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

| **Characteristic** | **[0,150]**  N = 4,774 | **(150,281]**  N = 4,770 | **(281,459]**  N = 4,753 | **(459,2.47e+03]**  N = 4,759 |
| --- | --- | --- | --- | --- |
| Follow\_up time, Median (IQR) | 95 (90 – 100) | 95 (90 – 100) | 96 (90 – 101) | 95 (90 – 101) |
| MVPA min/week, Median (IQR) | 344 (245 – 470) | 452 (348 – 577) | 549 (436 – 687) | 733 (587 – 908) |
| MVPA\_min\_PA2, Median (IQR) | 86 (48 – 119) | 215 (182 – 247) | 359 (318 – 407) | 623 (529 – 779) |
| Myocardial Infarction, n (%) | 102 (2.1) | 76 (1.6) | 72 (1.5) | 86 (1.8) |
| Stroke, n (%) | 48 (1.0) | 56 (1.2) | 51 (1.1) | 43 (0.9) |
| Age, Median (IQR) | 62 (56 – 68) | 62 (55 – 67) | 62 (55 – 67) | 62 (55 – 67) |
| Race, n (%) |  |  |  |  |
| Nonwhite | 156 (3.3) | 119 (2.5) | 120 (2.5) | 86 (1.8) |
| White | 4,618 (97) | 4,651 (98) | 4,633 (97) | 4,673 (98) |
| Sex, n (%) |  |  |  |  |
| Female | 3,082 (65) | 2,636 (55) | 2,364 (50) | 1,768 (37) |
| Male | 1,692 (35) | 2,134 (45) | 2,389 (50) | 2,991 (63) |
| Education, n (%) |  |  |  |  |
| None of the above | 294 (8.2) | 236 (6.4) | 192 (5.2) | 174 (4.6) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 1,225 (34) | 1,072 (29) | 894 (24) | 850 (23) |
| A levels/AS, NVQ/HND/HNC or equivalent | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| College or University degree | 2,047 (57) | 2,362 (64) | 2,622 (71) | 2,743 (73) |
| Unknown | 1,208 | 1,100 | 1,045 | 992 |
| Household Income, n (%) |  |  |  |  |
| Less than 18,000 | 516 (11) | 439 (9.2) | 406 (8.5) | 394 (8.3) |
| 18,000 to 30,999 | 1,039 (22) | 1,006 (21) | 841 (18) | 839 (18) |
| 31,000 to 51,999 | 1,341 (28) | 1,260 (26) | 1,315 (28) | 1,312 (28) |
| 52,000 to 100,000 | 1,217 (25) | 1,301 (27) | 1,431 (30) | 1,447 (30) |
| Greater than 100,000 | 278 (5.8) | 396 (8.3) | 464 (9.8) | 508 (11) |
| Do not know/Prefer not to answer | 383 (8.0) | 368 (7.7) | 296 (6.2) | 259 (5.4) |
| Deprivation index, n (%) |  |  |  |  |
| Quarter 1 | 1,351 (28) | 1,374 (29) | 1,303 (27) | 1,266 (27) |
| Quarter 2 | 1,289 (27) | 1,286 (27) | 1,224 (26) | 1,220 (26) |
| Quarter 3 | 1,180 (25) | 1,129 (24) | 1,170 (25) | 1,179 (25) |
| Quarter 4 | 954 (20) | 981 (21) | 1,056 (22) | 1,094 (23) |
| Body Mass Index, n (%) |  |  |  |  |
| Underweight (< 18.5 kg/m2) | 11 (0.2) | 15 (0.3) | 27 (0.6) | 46 (1.0) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 1,700 (36) | 2,014 (42) | 2,251 (47) | 2,379 (50) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 1,953 (41) | 2,010 (42) | 1,942 (41) | 1,912 (40) |
| Obesity Class I, II or III (> 30 kg/m2) | 1,110 (23) | 731 (15) | 533 (11) | 422 (8.9) |
| Type II Diabetes, n (%) | 4,628 (97) | 4,670 (98) | 4,691 (99) | 4,692 (99) |
| Smoking, n (%) |  |  |  |  |
| Never | 2,884 (60) | 2,953 (62) | 2,984 (63) | 2,901 (61) |
| Previous | 1,589 (33) | 1,573 (33) | 1,564 (33) | 1,630 (34) |
| Current | 301 (6.3) | 244 (5.1) | 205 (4.3) | 228 (4.8) |
| Alcohol, n (%) |  |  |  |  |
| Never | 249 (5.2) | 180 (3.8) | 181 (3.8) | 137 (2.9) |
| Less than once a week | 1,058 (22) | 856 (18) | 766 (16) | 617 (13) |
| Once or twice a week | 1,229 (26) | 1,318 (28) | 1,190 (25) | 1,188 (25) |
| Three or four times a week | 1,286 (27) | 1,361 (29) | 1,504 (32) | 1,566 (33) |
| Daily or almost daily | 952 (20) | 1,055 (22) | 1,112 (23) | 1,251 (26) |
| Processed meat, n (%) |  |  |  |  |
| Less than 2 times a week | 3,430 (72) | 3,390 (71) | 3,358 (71) | 3,334 (70) |
| 2-4 times a week | 1,189 (25) | 1,220 (26) | 1,233 (26) | 1,251 (26) |
| More than 4 times a week | 155 (3.2) | 160 (3.4) | 162 (3.4) | 174 (3.7) |
| Red meat, n (%) |  |  |  |  |
| Less than 2 times a week | 781 (16) | 830 (17) | 847 (18) | 897 (19) |
| 2-4 times a week | 1,564 (33) | 1,643 (34) | 1,614 (34) | 1,656 (35) |
| More than 4 times a week | 2,429 (51) | 2,297 (48) | 2,292 (48) | 2,206 (46) |
| Oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 3,929 (82) | 3,885 (81) | 3,910 (82) | 3,891 (82) |
| 2-4 times a week | 814 (17) | 845 (18) | 803 (17) | 826 (17) |
| More than 4 times a week | 31 (0.6) | 40 (0.8) | 40 (0.8) | 42 (0.9) |
| Non-oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 3,986 (83) | 3,984 (84) | 3,995 (84) | 4,045 (85) |
| 2-4 times a week | 771 (16) | 765 (16) | 737 (16) | 692 (15) |
| More than 4 times a week | 17 (0.4) | 21 (0.4) | 21 (0.4) | 22 (0.5) |
| Fresh fruit, n (%) |  |  |  |  |
| Less than 2 servings a day | 1,605 (34) | 1,456 (31) | 1,369 (29) | 1,321 (28) |
| Between 2 and 4 servings a day | 2,808 (59) | 2,968 (62) | 3,026 (64) | 2,995 (63) |
| More than 4 servings a day | 361 (7.6) | 346 (7.3) | 358 (7.5) | 443 (9.3) |
| Cooked vegetables, n (%) |  |  |  |  |
| Less than 2 servings a day | 797 (17) | 734 (15) | 817 (17) | 777 (16) |
| Between 2 and 4 servings a day | 3,545 (74) | 3,578 (75) | 3,528 (74) | 3,495 (73) |
| More than 4 servings a day | 432 (9.0) | 458 (9.6) | 408 (8.6) | 487 (10) |
| Two Years Stroke Survival, n (%) | 4,763 (100) | 4,761 (100) | 4,743 (100) | 4,751 (100) |
| Two Years MI Survival, n (%) | 4,740 (99) | 4,740 (99) | 4,728 (99) | 4,730 (99) |