## Distribution of participant characteristics by MVPA

| **Characteristic** | **N = 90,243** |
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| Follow up time in months, Median (Q1, Q3) | 96.4 (89.7, 102.7) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 464.1 (319.5, 641.5) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 234.1 (114.5, 404.0) |
| MVPA min/week - Self-report (IPAQ), Median (Q1, Q3) | 585.9 (372.1, 853.2) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 55.0 (20.0, 100.0) |
| Myocardial infarction, n (%) | 2,017 (2.2) |
| Stroke, n (%) | 1,284 (1.4) |
| Age, Median (Q1, Q3) | 63.2 (56.1, 68.4) |
| Race, n (%) |  |
| Nonwhite | 2,680 (3.0) |
| White | 87,563 (97) |
| Sex, n (%) |  |
| Female | 51,728 (57) |
| Male | 38,515 (43) |
| Education, n (%) |  |
| None of the above | 7,116 (10) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 22,113 (32) |
| A levels/AS, NVQ/HND/HNC or equivalent | 0 (0) |
| College or University degree | 39,697 (58) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 11,583 (13) |
| 18,000 to 30,999 | 19,658 (22) |
| 31,000 to 51,999 | 23,666 (26) |
| 52,000 to 100,000 | 20,900 (23) |
| Greater than 100,000 | 6,073 (6.7) |
| Do not know/Prefer not to answer | 8,363 (9.3) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |
| Never | 52,100 (58) |
| Previous | 32,066 (36) |
| Current | 6,077 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 4,961 (5.5) |
| Less than once a week | 18,240 (20) |
| Once or twice a week | 22,702 (25) |
| Three or four times a week | 23,631 (26) |
| Daily or almost daily | 20,709 (23) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 64,272 (71) |
| 2-4 times a week | 22,776 (25) |
| More than 4 times a week | 3,195 (3.5) |
| Red meat, n (%) |  |
| Less than 2 times a week | 16,294 (18) |
| 2-4 times a week | 30,600 (34) |
| More than 4 times a week | 43,349 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 74,534 (83) |
| 2-4 times a week | 14,988 (17) |
| More than 4 times a week | 721 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 76,538 (85) |
| 2-4 times a week | 13,281 (15) |
| More than 4 times a week | 424 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 29,458 (33) |
| Between 2 and 4 servings a day | 54,043 (60) |
| More than 4 servings a day | 6,742 (7.5) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 15,369 (17) |
| Between 2 and 4 servings a day | 66,466 (74) |
| More than 4 servings a day | 8,408 (9.3) |