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

| **Characteristic** | **[0,134]**  N = 10,387 | **(134,255]**  N = 10,327 | **(255,423]**  N = 10,362 | **(423,2.43e+03]**  N = 10,345 |
| --- | --- | --- | --- | --- |
| Follow\_up time, Median (IQR) | 96 (89 – 102) | 96 (90 – 103) | 97 (90 – 103) | 97 (90 – 103) |
| MVPA\_Quant\_PA4, n (%) |  |  |  |  |
| [0,50] | 3,254 (31) | 3,018 (29) | 2,829 (27) | 2,318 (22) |
| (50,80] | 2,525 (24) | 2,657 (26) | 2,778 (27) | 2,706 (26) |
| (80,120] | 2,225 (21) | 2,379 (23) | 2,515 (24) | 2,705 (26) |
| (120,990] | 2,383 (23) | 2,273 (22) | 2,240 (22) | 2,616 (25) |
| MVPA min/week, Median (IQR) | 299 (210 – 406) | 397 (303 – 506) | 485 (384 – 594) | 641 (514 – 775) |
| MVPA min/week ML, Median (IQR) | 72 (39 – 105) | 192 (163 – 223) | 328 (290 – 372) | 574 (487 – 715) |
| MVPA min/week Activity Count, Median (IQR) | 1,694 (1,337 – 2,028) | 1,807 (1,471 – 2,112) | 1,854 (1,546 – 2,144) | 1,954 (1,656 – 2,218) |
| MVPA min/week Self-Report, Median (IQR) | 75 (45 – 120) | 75 (50 – 120) | 80 (50 – 120) | 90 (60 – 130) |
| Myocardial Infarction, n (%) | 312 (3.0) | 238 (2.3) | 209 (2.0) | 197 (1.9) |
| Stroke, n (%) | 186 (1.8) | 141 (1.4) | 133 (1.3) | 127 (1.2) |
| Age, Median (IQR) | 64 (57 – 70) | 63 (56 – 69) | 62 (55 – 68) | 62 (55 – 68) |
| Race, n (%) |  |  |  |  |
| Nonwhite | 355 (3.4) | 322 (3.1) | 287 (2.8) | 219 (2.1) |
| White | 10,032 (97) | 10,005 (97) | 10,075 (97) | 10,126 (98) |
| Sex, n (%) |  |  |  |  |
| Female | 6,622 (64) | 5,604 (54) | 4,777 (46) | 3,273 (32) |
| Male | 3,765 (36) | 4,723 (46) | 5,585 (54) | 7,072 (68) |
| Education, n (%) |  |  |  |  |
| None of the above | 886 (11) | 672 (8.6) | 543 (6.8) | 447 (5.5) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 2,814 (36) | 2,338 (30) | 2,009 (25) | 1,694 (21) |
| A levels/AS, NVQ/HND/HNC or equivalent | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| College or University degree | 4,068 (52) | 4,832 (62) | 5,431 (68) | 6,010 (74) |
| Unknown | 2,619 | 2,485 | 2,379 | 2,194 |
| Household Income, n (%) |  |  |  |  |
| Less than 18,000 | 1,506 (14) | 1,214 (12) | 1,015 (9.8) | 921 (8.9) |
| 18,000 to 30,999 | 2,431 (23) | 2,248 (22) | 2,056 (20) | 1,882 (18) |
| 31,000 to 51,999 | 2,816 (27) | 2,737 (27) | 2,729 (26) | 2,729 (26) |
| 52,000 to 100,000 | 2,117 (20) | 2,584 (25) | 2,869 (28) | 3,097 (30) |
| Greater than 100,000 | 550 (5.3) | 764 (7.4) | 1,007 (9.7) | 1,158 (11) |
| Do not know/Prefer not to answer | 967 (9.3) | 780 (7.6) | 686 (6.6) | 558 (5.4) |
| Deprivation index, n (%) |  |  |  |  |
| Quarter 1 | 2,713 (26) | 2,796 (27) | 2,593 (25) | 2,575 (25) |
| Quarter 2 | 2,738 (26) | 2,626 (25) | 2,592 (25) | 2,559 (25) |
| Quarter 3 | 2,661 (26) | 2,528 (24) | 2,618 (25) | 2,550 (25) |
| Quarter 4 | 2,275 (22) | 2,377 (23) | 2,559 (25) | 2,661 (26) |
| Body Mass Index, n (%) |  |  |  |  |
| Underweight (< 18.5 kg/m2) | 27 (0.3) | 34 (0.3) | 55 (0.5) | 55 (0.5) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 3,163 (30) | 3,916 (38) | 4,495 (43) | 4,720 (46) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 4,441 (43) | 4,591 (44) | 4,428 (43) | 4,532 (44) |
| Obesity Class I, II or III (> 30 kg/m2) | 2,756 (27) | 1,786 (17) | 1,384 (13) | 1,038 (10) |
| Type II Diabetes, n (%) | 9,932 (96) | 10,059 (97) | 10,126 (98) | 10,143 (98) |
| Smoking, n (%) |  |  |  |  |
| Never | 5,800 (56) | 6,093 (59) | 6,184 (60) | 6,111 (59) |
| Previous | 3,789 (36) | 3,623 (35) | 3,596 (35) | 3,699 (36) |
| Current | 798 (7.7) | 611 (5.9) | 582 (5.6) | 535 (5.2) |
| Alcohol, n (%) |  |  |  |  |
| Never | 611 (5.9) | 470 (4.6) | 398 (3.8) | 358 (3.5) |
| Less than once a week | 2,438 (23) | 1,898 (18) | 1,586 (15) | 1,346 (13) |
| Once or twice a week | 2,644 (25) | 2,760 (27) | 2,691 (26) | 2,522 (24) |
| Three or four times a week | 2,600 (25) | 2,837 (27) | 3,180 (31) | 3,348 (32) |
| Daily or almost daily | 2,094 (20) | 2,362 (23) | 2,507 (24) | 2,771 (27) |
| Processed meat, n (%) |  |  |  |  |
| Less than 2 times a week | 7,435 (72) | 7,350 (71) | 7,365 (71) | 7,143 (69) |
| 2-4 times a week | 2,592 (25) | 2,634 (26) | 2,636 (25) | 2,805 (27) |
| More than 4 times a week | 360 (3.5) | 343 (3.3) | 361 (3.5) | 397 (3.8) |
| Red meat, n (%) |  |  |  |  |
| Less than 2 times a week | 1,646 (16) | 1,710 (17) | 1,807 (17) | 1,854 (18) |
| 2-4 times a week | 3,519 (34) | 3,535 (34) | 3,602 (35) | 3,575 (35) |
| More than 4 times a week | 5,222 (50) | 5,082 (49) | 4,953 (48) | 4,916 (48) |
| Oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 8,321 (80) | 8,305 (80) | 8,398 (81) | 8,397 (81) |
| 2-4 times a week | 1,985 (19) | 1,924 (19) | 1,875 (18) | 1,849 (18) |
| More than 4 times a week | 81 (0.8) | 98 (0.9) | 89 (0.9) | 99 (1.0) |
| Non-oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 8,672 (83) | 8,651 (84) | 8,696 (84) | 8,829 (85) |
| 2-4 times a week | 1,657 (16) | 1,620 (16) | 1,613 (16) | 1,486 (14) |
| More than 4 times a week | 58 (0.6) | 56 (0.5) | 53 (0.5) | 30 (0.3) |
| Fresh fruit, n (%) |  |  |  |  |
| Less than 2 servings a day | 3,269 (31) | 3,198 (31) | 3,106 (30) | 3,030 (29) |
| Between 2 and 4 servings a day | 6,347 (61) | 6,332 (61) | 6,448 (62) | 6,418 (62) |
| More than 4 servings a day | 771 (7.4) | 797 (7.7) | 808 (7.8) | 897 (8.7) |
| Cooked vegetables, n (%) |  |  |  |  |
| Less than 2 servings a day | 1,557 (15) | 1,570 (15) | 1,642 (16) | 1,693 (16) |
| Between 2 and 4 servings a day | 7,803 (75) | 7,746 (75) | 7,723 (75) | 7,565 (73) |
| More than 4 servings a day | 1,027 (9.9) | 1,011 (9.8) | 997 (9.6) | 1,087 (11) |
| Two Years Stroke Survival, n (%) | 10,332 (99) | 10,295 (100) | 10,329 (100) | 10,311 (100) |
| Two Years MI Survival, n (%) | 10,288 (99) | 10,247 (99) | 10,299 (99) | 10,274 (99) |