.01n.s | -0.03 | 0.02 |
| Holiday accommodation | 0.03n.s | -0.09 | 0.16 | 82.41\*\*\* | 72.12 | 92.70 | 0.38\*\*\* | 0.33 | 0.43 |
| Work or elsewhere | -0.07n.s | -0.18 | 0.03 | -20.18\*\*\* | -28.81 | -11.55 | -0.17\*\*\* | -0.21 | -0.13 |
| Travel distance (less than a mile=ref) |  |  |  |  |  |  |  |  |  |
| 1-5 miles | -0.01n.s | -0.03 | 0.02 | 14.37\*\*\* | 12.39 | 16.35 | 0.12\*\*\* | 0.11 | 0.13 |
| 6-20 miles | 0.03n.s | -0.00 | 0.06 | 46.96\*\*\* | 44.23 | 49.69 | 0.18\*\*\* | 0.17 | 0.20 |
| Over 20 miles | -0.07\*\*\* | -0.11 | -0.03 | 64.85\*\*\* | 61.43 | 68.26 | 0.19\*\*\* | 0.17 | 0.20 |
| Travel mode (personal motorised transport=ref) |  |  |  |  |  |  |  |  |  |
| Public transport | -0.29\*\*\* | -0.32 | -0.25 | 36.75\*\*\* | 33.52 | 39.97 | 0.04\*\*\* | 0.03 | 0.06 |
| On foot (inc. wheelchair) | -0.05\*\*\* | -0.08 | -0.03 | -47.25\*\*\* | -49.38 | -45.13 | -0.25\*\*\* | -0.26 | -0.24 |
| By bicycle | 3.30\*\*\* | 3.25 | 3.35 | -39.06\*\*\* | -42.93 | -35.18 | 0.08\*\*\* | 0.06 | 0.10 |
| Other mode of transport | 0.36\*\*\* | 0.28 | 0.44 | 12.23\*\*\* | 5.35 | 19.11 | 0.02n.s | -0.01 | 0.05 |
| Season (winter=ref) |  |  |  |  |  |  |  |  |  |
| Spring | 0.02n.s | -0.01 | 0.04 | 9.48\*\*\* | 7.56 | 11.41 | 0.05\*\*\* | 0.04 | 0.06 |
| Summer | 0.03\*\* | 0.01 | 0.06 | 18.56\*\*\* | 16.65 | 20.48 | 0.08\*\*\* | 0.07 | 0.09 |
| Autumn | 0.03\* | 0.00 | 0.05 | 6.22\*\*\* | 4.24 | 8.19 | 0.03\*\*\* | 0.02 | 0.04 |
| Survey year (2009-10=ref) |  |  |  |  |  |  |  |  |  |
| 2010-11 | -0.00n.s | -0.03 | 0.02 | -1.52n.s | -3.62 | 0.58 | 0.00n.s | -0.01 | 0.01 |
| 2011-12 | 0.02n.s | -0.01 | 0.04 | -1.59n.s | -3.65 | 0.47 | 0.00n.s | -0.01 | 0.01 |
| 2012-13 | -0.00n.s | -0.03 | 0.02 | 7.14\*\*\* | 5.08 | 9.20 | 0.04\*\*\* | 0.03 | 0.05 |
| 2013-14 | 0.00n.s | -0.02 | 0.03 | 4.17\*\*\* | 2.13 | 6.21 | 0.03\*\*\* | 0.02 | 0.04 |
| R2 | 0.313 |  |  | 0.273 |  |  | 0.276 |  |  |
| LB Lower-bound. |  |  |  |  |  |  |  |  |  |
| UB Upper-bound. |  |  |  |  |  |  |  |  |  |
| \*\*\* *p*<.001. | | | | | | | | | |
| \*\* *p*<.01. | | | | | | | | | |
| \* *p*<.05. | | | | | | | | | |
| n.s not significant. | | | | | | | | | |

*Supplementary Table F*

Full regression model for all three outcome variables (model 3; N=66,153).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | METs |  |  | Duration |  |  | Log-transformed MET minutes | | |
|  | *b* | LB | UB | *B* | LB | UB | *B* | LB | UB |
| *Unadjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 3.52 | 3.51 | 3.54 | 98.88 | 97.81 | 99.94 | 2.36 | 2.35 | 2.36 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.06\*\*\* | 0.04 | 0.08 | 8.11\*\*\* | 6.57 | 9.66 | 0.03\*\*\* | 0.02 | 0.04 |
| Seaside resort | -0.21\*\*\* | -0.24 | -0.17 | 41.50\*\*\* | 38.57 | 44.43 | 0.13\*\*\* | 0.12 | 0.15 |
| Other coast | -0.11\*\*\* | -0.16 | -0.06 | 28.30\*\*\* | 24.09 | 32.50 | 0.10\*\*\* | 0.08 | 0.12 |
| R2 | 0.004 |  |  | 0.013 |  |  | 0.007 |  |  |
| Constant | 3.52 | 3.50 | 3.53 | 101.63 | 100.47 | 102.79 | 2.37 | 2.36 | 2.37 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.06\*\*\* | 0.04 | 0.08 | 8.72\*\*\* | 7.18 | 10.27 | 0.03\*\*\* | 0.03 | 0.04 |
| Seaside resort | -0.21\*\*\* | -0.24 | -0.17 | 41.61\*\*\* | 38.68 | 44.53 | 0.13\*\*\* | 0.12 | 0.15 |
| Other coast | -0.11\*\*\* | -0.16 | -0.06 | 28.80\*\*\* | 24.59 | 33.00 | 0.11\*\*\* | 0.09 | 0.12 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.03\*\* | 0.01 | 0.05 | -9.55\*\*\* | -11.12 | -7.98 | -0.04\*\*\* | -0.04 | -0.03 |
| R2 | 0.004 |  |  | 0.015 |  |  | 0.009 |  |  | |
| Constant | 3.48 | 3.44 | 3.52 | 101.55 | 98.06 | 105.03 | 2.33 | 2.32 | 2.35 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.09\*\*\* | 0.07 | 0.11 | 11.25\*\*\* | 9.64 | 12.87 | 0.05\*\*\* | 0.05 | 0.06 |
| Seaside resort | -0.16\*\*\* | -0.19 | -0.12 | 44.07\*\*\* | 41.13 | 47.01 | 0.15\*\*\* | 0.14 | 0.17 |
| Other coast | -0.07\*\* | -0.12 | -0.02 | 31.08\*\*\* | 26.87 | 35.29 | 0.12\*\*\* | 0.11 | 0.14 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.02\* | 0.00 | 0.04 | -9.59\*\*\* | -11.15 | -8.02 | -0.04\*\*\* | -0.04 | -0.03 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | -0.27\*\*\* | -0.29 | -0.25 | -14.03 | -15.57 | 12.50 | -0.08\*\*\* | -0.09 | -0.08 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | 0.17\*\*\* | 0.14 | 0.20 | 9.46\*\*\* | 6.76 | 12.16 | 0.07\*\*\* | 0.06 | 0.09 |
| 35-54 | 0.13\*\*\* | 0.10 | 0.16 | 0.24n.s | -2.25 | 2.73 | 0.03\*\*\* | 0.02 | 0.04 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.08\*\*\* | -0.11 | -0.06 | -0.17n.s | -2.20 | 1.86 | -0.01\* | -0.02 | -0.00 |
| C2 | -0.14\*\*\* | -0.17 | -0.12 | -0.32n.s | -2.53 | 1.89 | -0.02\*\*\* | -0.03 | -0.01 |
| DE | -0.17\*\*\* | -0.20 | -0.15 | -2.50\* | -4.69 | -0.32 | -0.03\*\*\* | -0.04 | -0.02 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | 0.01n.s | -0.02 | 0.04 | -2.01n.s | -4.36 | 0.33 | 0.00n.s | -0.01 | 0.01 |
| Retired | -0.06\*\*\* | -0.09 | -0.02 | 1.36n.s | -1.42 | 4.13 | 0.01n.s | -0.00 | 0.02 |
| In education | 0.15\*\*\* | 0.11 | 0.19 | 0.22n.s | -3.26 | 3.70 | 0.02\* | 0.00 | 0.03 |
| Not working | -0.03\* | -0.06 | -0.01 | -4.97\*\*\* | -7.34 | 2.60 | -0.01n.s | -0.02 | 0.00 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.07\*\*\* | 0.05 | 0.09 | 3.88\*\*\* | 2.26 | 5.50 | 0.01\*\* | 0.00 | 0.02 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.04\*\* | 0.02 | 0.07 | 7.27\*\*\* | 5.12 | 9.41 | 0.05\*\*\* | 0.04 | 0.06 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.16\*\*\* | 0.13 | 0.19 | 2.47\* | 0.36 | 4.59 | 0.04\*\*\* | 0.03 | 0.05 |
| R2 | 0.035 |  |  | 0.025 |  |  | 0.028 |  |  |
| *Fully-adjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 2.75 | 2.68 | 2.82 | 99.42 | 93.40 | 105.45 | 2.35 | 2.32 | 2.37 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | 0.05\*\*\* | 0.04 | 0.07 | 1.30n.s | -0.09 | 2.69 | 0.01\*\* | 0.00 | 0.02 |
| Seaside resort | -0.17\*\*\* | -0.20 | -0.14 | 10.94\*\*\* | 8.43 | 13.45 | 0.03\*\*\* | 0.02 | 0.04 |
| Other coast | -0.08\*\*\* | -0.13 | -0.04 | 5.56\*\* | 2.01 | 9.10 | 0.02\*\* | 0.01 | 0.04 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | 0.01n.s | -0.01 | 0.02 | 2.33\*\*\* | 1.00 | 3.67 | 0.02\*\*\* | 0.01 | 0.02 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | -0.14\*\*\* | -0.16 | -0.13 | 10.65\*\*\* | 11.94 | 9.36 | -0.06\*\*\* | -0.06 | -0.05 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | 0.14\*\*\* | 0.12 | 0.17 | 7.88\*\*\* | 5.61 | 10.14 | 0.06\*\*\* | 0.05 | 0.07 |
| 35-54 | 0.09\*\*\* | 0.06 | 0.11 | 1.47n.s | -0.62 | 3.56 | 0.03\*\*\* | 0.02 | 0.03 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.06\*\*\* | -0.08 | -0.04 | 0.57n.s | -1.13 | 2.26 | -0.01n.s | -0.01 | 0.00 |
| C2 | -0.10\*\*\* | -0.12 | -0.08 | 2.87\*\* | 1.02 | 4.72 | -0.00n.s | -0.01 | 0.01 |
| DE | -0.12\*\*\* | -0.14 | -0.10 | 3.82\*\*\* | 1.98 | 5.66 | 0.00n.s | -0.01 | 0.01 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | 0.01n.s | -0.01 | 0.03 | 2.34\* | 0.38 | 4.30 | 0.02\*\*\* | 0.01 | 0.03 |
| Retired | -0.03n.s | -0.05 | 0.00 | 4.36\*\*\* | 2.03 | 6.68 | 0.03\*\*\* | 0.02 | 0.04 |
| In education | 0.12\*\*\* | 0.09 | 0.16 | 6.27\*\*\* | 3.35 | 9.18 | 0.05\*\*\* | 0.03 | 0.06 |
| Not working | -0.01n.s | -0.04 | 0.01 | 4.68\*\*\* | 2.69 | 6.67 | 0.03\*\*\* | 0.02 | 0.04 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.04\*\*\* | 0.02 | 0.05 | 3.45\*\*\* | 2.09 | 4.81 | 0.01\*\*\* | 0.01 | 0.02 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.04\*\*\* | 0.02 | 0.06 | 2.82\*\* | 1.01 | 4.63 | 0.03\*\*\* | 0.02 | 0.04 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.12\*\*\* | 0.10 | 0.14 | 3.25\*\*\* | 1.48 | 5.02 | 0.04\*\*\* | 0.03 | 0.05 |
| Presence of children on visit (any children=ref) |  |  |  |  |  |  |  |  |  |
| No children | 0.08\*\*\* | 0.04 | 0.11 | -7.24\*\*\* | 10.23 | -4.26 | -0.05\*\*\* | -0.07 | -0.04 |
| Presence of other adults on visit (no other adults=ref) |  |  |  |  |  |  |  |  |  |
| Other adults | 0.18\*\*\* | 0.16 | 0.21 | 7.35\*\*\* | 5.38 | 9.32 | 0.05\*\*\* | 0.04 | 0.06 |
| Presence of dog on visit (dog on visit=ref) |  |  |  |  |  |  |  |  |  |
| No dog on visit | 0.55\*\*\* | 0.51 | 0.58 | 25.32\*\*\* | 22.48 | 28.16 | 0.18\*\*\* | 0.16 | 0.19 |
| Weekend / weekday visit (weekend visit=ref) |  |  |  |  |  |  |  |  |  |
| Weekday visit | 0.02n.s | -0.00 | 0.03 | -11.11\*\*\* | -12.38 | -9.85 | -0.06\*\*\* | -0.06 | -0.05 |
| Visitation frequency (one visit in the last week=ref) |  |  |  |  |  |  |  |  |  |
| Multiple visits | -0.02\* | -0.04 | -0.00 | -13.64\*\*\* | -14.95 | -12.32 | -0.08\*\*\* | -0.09 | -0.08 |
| Start point (own home=ref) |  |  |  |  |  |  |  |  |  |
| Someone else’s home | -0.11\*\*\* | -0.16 | -0.06 | -1.29n.s | -5.54 | 2.97 | -0.01n.s | -0.03 | 0.01 |
| Holiday accommodation | 0.02n.s | -0.09 | 0.13 | 82.32\*\*\* | 72.91 | 91.73 | 0.36\*\*\* | 0.32 | 0.40 |
| Work or elsewhere | -0.05n.s | -0.14 | 0.04 | -19.86\*\*\* | -27.62 | 12.10 | -0.15\*\*\* | -0.19 | -0.12 |
| Travel distance (less than a mile=ref) |  |  |  |  |  |  |  |  |  |
| 1-5 miles | 0.01n.s | -0.01 | 0.03 | 3.32\*\*\* | 1.75 | 4.88 | 0.01\*\* | 0.00 | 0.02 |
| 6-20 miles | 0.06\*\*\* | 0.03 | 0.09 | 45.72\*\*\* | 43.27 | 48.17 | 0.12\*\*\* | 0.11 | 0.13 |
| Over 20 miles | -0.04\* | -0.08 | -0.01 | 84.88\*\*\* | 81.83 | 87.93 | 0.16\*\*\* | 0.15 | 0.17 |
| Travel mode (personal motorised transport=ref) |  |  |  |  |  |  |  |  |  |
| Public transport | -0.30\*\*\* | -0.34 | -0.27 | 34.37\*\*\* | 31.20 | 37.53 | 0.03\*\*\* | 0.01 | 0.04 |
| On foot (inc. wheelchair) | -0.04\*\*\* | -0.06 | -0.02 | -56.33\*\*\* | -58.10 | -54.55 | -0.31\*\*\* | -0.32 | -0.30 |
| By bicycle | 3.38\*\*\* | 3.34 | 3.42 | -44.59\*\*\* | -48.15 | -41.04 | 0.08\*\*\* | 0.07 | 0.10 |
| Other mode of transport | 0.33\*\*\* | 0.25 | 0.40 | 15.02\*\*\* | 8.35 | 21.69 | 0.02n.s | -0.01 | 0.05 |
| Season (winter=ref) |  |  |  |  |  |  |  |  |  |
| Spring | 0.02n.s | -0.00 | 0.04 | 9.51\*\*\* | 7.75 | 11.27 | 0.04\*\*\* | 0.04 | 0.05 |
| Summer | 0.04\*\*\* | 0.02 | 0.06 | 18.92\*\*\* | 17.16 | 20.67 | 0.08\*\*\* | 0.07 | 0.09 |
| Autumn | 0.03\* | 0.01 | 0.05 | 6.58\*\*\* | 4.77 | 8.38 | 0.03\*\*\* | 0.02 | 0.04 |
| Survey year (2009-10=ref) |  |  |  |  |  |  |  |  |  |
| 2010-11 | -0.01n.s | -0.03 | 0.02 | -0.80n.s | -2.73 | 1.13 | 0.00n.s | -0.01 | 0.01 |
| 2011-12 | 0.01n.s | -0.01 | 0.04 | -0.99n.s | -2.88 | -0.90 | 0.00n.s | -0.00 | 0.01 |
| 2012-13 | 0.00n.s | -0.02 | 0.02 | 8.34\*\*\* | 6.44 | 10.24 | 0.04\*\*\* | 0.03 | 0.05 |
| 2013-14 | 0.00n.s | -0.02 | 0.03 | 5.65\*\*\* | 3.77 | 7.53 | 0.03\*\*\* | 0.03 | 0.04 |
| R2 | 0.332 |  |  | 0.321 |  |  | 0.301 |  |  |
| LB Lower-bound. |  |  |  |  |  |  |  |  |  |
| UB Upper-bound. |  |  |  |  |  |  |  |  |  |
| \*\*\* *p*<.001. | | | | | | | | | |
| \*\* *p*<.01. | | | | | | | | | |
| \* *p*<.05. | | | | | | | | | |
| n.s not significant. | | | | | | | | | |

*Supplementary Table G*

Full regression model for all three outcome variables (walkers only model; N=33,408).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | METs |  |  | Duration |  |  | Log-transformed MET minutes | | |
|  | *B* | LB | UB | *b* | LB | UB | *b* | LB | UB |
| *Unadjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 3.27 | 3.27 | 3.27 | 73.32 | 72.46 | 74.18 | 2.28 | 2.27 | 2.28 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | -0.08\*\*\* | -0.08 | -0.07 | -0.82n.s | -2.05 | 0.42 | 0.01n.s | -0.00 | 0.01 |
| Seaside resort | 0.01\* | 0.00 | 0.03 | 14.91\*\*\* | 12.17 | 17.65 | 0.09\*\*\* | 0.07 | 0.10 |
| Other coast | -0.01n.s | -0.03 | 0.00 | 18.26\*\*\* | 14.34 | 22.18 | 0.11\*\*\* | 0.09 | 0.13 |
| R2 | 0.024 |  |  | 0.006 |  |  | 0.007 |  |  |
| Constant | 3.30 | 3.30 | 3.30 | 72.92 | 71.98 | 73.87 | 2.27 | 2.27 | 2.28 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | -0.07\*\*\* | -0.07 | -0.06 | -0.92n.s | -2.16 | 0.32 | 0.00n.s | -0.00 | 0.01 |
| Seaside resort | 0.02\*\* | 0.01 | 0.03 | 14.85\*\*\* | 12.11 | 17.59 | 0.09\*\*\* | 0.07 | 0.10 |
| Other coast | -0.01n.s | -0.02 | 0.01 | 18.17\*\*\* | 14.25 | 22.08 | 0.11\*\*\* | 0.09 | 0.13 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | -0.09\*\*\* | -0.10 | -0.09 | 1.23n.s | -0.01 | 2.46 | 0.01n.s | -0.00 | 0.01 |
| R2 | 0.054 |  |  | 0.006 |  |  | 0.007 |  |  | |
| Constant | 3.28 | 3.27 | 3.29 | 63.30 | 60.55 | 66.05 | 2.22 | 2.20 | 2.23 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | -0.05\*\*\* | -0.06 | -0.05 | 2.09\*\* | 0.81 | 3.37 | 0.02\*\*\* | 0.01 | 0.03 |
| Seaside resort | 0.03\*\*\* | 0.02 | 0.04 | 17.28\*\*\* | 14.55 | 20.02 | 0.10\*\*\* | 0.09 | 0.12 |
| Other coast | 0.01n.s | -0.01 | 0.03 | 20.99\*\*\* | 17.09 | 24.90 | 0.13\*\*\* | 0.10 | 0.15 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | -0.08\*\*\* | -0.09 | -0.08 | 1.58\* | 0.35 | 2.82 | 0.01\* | 0.00 | 0.01 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | -0.03\*\*\* | -0.03 | -0.02 | -6.15\*\*\* | -7.39 | -4.92 | -0.04\*\*\* | -0.04 | -0.03 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | -0.02\*\*\* | -0.03 | -0.01 | 7.42\*\*\* | 5.26 | 9.58 | 0.03\*\*\* | 0.02 | 0.04 |
| 35-54 | -0.04\*\*\* | -0.05 | -0.03 | 1.68n.s | -0.25 | 3.60 | 0.01n.s | -0.01 | 0.02 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.02\*\*\* | -0.03 | -0.02 | -0.42n.s | -2.11 | 1.28 | -0.01n.s | -0.02 | 0.00 |
| C2 | -0.06\*\*\* | -0.07 | -0.06 | -0.96n.s | -2.77 | 0.85 | -0.02\*\* | -0.03 | -0.01 |
| DE | -0.05\*\*\* | -0.06 | -0.04 | 0.71n.s | -1.05 | 2.48 | -0.01\* | -0.02 | -0.00 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | 0.02\*\*\* | 0.01 | 0.03 | 1.52n.s | -0.40 | 3.44 | 0.01\* | 0.00 | 0.02 |
| Retired | 0.06\*\*\* | 0.05 | 0.07 | 1.49n.s | -0.67 | 3.64 | 0.02\*\*\* | 0.01 | 0.03 |
| In education | 0.04\*\*\* | 0.03 | 0.05 | 6.30\*\*\* | 3.31 | 9.29 | 0.03\*\*\* | 0.01 | 0.05 |
| Not working | 0.02\*\*\* | 0.02 | 0.03 | 3.79\*\*\* | 1.89 | 5.70 | 0.02\*\*\* | 0.01 | 0.03 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.02\*\*\* | 0.01 | 0.02 | 4.38\*\*\* | 3.07 | 5.69 | 0.02\*\*\* | 0.01 | 0.03 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.16\*\*\* | 0.15 | 0.16 | 7.53\*\*\* | 5.68 | 9.38 | 0.06\*\*\* | 0.05 | 0.07 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.02\*\*\* | 0.02 | 0.03 | 5.57\*\*\* | 3.92 | 7.22 | 0.05\*\*\* | 0.04 | 0.06 |
| R2 | 0.126 |  |  | 0.021 |  |  | 0.023 |  |  |
| *Fully-adjusted* |  |  |  |  |  |  |  |  |  |
| Constant | 2.98 | 2.96 | 3.00 | 60.11 | 54.52 | 65.71 | 2.18 | 2.15 | 2.21 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |
| Countryside | -0.03\*\*\* | -0.04 | -0.03 | 0.95n.s | -0.29 | 2.19 | 0.01\*\*\* | 0.01 | 0.02 |
| Seaside resort | 0.01\* | 0.00 | 0.02 | 10.66\*\*\* | 8.02 | 13.30 | 0.07\*\*\* | 0.05 | 0.08 |
| Other coast | -0.00n.s | -0.02 | 0.01 | 15.06\*\*\* | 11.30 | 18.81 | 0.10\*\*\* | 0.07 | 0.12 |
| Physical activity in the last week (does not meet guidelines=ref) |  |  |  |  |  |  |  |  |  |
| Meets guidelines | -0.05\*\*\* | -0.05 | -0.04 | 4.64\*\*\* | 3.43 | 5.85 | 0.03\*\*\* | 0.02 | 0.04 |
| Gender (male=ref) |  |  |  |  |  |  |  |  |  |
| Female | -0.02\*\*\* | -0.03 | -0.02 | -5.12\*\*\* | -6.30 | -3.93 | -0.03\*\*\* | -0.03 | -0.02 |
| Age (55+=ref) |  |  |  |  |  |  |  |  |  |
| 16-34 | -0.02\*\*\* | -0.03 | -0.01 | 6.73\*\*\* | 4.65 | 8.81 | 0.02\*\*\* | 0.01 | 0.04 |
| 35-54 | -0.03\*\*\* | -0.04 | -0.02 | 1.83n.s | -0.02 | 3.68 | 0.01n.s | -0.00 | 0.02 |
| Socio-economic status (AB=ref) |  |  |  |  |  |  |  |  |  |
| C1 | -0.02\*\*\* | -0.02 | -0.01 | 0.35n.s | -1.27 | 1.98 | -0.00n.s | -0.01 | 0.01 |
| C2 | -0.05\*\*\* | -0.05 | -0.04 | 0.31n.s | -1.43 | 2.05 | -0.01n.s | -0.02 | 0.00 |
| DE | -0.04\*\*\* | -0.05 | -0.03 | 2.09\* | 0.39 | 3.78 | -0.00n.s | -0.01 | 0.01 |
| Work status (full-time=ref) |  |  |  |  |  |  |  |  |  |
| Part-time | 0.02\*\*\* | 0.02 | 0.03 | 1.78n.s | -0.06 | 3.63 | 0.01\* | 0.00 | 0.02 |
| Retired | 0.06\*\*\* | 0.05 | 0.06 | 1.36n.s | -0.71 | 3.43 | 0.02\*\*\* | 0.01 | 0.03 |
| In education | 0.03\*\*\* | 0.02 | 0.04 | 5.35\*\*\* | 2.48 | 8.22 | 0.02\*\* | 0.01 | 0.04 |
| Not working | 0.03\*\*\* | 0.02 | 0.04 | 4.65\*\*\* | 2.82 | 6.48 | 0.03\*\*\* | 0.02 | 0.04 |
| Marital status (married=ref) |  |  |  |  |  |  |  |  |  |
| Not married | 0.01\*\*\* | 0.01 | 0.02 | 4.06\*\*\* | 2.80 | 5.32 | 0.02\*\*\* | 0.01 | 0.02 |
| Ethnicity (white-British=ref) |  |  |  |  |  |  |  |  |  |
| BAME | 0.11\*\*\* | 0.11 | 0.12 | 4.95\*\*\* | 3.15 | 6.74 | 0.04\*\*\* | 0.03 | 0.05 |
| Disability status (has work-limiting disability=ref) |  |  |  |  |  |  |  |  |  |
| No disability | 0.01\*\*\* | 0.01 | 0.02 | 3.67\*\*\* | 2.09 | 5.25 | 0.04\*\*\* | 0.03 | 0.05 |
| Presence of children on visit (any children=ref) |  |  |  |  |  |  |  |  |  |
| No children | -0.02\* | -0.03 | -0.00 | -8.87\*\*\* | -12.24 | 5.51 | -0.06\*\*\* | -0.07 | -0.04 |
| Presence of other adults on visit (no other adults=ref) |  |  |  |  |  |  |  |  |  |
| Other adults | 0.20\*\*\* | 0.19 | 0.20 | 7.33\*\*\* | 5.33 | 9.33 | 0.06\*\*\* | 0.05 | 0.07 |
| Presence of dog on visit (dog on visit=ref) |  |  |  |  |  |  |  |  |  |
| No dog on visit | 0.38\*\*\* | 0.37 | 0.39 | 14.57\*\*\* | 12.09 | 17.04 | 0.12\*\*\* | 0.10 | 0.13 |
| Weekend / weekday visit (weekend visit=ref) |  |  |  |  |  |  |  |  |  |
| Weekday visit | -0.01\*\*\* | -0.02 | -0.01 | -8.68\*\*\* | -9.88 | -7.49 | -0.05\*\*\* | -0.06 | -0.04 |
| Visitation frequency (one visit in the last week=ref) |  |  |  |  |  |  |  |  |  |
| Multiple visits | -0.13\*\*\* | -0.14 | -0.13 | -15.60\*\*\* | -16.92 | -14.29 | -0.10\*\*\* | -0.11 | -0.10 |
| Start point (own home=ref) |  |  |  |  |  |  |  |  |  |
| Someone else’s home | 0.02n.s | -0.00 | 0.03 | 14.74\*\*\* | 10.52 | 18.95 | 0.06\*\*\* | 0.04 | 0.08 |
| Holiday accommodation | -0.08\*\*\* | -0.11 | -0.04 | 98.89\*\*\* | 89.39 | 108.39 | 0.41\*\*\* | 0.36 | 0.46 |
| Work or elsewhere | 0.20\*\*\* | 0.18 | 0.23 | -25.15\*\*\* | -32.42 | -17.89 | -0.15\*\*\* | -0.19 | -0.11 |
| Season (winter=ref) |  |  |  |  |  |  |  |  |  |
| Spring | 0.01\*\*\* | 0.01 | 0.02 | 4.93\*\*\* | 3.36 | 6.51 | 0.03\*\*\* | 0.02 | 0.04 |
| Summer | 0.01n.s | -0.00 | 0.01 | 7.26\*\*\* | 5.66 | 8.87 | 0.04\*\*\* | 0.03 | 0.05 |
| Autumn | -0.00n.s | -0.01 | 0.00 | 2.52\*\* | 0.91 | 4.13 | 0.01\*\* | 0.00 | 0.02 |
| Survey year (2009-10=ref) |  |  |  |  |  |  |  |  |  |
| 2010-11 | -0.01n.s | -0.01 | 0.00 | 1.24n.s | -0.56 | 3.04 | 0.01\* | 0.00 | 0.02 |
| 2011-12 | -0.01\* | -0.02 | -0.00 | 1.53n.s | -0.23 | 3.28 | 0.01n.s | -0.00 | 0.02 |
| 2012-13 | 0.00n.s | -0.01 | 0.01 | 6.36\*\*\* | 4.58 | 8.14 | 0.03\*\*\* | 0.03 | 0.04 |
| 2013-14 | -0.01\* | -0.02 | -0.00 | 3.05\*\*\* | 1.28 | 4.81 | 0.02\*\*\* | 0.01 | 0.03 |
| R2 | 0.354 |  |  | 0.104 |  |  | 0.125 |  |  |
| LB Lower-bound. |  |  |  |  |  |  |  |  |  |
| UB Upper-bound. |  |  |  |  |  |  |  |  |  |
| \*\*\* *p*<.001. | | | | | | | | | |
| \*\* *p*<.01. | | | | | | | | | |
| \* *p*<.05. | | | | | | | | | |
| n.s not significant. | | | | | | | | | |

*Supplementary Table H*

Regression coefficients and 95% confidence intervals for log-transformed MET minutes expended by visited environment and urban/rural residence (model 1).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Urban residence | |  | Rural residence | |  |
|  | *b* | LB | UB | *b* | LB | UB |
| *Fully-adjusted* |  |  |  |  |  |  |
| Constant | 2.27 | 2.25 | 2.30 | 2.33 | 2.28 | 2.38 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |
| Countryside | 0.03\*\*\* | 0.03 | 0.04 | 0.03\*\*\* | 0.01 | 0.04 |
| Seaside resort | 0.03\*\*\* | 0.02 | 0.05 | 0.04\*\*\* | 0.02 | 0.06 |
| Other coast | 0.04\*\*\* | 0.03 | 0.06 | 0.02✝ | -0.00 | 0.03 |
| R2 |  | 0.315 |  |  | 0.387 |  |
| LB Lower-bound |  |  |  |  |  |  |
| UB Upper-bound |  |  |  |  |  |  |
| \*\*\* *p*<.001 |  |  |  |  |  |  |
| ✝ *p*<.1 |  |  |  |  |  |  |

*Supplementary Table I*

Regression coefficients and 95% confidence intervals for log-transformed MET minutes expended by visited environment and distance travelled to destination (model 1).

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | <1 mile |  |  | 1-5 miles | | | 6-20 miles | | | 20+miles | | |
|  | *b* | LB | UB | *b* | LB | UB | *b* | LB | UB | *b* | LB | UB |
| Fully-adjusted |  |  |  |  |  |  |  |  |  |  |  |  |
| Constant | 2.29 | 2.25 | 2.33 | 2.39 | 2.36 | 2.43 | 2.53 | 2.48 | 2.59 | 2.66 | 2.57 | 2.75 |
| Visit location (urban green spaces=ref) |  |  |  |  |  |  |  |  |  |  |  |  |
| Countryside | -0.00n.s | -0.01 | 0.01 | 0.02\*\*\* | 0.01 | 0.03 | 0.07\*\*\* | 0.06 | 0.09 | 0.11\*\*\* | 0.09 | 0.13 |
| Seaside resort | 0.05\*\*\* | 0.03 | 0.07 | 0.03\*\*\* | 0.01 | 0.04 | 0.02✝ | -0.00 | 0.04 | 0.09\*\*\* | 0.06 | 0.11 |
| Other coast | 0.06\*\*\* | 0.04 | 0.09 | 0.04\*\*\* | 0.02 | 0.06 | 0.02n.s | -0.01 | 0.05 | 0.07\*\*\* | 0.03 | 0.11 |
| R2 |  | 0.14 |  |  | 0.17 |  |  | 0.09 |  |  | 0.09 |  |
| LB Lower-bound |  |  |  |  |  |  |  |  |  |  |  |  |
| UB Upper-bound |  |  |  |  |  |  |  |  |  |  |  |  |
| \*\*\* *p*<.001 |  |  |  |  |  |  |  |  |  |  |  |  |
| ✝ *p*<.1 |  |  |  |  |  |  |  |  |  |  |  |  |
| n.s Not significant |  |  |  |  |  |  |  |  |  |  |  |  |