Supplementary material A
Results from principal components analysis for scales measuring perceptions of the neighborhood environment and psychological disposition, using VARIMAX rotation, in a Brisbane, Australia sample of adults aged 40 to 65 years.

	Factors and item loadings [a]	
Factors used in the multinomial modeling and their items: (Cronbach's alpha)	**1**	**2**
Traffic volume: n= 10,164 (α=0.69)		
In my suburb, there is usually a lot of traffic on the local streets	0.79	
The speed of traffic on most nearby streets is usually slow (50 kph or less): reverse coded	0.49	
I live on or near a main road or busy throughway for motor vehicles	0.76	
In my suburb there are a lot of exhaust fumes from motor vehicles	0.81	
Aesthetics: n = 10,065 (α=0.72)		
There is lots of greenery around my suburb (trees, bushes, household gardens)	0.63	
There are many interesting things to look at in my suburb)	0.78	
There is tree cover along many of the footpaths in my suburb	0.60	
There are attractive buildings and homes in my suburb	0.62	
There are pleasant natural features in my suburb (e.g. nature reserves, beach, riverfront, bushland)	0.73	
My suburb is generally free from litter or rubbish		0.82
My suburb is generally free from graffiti		0.84
Crime: n = 10,167 (α=0.80)		
There is a lot of crime in my suburb	0.72	
Children are safe walking around the suburb during the day (reverse coded)	0.59	
The level of crime in my suburb makes it unsafe to walk on the streets at night	0.83	
There are rowdy youth on the streets or hanging around in parks in my suburb	0.70	
The level of crime in my suburb makes it unsafe to walk on the streets during the day	0.68	
In my suburb I would feel safe walking home from a bus stop or train station at night (reverse coded)	0.72	
Self-efficacy towards PA: n = 9984 (α=0.84)		
Do you think that you could do PA regularly when:		
You have chores to do	0.70	
You are feeling sad or depressed	0.67	
You have had a long, tiring day	0.77	
Your family wants more time with you	0.75	
You have work demands	0.82	

You have social commitments	0.78	
Affective attitude towards PA: n = 10,332 (α=0.64)		
PA takes a lot of effort	0.81	
Doing PA requires serious commitment	0.70	
PA is hard work	0.82	
Right now I am better off spending my time other things than PA		0.70
After a hard day I don't need to do PA, I need to relax		0.76
I get all the PA I need from being busy during the day		0.82
Instrumental attitude towards PA: n = 10,203 (α=0.80)		
Which of these could motivate YOU to do PA?		
To prevent health problems	0.76	
To help manage stress	0.73	
To lose weight, or manage my weight	0.73	
To improve my appearance	0.72	
To make me feel good	0.81	
Social support for PA: n = 10,146 (α=0.79)		
During the past 3 months, how often have family or friends:		
Encouraged you to do PA	0.78	
Done something to help you be physically active	0.85	
Done or offered to do PA with you	0.90	
Invited you to do PA with them	0.88	
Discussed PA with you	0.82	
Criticised you or made fun about your doing PA (reverse coded)		0.75
Made it difficult for you to do PA (reverse coded)		0.74
Complained about your doing PA (reverse coded)		0.80
PA habit: n = 10,150 (α=0.76)		
Doing some kind of PA is a habit for me	0.86	
In the last 2 years, I have been involved in regular PA at one time or another	0.82	
I have always done some kind of PA	0.78	

PA = physical activity.
Sample sizes per scale vary due to missing values. For analyses presented in Tables 1-3 in the main paper, data were only included from participants who completed at least two-thirds of scale items.
[a] Factor loadings of at least .30 in absolute value are considered acceptable (Bryant and Yarnold, 1998).

References

Bryant FB, Yarnold PR. 1998. Principal-components analysis and exploratory and confirmatory factor analysis, in: Grimm LG, Yarnold PR (Eds.), Reading and Understanding Multivariate Statistics. American Psychological Association, Washington, DC: 99-136.

Supplementary material B
Comparison of characteristics of included and excluded participants aged 40 to 65 years in a Brisbane, Australia sample.

	Excluded participants (N=811)		Included participants (N=10.223)		p-value[a]
Categorical variables	**n**	**%**	**n**	**%**	
Age (years)					<0.001
40-44	103	12.7	2102	20.6	
45-49	167	20.6	2241	21.9	
50-54	203	25.0	2144	21.0	
55-65	338	41.7	3736	36.5	
Missing	0		0		
Sex					<0.001
Male	313	38.6	4539	44.4	
Female	498	61.4	5684	55.6	
Missing	0		0		
Household composition					0.001
Couple with children	245	36.7	4433	43.4	
Couple no children	186	27.9	2750	26.9	
Single	236	35.4	3040	29.7	
Missing	144		0		
Vehicle access					<0.001
Yes always	590	83.9	9192	89.9	
Yes sometimes	44	6.3	519	5.1	
No	69	9.8	512	5.0	
Missing	108		0		
Household income					<0.001
130,000+	89	11	1799	17.6	
72,800-129,999	174	21.5	2671	26.1	
41,600-72,799	148	18.2	2290	22.4	
0-41,599	205	25.3	2027	19.8	
Missing	195	24.0	1436	14.0	
Employment status					<0.001
Full-time employed	357	45.4	5488	53.7	
Part-time employed	165	21.0	2355	23.0	
Not in the labor force	264	33.6	2380	23.3	
Missing	25		0		
Traffic volume					<0.001
Tertile 1 (least)	240	31.3	4003	39.2	
Tertile 2	276	35.9	3170	31.0	
Tertile 3 (most)	252	32.8	3041	29.8	

Missing	43		0		
Aesthetics					0.002
Tertile 1 (least greenery)	270	44.4	3892	38.1	
Tertile 2	238	39.1	4162	40.7	
Tertile 3 (most greenery)	100	16.4	2169	21.2	
Missing	203		0		
Crime					0.007
Tertile 1 (least)	216	35.0	4215	41.2	
Tertile 2	187	30.3	2921	28.6	
Tertile 3 (most)	214	34.7	3087	30.2	
Missing	194		0		
Many traffic calming devices					<0.001
Don't agree/neutral	428	55.7	6354	62.3	
Agree	341	44.3	3850	37.7	
Missing	42		0		
Streets are hilly					0.055
Don't agree/neutral	234	37.7	3455	34.0	
Agree	386	62.3	6713	66.0	
Missing	191		0		
Many cul-de-sacs					0.004
Don't agree/neutral	393	65.7	6108	59.7	
Agree	205	34.3	4115	40.3	
Missing	213		0		
Many 4 way intersections					0.435
Don't agree/neutral	328	54.4	5709	56.0	
Agree	275	45.6	4482	44.0	
Missing	208		0		
Self-efficacy towards PA					0.208
Tertile 1 (lowest)	258	43.9	4115	40.3	
Tertile 2	150	25.5	2834	27.7	
Tertile 3 (highest)	180	30.6	3274	32.0	
Missing	223		0		
Affective attitude towards PA					0.128
Tertile 1 (most negative)	293	44.1	4117	40.3	
Tertile 2	172	25.9	2719	26.6	
Tertile 3 (most positive)	200	30.1	3387	33.1	
Missing	146		0		
Instrumental attitude towards PA					0.039
Tertile 1 (most negative)	401	60.9	5745	56.2	
Tertile 2	97	14.7	1823	17.8	
Tertile 3 (most positive)	160	24.3	2655	26.0	
Missing	153		0		
Social support for PA					<0.001

Tertile 1 (least)	313	46.8	3875	37.9	
Tertile 2	182	27.2	3338	32.7	
Tertile 3 (most)	174	26.0	3010	29.4	
Missing	142		0		
PA habits					0.040
Tertile 1 (not a habit)	316	45.9	4324	42.3	
Tertile 2	235	34.2	3451	33.8	
Tertile 3 (strong habit)	137	19.9	2448	23.9	
Missing	123		0		

Continuous variables	**Mean**	**SD**	**Mean**	**SD**	
Number of recreational facilities within 5 min drive[c]	3.65	2.61	4.21	2.45	<0.001
Number of transport destinations within 20 min walk[c]	12.91	0.17	13.27	4.45	0.029

PA = physical activity.

[a]*P* value is for the difference between included and excluded participants, using chi-square tests of independence for categorical variables and t-tests for continuous variables. Missing categories were not included in these tests, except for household income, as the missing category was included in the analysis for only that variable. Therefore, percentages shown within a categorical variable do not include the missing category except for household income.

[c]Examples of recreational facilities are a bike path, a public park, a public swimming pool, an oval, a sports field, and a river. Examples of transport destinations are a supermarket, a post office, a cafe/restaurant, a bus stop, a ferry terminal and a train station.