

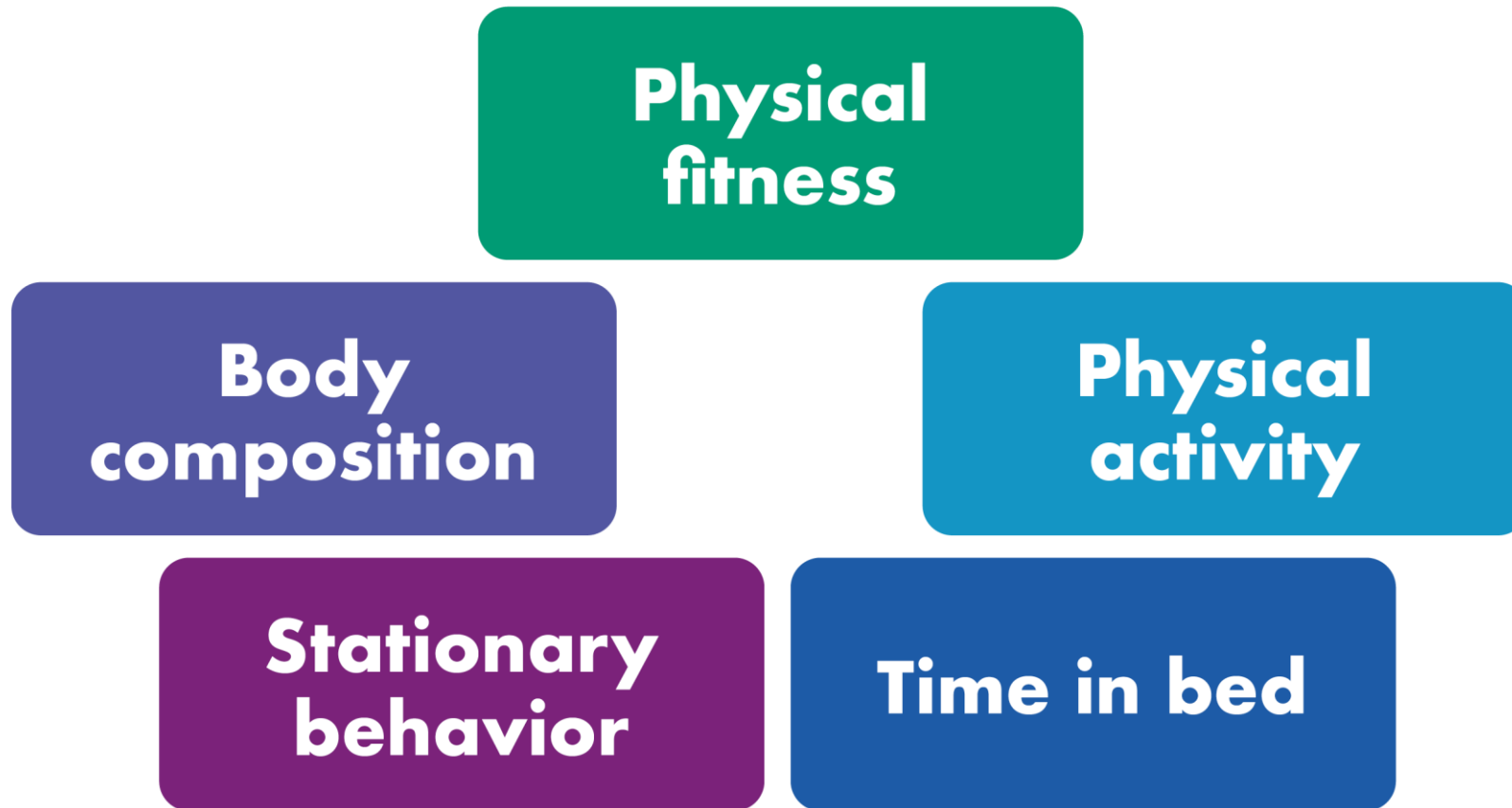


Measured Physical Functioning Index

Stationary behavior and physical activity



Components of Measured Physical Functioning Index (MePFIX)



Measured factors of MePFIX

Physical fitness

Cardiorespiratory fitness:

Predicted maximum oxygen uptake

Walking distance in 6-min walking test

Muscular strength:

Modified push-ups

Jump and reach

Balance:

1 leg standing

Selected factors of MePFIX

Physical fitness

Cardiorespiratory fitness:

Predicted maximum oxygen uptake

Walking distance in 6-min walking test

Muscular strength:

Modified push-ups

Jump and reach

Balance:

1 leg standing



Selected factors of MePFIX

Physical fitness

Predicted maximum oxygen uptake
Modified push-ups

Measured factors of MePFIX

Body composition

Body mass index
Waist circumference

Selected factors of MePFIX

Body composition

Body mass index

Waist circumference



Selected factors of MePFIX

Body composition

Waist circumference

Measured factors of MePFIX

Physical activity

Light physical activity (LPA)

Moderate physical activity (MPA)

Vigorous physical activity (VPA)

Total physical activity

Moderate to vigorous physical activity (MVPA)

Mean of daily 1-minute maximum intensity

LPA relative to physical fitness

MPA relative to physical fitness

VPA relative to physical fitness

Total PA relative to physical fitness

MVPA relative to physical fitness

Mean of weekly 1-minute maximum intensity bouts

Mean of weekly 3-minute maximum intensity bouts

Mean of weekly 6-minute maximum intensity bouts

Mean of weekly 10-minute maximum intensity bouts

Mean of weekly 15-minute maximum intensity bouts

Mean of weekly 20-minute maximum intensity bouts

Mean of weekly 30-minute maximum intensity bouts

Daily step count

Selected factors of MePFIX

Physical activity

Light physical activity (LPA)

Moderate physical activity (MPA)

Vigorous physical activity (VPA)

Total physical activity

Moderate to vigorous physical activity (MVPA)

Mean of daily 1-minute maximum intensity

LPA relative to physical fitness

MPA relative to physical fitness

VPA relative to physical fitness

Total PA relative to physical fitness

MVPA relative to physical fitness

Mean of weekly 1-minute maximum intensity bouts

Mean of weekly 3-minute maximum intensity bouts

Mean of weekly 6-minute maximum intensity bouts

Mean of weekly 10-minute maximum intensity bouts

Mean of weekly 15-minute maximum intensity bouts

Mean of weekly 20-minute maximum intensity bouts

Mean of weekly 30-minute maximum intensity bouts

Daily step count



Selected factors of MePFIX

Physical activity

Mean of daily 1-minute maximum intensity

Daily step count

LPA relative to physical fitness

Moderate to vigorous physical activity (MVPA)

Measured factors of MePFIX

Stationary behavior

Lying time	>1-minute lying bouts	>1-minute reclining bouts	>1-minute sitting bouts
Reclining time	>3-minute lying bouts	>3-minute reclining bouts	>3-minute sitting bouts
Sitting time	>5-minute lying bouts	>5-minute reclining bouts	>5-minute sitting bouts
Lying or reclining time	>10-minute lying bouts	>10-minute reclining bouts	>10-minute sitting bouts
Lying or sitting time	>20-minute lying bouts	>20-minute reclining bouts	>20-minute sitting bouts
Reclining or sitting time			
Lying, reclining or sitting time			
	Standing time		
> 1-minute lying or reclining bouts		>1-minute lying, reclining or sitting bouts	
> 3-minute lying or reclining bouts		>3-minute lying, reclining or sitting bouts	
> 5-minute lying or reclining bouts		>5-minute lying, reclining or sitting bouts	
> 10-minute lying or reclining bouts		>10-minute lying, reclining or sitting bouts	
> 20-minute lying or reclining bouts		>20-minute lying, reclining or sitting bouts	
		>30-minute lying, reclining or sitting bouts	

Selected factors of MePFIX

Stationary behavior

Lying time	>1-minute lying bouts	>1-minute reclining bouts	>1-minute sitting bouts
Reclining time	>3-minute lying bouts	>3-minute reclining bouts	>3-minute sitting bouts
Sitting time	>5-minute lying bouts	>5-minute reclining bouts	>5-minute sitting bouts
Lying or reclining time	>10-minute lying bouts	>10-minute reclining bouts	>10-minute sitting bouts
Lying or sitting time	>20-minute lying bouts	>20-minute reclining bouts	>20-minute sitting bouts
Reclining or sitting time			
Lying, reclining or sitting time			

Standing time

- > 1-minute lying or reclining bouts
- > 3-minute lying or reclining bouts
- > 5-minute lying or reclining bouts
- > 10-minute lying or reclining bouts
- > 20-minute lying or reclining bouts**

- >1-minute lying, reclining or sitting bouts
- >3-minute lying, reclining or sitting bouts
- >5-minute lying, reclining or sitting bouts
- >10-minute lying, reclining or sitting bouts
- >20-minute lying, reclining or sitting bouts
- >30-minute lying, reclining or sitting bouts



Selected factors of MePFIX

Stationary behavior

Standing time

Long bouts of lying or reclining

Measured factors of MePFIX

Time in bed

Time in bed, total

Time in bed, low movement

Time in bed, medium movement

Time in bed, low or medium movement

Time in bed, high movement

Time in bed, proportion of high movements time

Selected factors of MePFIX

Time in bed

Time in bed, total

Time in bed, low movement

Time in bed, medium movement

Time in bed, low or medium movement

Time in bed, high movement

Time in bed, proportion of high movement



Selected factors of MePFIX

Time in bed

Time in bed, high movement

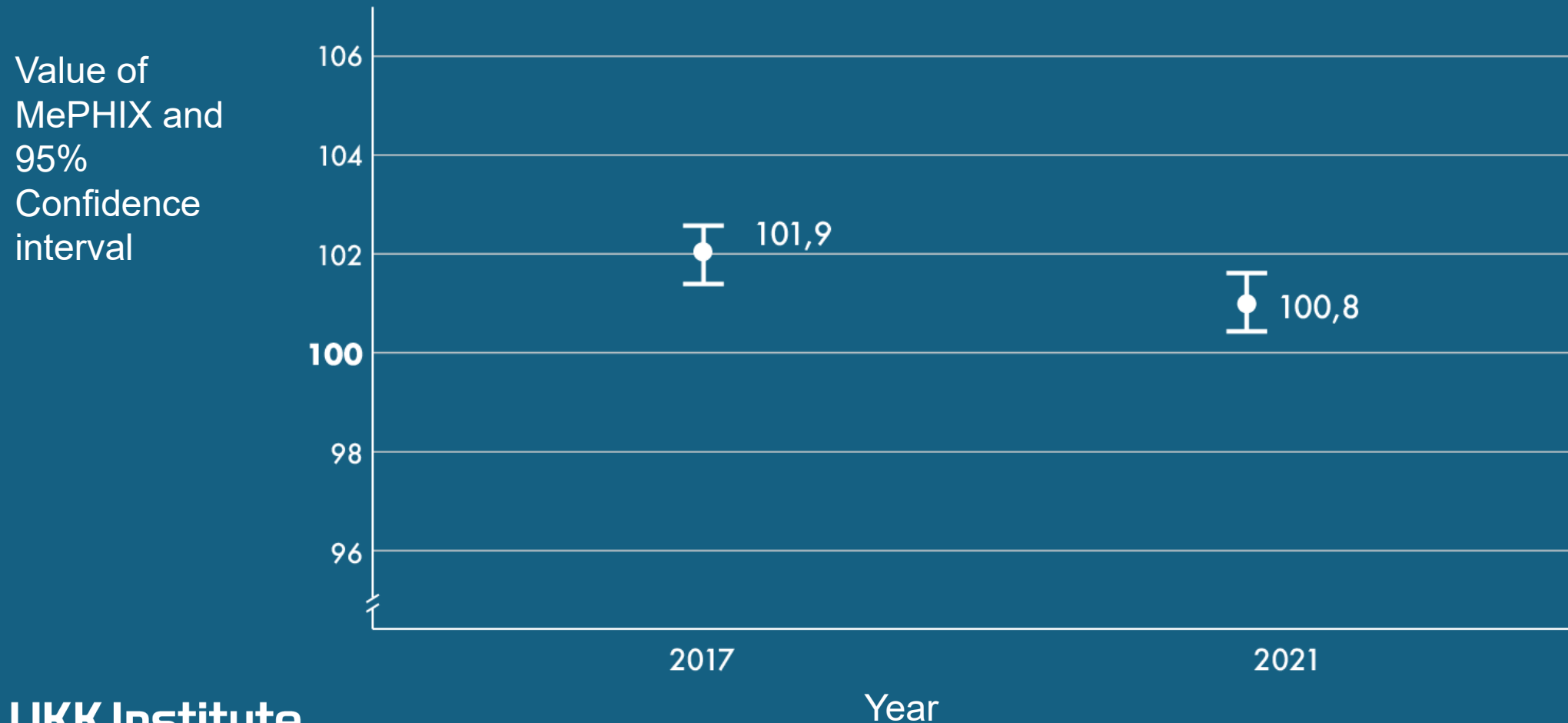
Factors of MePFIX

Physical fitness	<ul style="list-style-type: none">• Predicted maximum oxygen uptake• Modified push-ups
Body composition	<ul style="list-style-type: none">• Waist circumference
Physical activity	<ul style="list-style-type: none">• Mean of daily 1-minute maximum intensity• Daily step count• LPA relative to physical fitness• Moderate to vigorous physical activity (MVPA)
Stationary behavior	<ul style="list-style-type: none">• Standing time• Long bouts of lying or reclining
Time in bed	<ul style="list-style-type: none">• Time in bed, high movement

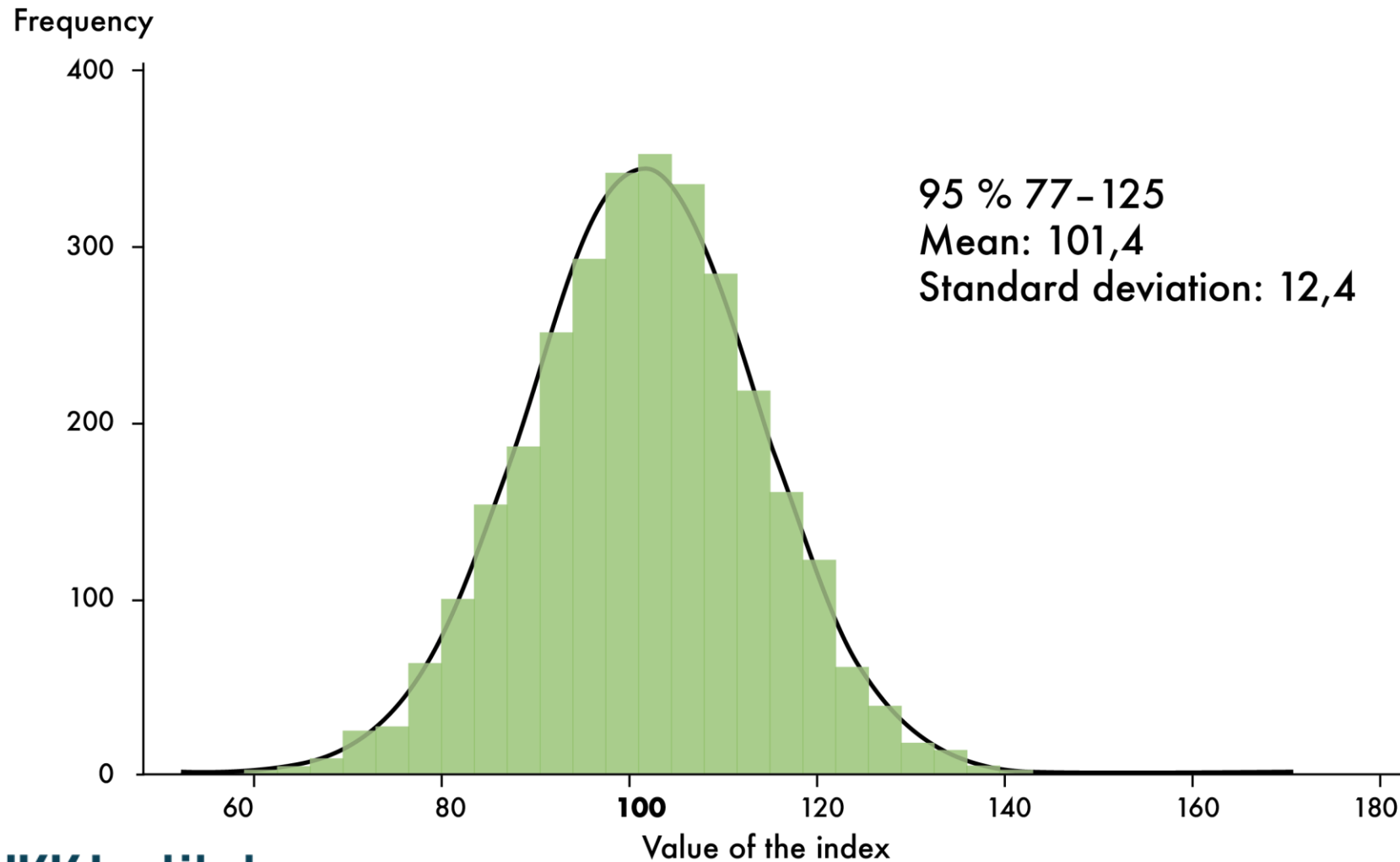
Equation for Measured Physical Functioning Index

$$\sum_{i=1}^{10} (w_i Z_i + 5) \times 2, \text{ missä } Z_i = \frac{x_i - \mu}{\sigma}$$

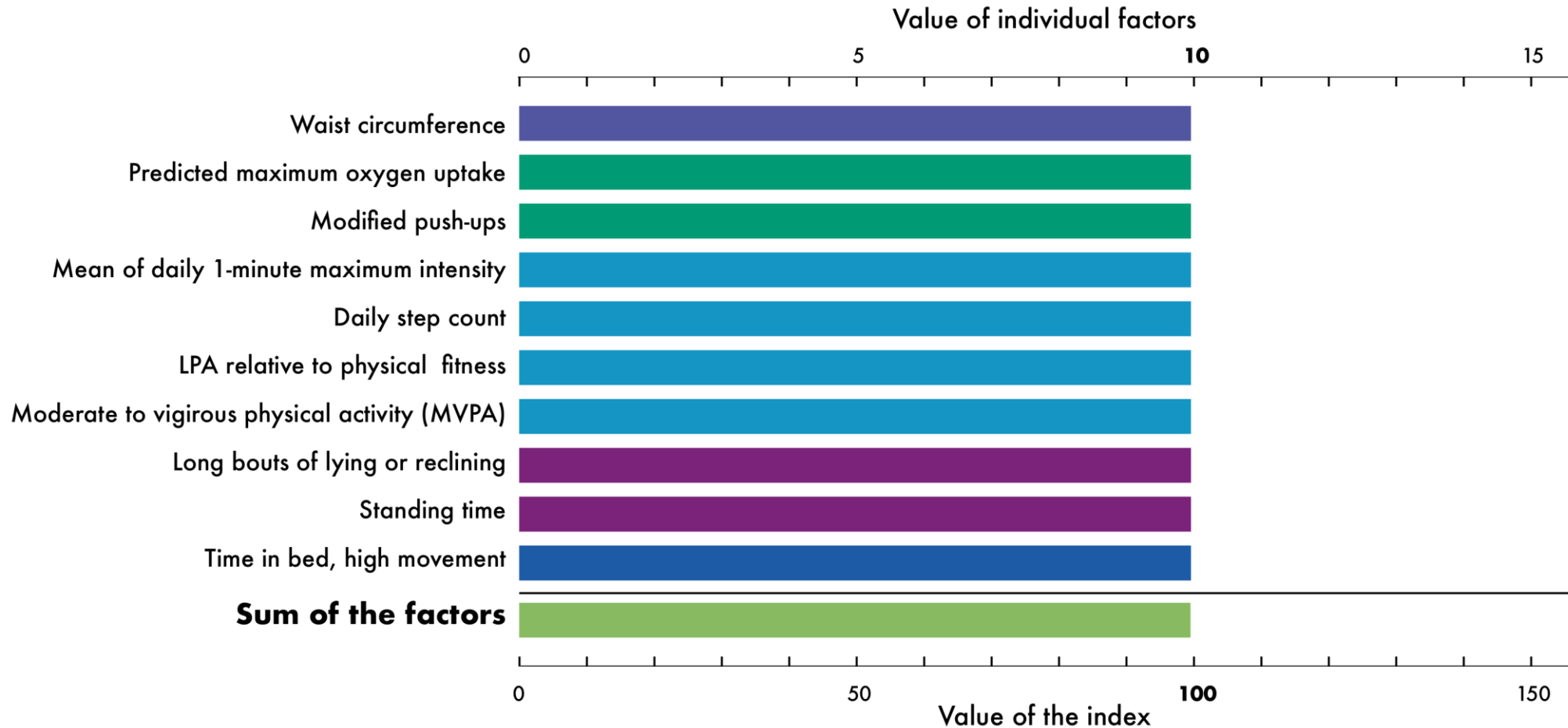
Measured Physical Functioning Index (MePFIX) in the FINFIT Studies



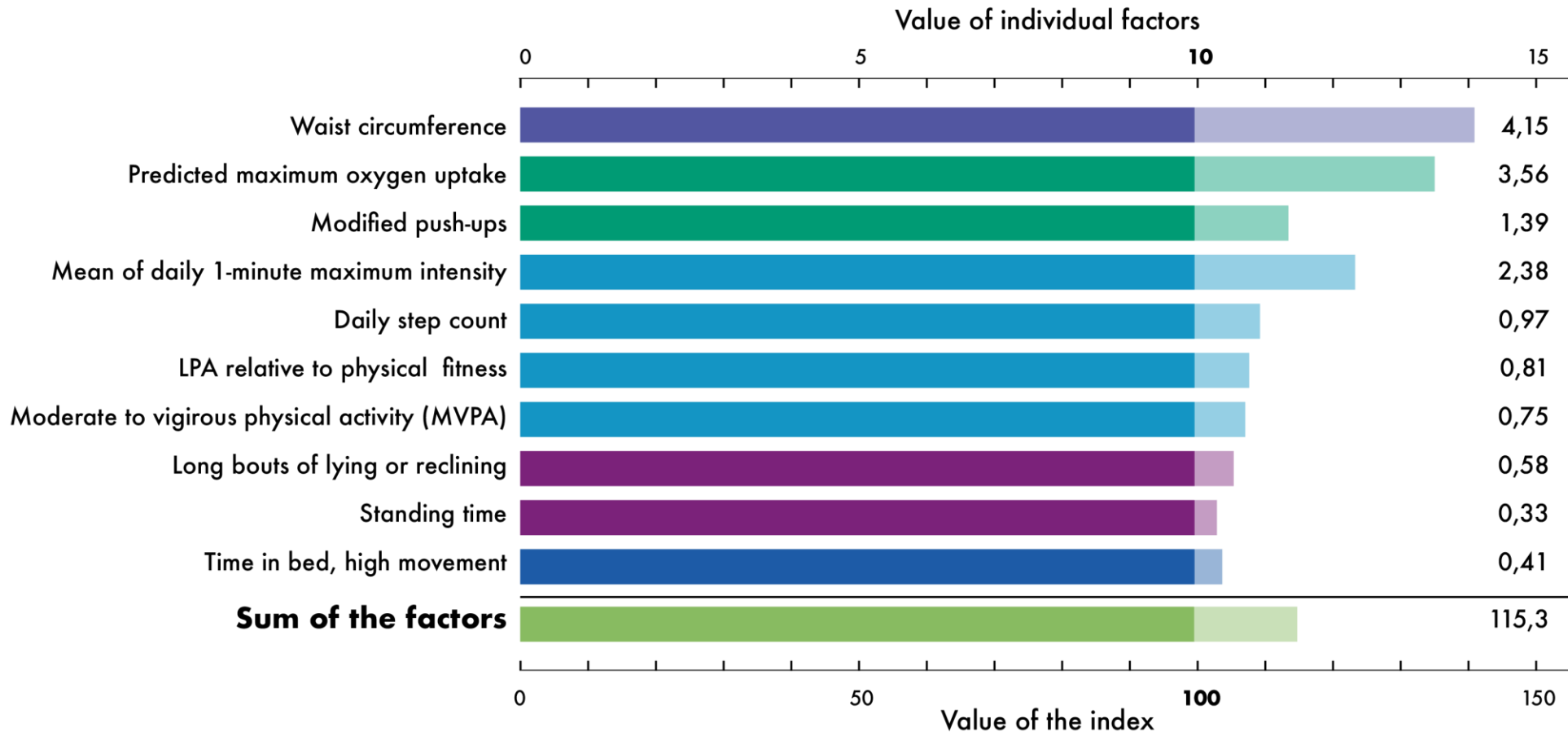
Distribution of MePFIX in the FINFIT Studies



Factors of MePFIX



Change in the MePFIX if each factor improves by 20 %





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