## Distribution of participant characteristics by Quartile of Moderate\_Vigorous Physical Activity

| **Characteristic** | **[0,144]**  N = 13,081 | **(144,271]**  N = 13,021 | **(271,450]**  N = 13,056 | **(450,2.47e+03]**  N = 13,046 |
| --- | --- | --- | --- | --- |
| Follow\_up time, Median (IQR) | 96 (89 – 102) | 96 (90 – 103) | 97 (90 – 103) | 97 (90 – 103) |
| MVPA min/week, Median (IQR) | 331 (229 – 456) | 440 (331 – 569) | 536 (421 – 670) | 725 (576 – 899) |
| MVPA min/week Machine Learning, Median (IQR) | 79 (44 – 112) | 205 (174 – 237) | 349 (308 – 395) | 612 (519 – 769) |
| MVPA min/week Activity Count, Median (IQR) | 1,805 (1,411 – 2,231) | 1,942 (1,563 – 2,346) | 2,000 (1,642 – 2,405) | 2,186 (1,808 – 2,594) |
| MVPA min/week Self-Report, Median (IQR) | 75 (45 – 120) | 80 (50 – 120) | 80 (50 – 120) | 90 (60 – 135) |
| Myocardial Infarction, n (%) | 358 (2.7) | 262 (2.0) | 231 (1.8) | 251 (1.9) |
| Stroke, n (%) | 209 (1.6) | 177 (1.4) | 166 (1.3) | 149 (1.1) |
| Age, Median (IQR) | 64 (56 – 69) | 63 (56 – 68) | 62 (55 – 68) | 62 (55 – 67) |
| Race, n (%) |  |  |  |  |
| Nonwhite | 469 (3.6) | 441 (3.4) | 375 (2.9) | 290 (2.2) |
| White | 12,612 (96) | 12,580 (97) | 12,681 (97) | 12,756 (98) |
| Sex, n (%) |  |  |  |  |
| Female | 8,687 (66) | 7,660 (59) | 6,694 (51) | 5,099 (39) |
| Male | 4,394 (34) | 5,361 (41) | 6,362 (49) | 7,947 (61) |
| Education, n (%) |  |  |  |  |
| None of the above | 1,117 (11) | 851 (8.6) | 717 (7.1) | 603 (5.9) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 3,598 (37) | 3,068 (31) | 2,619 (26) | 2,468 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| College or University degree | 5,109 (52) | 5,992 (60) | 6,751 (67) | 7,162 (70) |
| Unknown | 3,257 | 3,110 | 2,969 | 2,813 |
| Household Income, n (%) |  |  |  |  |
| Less than 18,000 | 1,890 (14) | 1,476 (11) | 1,342 (10) | 1,250 (9.6) |
| 18,000 to 30,999 | 3,069 (23) | 2,890 (22) | 2,583 (20) | 2,495 (19) |
| 31,000 to 51,999 | 3,530 (27) | 3,466 (27) | 3,459 (26) | 3,481 (27) |
| 52,000 to 100,000 | 2,624 (20) | 3,191 (25) | 3,538 (27) | 3,682 (28) |
| Greater than 100,000 | 699 (5.3) | 947 (7.3) | 1,202 (9.2) | 1,327 (10) |
| Do not know/Prefer not to answer | 1,269 (9.7) | 1,051 (8.1) | 932 (7.1) | 811 (6.2) |
| Deprivation index, n (%) |  |  |  |  |
| Quarter 1 | 3,418 (26) | 3,482 (27) | 3,269 (25) | 3,249 (25) |
| Quarter 2 | 3,456 (26) | 3,300 (25) | 3,221 (25) | 3,234 (25) |
| Quarter 3 | 3,298 (25) | 3,223 (25) | 3,343 (26) | 3,186 (24) |
| Quarter 4 | 2,909 (22) | 3,016 (23) | 3,223 (25) | 3,377 (26) |
| Body Mass Index, n (%) |  |  |  |  |
| Underweight (< 18.5 kg/m2) | 43 (0.3) | 57 (0.4) | 82 (0.6) | 99 (0.8) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 4,304 (33) | 5,355 (41) | 6,054 (46) | 6,446 (49) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 5,500 (42) | 5,525 (42) | 5,377 (41) | 5,323 (41) |
| Obesity Class I, II or III (> 30 kg/m2) | 3,234 (25) | 2,084 (16) | 1,543 (12) | 1,178 (9.0) |
| Type II Diabetes, n (%) | 12,556 (96) | 12,719 (98) | 12,784 (98) | 12,821 (98) |
| Smoking, n (%) |  |  |  |  |
| Never | 7,360 (56) | 7,730 (59) | 7,833 (60) | 7,626 (58) |
| Previous | 4,733 (36) | 4,538 (35) | 4,533 (35) | 4,744 (36) |
| Current | 988 (7.6) | 753 (5.8) | 690 (5.3) | 676 (5.2) |
| Alcohol, n (%) |  |  |  |  |
| Never | 779 (6.0) | 580 (4.5) | 555 (4.3) | 483 (3.7) |
| Less than once a week | 3,059 (23) | 2,439 (19) | 2,066 (16) | 1,802 (14) |
| Once or twice a week | 3,358 (26) | 3,419 (26) | 3,394 (26) | 3,178 (24) |
| Three or four times a week | 3,258 (25) | 3,611 (28) | 3,926 (30) | 4,093 (31) |
| Daily or almost daily | 2,627 (20) | 2,972 (23) | 3,115 (24) | 3,490 (27) |
| Processed meat, n (%) |  |  |  |  |
| Less than 2 times a week | 9,485 (73) | 9,456 (73) | 9,377 (72) | 9,201 (71) |
| 2-4 times a week | 3,168 (24) | 3,155 (24) | 3,225 (25) | 3,392 (26) |
| More than 4 times a week | 428 (3.3) | 410 (3.1) | 454 (3.5) | 453 (3.5) |
| Red meat, n (%) |  |  |  |  |
| Less than 2 times a week | 2,151 (16) | 2,265 (17) | 2,400 (18) | 2,559 (20) |
| 2-4 times a week | 4,415 (34) | 4,500 (35) | 4,429 (34) | 4,502 (35) |
| More than 4 times a week | 6,515 (50) | 6,256 (48) | 6,227 (48) | 5,985 (46) |
| Oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 10,490 (80) | 10,496 (81) | 10,579 (81) | 10,566 (81) |
| 2-4 times a week | 2,484 (19) | 2,412 (19) | 2,359 (18) | 2,349 (18) |
| More than 4 times a week | 107 (0.8) | 113 (0.9) | 118 (0.9) | 131 (1.0) |
| Non-oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 10,879 (83) | 10,872 (83) | 10,939 (84) | 11,114 (85) |
| 2-4 times a week | 2,134 (16) | 2,072 (16) | 2,050 (16) | 1,885 (14) |
| More than 4 times a week | 68 (0.5) | 77 (0.6) | 67 (0.5) | 47 (0.4) |
| Fresh fruit, n (%) |  |  |  |  |
| Less than 2 servings a day | 4,029 (31) | 3,860 (30) | 3,750 (29) | 3,610 (28) |
| Between 2 and 4 servings a day | 8,042 (61) | 8,138 (62) | 8,250 (63) | 8,166 (63) |
| More than 4 servings a day | 1,010 (7.7) | 1,023 (7.9) | 1,056 (8.1) | 1,270 (9.7) |
| Cooked vegetables, n (%) |  |  |  |  |
| Less than 2 servings a day | 1,948 (15) | 1,929 (15) | 2,088 (16) | 2,014 (15) |
| Between 2 and 4 servings a day | 9,830 (75) | 9,797 (75) | 9,694 (74) | 9,592 (74) |
| More than 4 servings a day | 1,303 (10.0) | 1,295 (9.9) | 1,274 (9.8) | 1,440 (11) |
| Two Years Stroke Survival, n (%) | 13,017 (100) | 12,982 (100) | 13,018 (100) | 13,010 (100) |
| Two Years MI Survival, n (%) | 12,974 (99) | 12,935 (99) | 12,983 (99) | 12,963 (99) |