

Table 7 The Effect of 15 min Reallocation between MVPA, LPA, SB, SP on zBFP

		$\Delta zBFP$ (95%CI)			
Model		SP↓	SB↓	LPA↓	MVPA↓
Overall	SP↑		-0.026(-0.032,-0.020)*	0.005(-0.005,0.014)	0.013(-0.012,0.039)
	SB↑	0.026(0.020,0.031)*		0.030(0.20,0.041)*	0.039(0.014,0.063)*
	LPA↑	-0.004(-0.013,0.005)	-0.030(-0.040,-0.020)*		0.009(-0.021,0.040)
	MVPA↑	-0.008(-0.028,0.012)	-0.034(-0.052,-0.016)*	-0.003(-0.028,0.022)	
Non-overweight/Non-obese	SP↑		-0.012(-0.018,-0.006)*	0.002(-0.007,-0.011)	0.009(-0.016,0.034)
	SB↑	0.012(0.006,0.018)*		0.014(0.035,0.024)*	0.021(-0.003,0.045)
	LPA↑	-0.016(-0.010,0.067)	-0.014(-0.023,-0.004)*		-0.008(-0.022,0.037)
	MVPA↑	-0.006(-0.025,0.013)	-0.018(-0.036,-0.001)*	-0.004(-0.028,0.020)	
Overweight	SP↑		-0.011(-0.020,-0.002)*	0.007(-0.011,0.025)	0.061(0.024,0.098)*
	SB↑	0.011(0.002,0.020)*		0.018(0.000,0.036)*	0.072(0.035,0.109)*
	LPA↑	-0.007(-0.024,0.010)	-0.018(-0.035,-0.001)*		0.054(0.009,0.100)*
	MVPA↑	-0.046(-0.074,-0.018)*	-0.057(-0.085,-0.029)*	-0.039(-0.077,-0.001)*	
Obese	SP↑		-0.037(-0.052,-0.022)*	0.021(-0.002,0.045)	-0.003(-0.075,0.068)
	SB↑	0.037(0.022,0.052)*		0.058(0.036,0.080)*	0.033(-0.035,0.101)
	LPA↑	-0.019(-0.041,0.003)	-0.056(-0.077,-0.035)*		-0.023(-0.103,0.058)
	MVPA↑	0.006(-0.049,0.060)	-0.032(-0.082,0.019)	0.027(-0.038,0.092)	
boys	SP↑		-0.026(-0.035,-0.017)*	0.005(-0.009,0.020)	0.021(-0.016,0.059)
	SB↑	0.026(0.017,0.034)*		0.031(0.015,0.046)*	0.047(0.012,0.082)*
	LPA↑	-0.004(-0.018,0.009)	-0.031(-0.046,-0.016)*		0.017(-0.028,0.062)
	MVPA↑	-0.015(-0.044,0.015)	-0.041(-0.068,-0.014)*	-0.009(-0.047,0.028)	
Girls	SP↑		-0.026(-0.034,-0.018)*	0.005(-0.007,0.017)	-0.001(-0.037,0.036)

SB↑	0.026(0.018,0.033)*		0.031(0.017,0.044)*	0.025(-0.010,0.059)
LPA↑	-0.004(-0.015,0.007)	-0.030(-0.043,-0.017)*		-0.005(-0.047,0.037)
MVPA↑	0.003(-0.024,0.030)	-0.023(-0.049,0.002)	0.008(-0.026,0.042)	

Note: ↑ indicates an increase of 15 minutes in the activity duration, ↓ indicates a decrease of 15 minutes. Adjustments were made for covariates such as age, gender, and urban-rural differences in the model; * indicates $P < 0.05$. The zBFP regression coefficient indicates that when controlling for covariates, the change in zBFP due to equal time substitution of activity components is $\beta * 100\%$.