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

| **Characteristic** | **[0,144]**  N = 12,812 | **(144,271]**  N = 12,762 | **(271,450]**  N = 12,796 | **(450,2.47e+03]**  N = 12,775 |
| --- | --- | --- | --- | --- |
| Follow\_up time, Median (IQR) | 96 (89 – 102) | 96 (90 – 103) | 97 (90 – 103) | 97 (90 – 103) |
| MVPA\_Quant\_PA4, n (%) |  |  |  |  |
| [0,50] | 3,915 (31) | 3,560 (28) | 3,317 (26) | 2,664 (21) |
| (50,80] | 3,107 (24) | 3,272 (26) | 3,344 (26) | 3,183 (25) |
| (80,120] | 2,745 (21) | 2,985 (23) | 3,190 (25) | 3,407 (27) |
| (120,990] | 3,045 (24) | 2,945 (23) | 2,945 (23) | 3,521 (28) |
| MVPA min/week, Median (IQR) | 330 (229 – 456) | 440 (331 – 569) | 536 (421 – 670) | 725 (575 – 899) |
| MVPA min/week ML, Median (IQR) | 79 (44 – 112) | 206 (174 – 237) | 349 (308 – 395) | 612 (519 – 770) |
| MVPA min/week Self-Report, Median (IQR) | 75 (45 – 120) | 80 (50 – 120) | 80 (50 – 120) | 90 (60 – 135) |
| Myocardial Infarction, n (%) | 349 (2.7) | 254 (2.0) | 232 (1.8) | 242 (1.9) |
| Stroke, n (%) | 206 (1.6) | 175 (1.4) | 164 (1.3) | 148 (1.2) |
| Age, Median (IQR) | 64 (56 – 69) | 63 (56 – 68) | 62 (55 – 68) | 62 (55 – 67) |
| Race, n (%) |  |  |  |  |
| Nonwhite | 459 (3.6) | 426 (3.3) | 366 (2.9) | 284 (2.2) |
| White | 12,353 (96) | 12,336 (97) | 12,430 (97) | 12,491 (98) |
| Sex, n (%) |  |  |  |  |
| Female | 8,517 (66) | 7,511 (59) | 6,569 (51) | 4,987 (39) |
| Male | 4,295 (34) | 5,251 (41) | 6,227 (49) | 7,788 (61) |
| Education, n (%) |  |  |  |  |
| None of the above | 1,100 (11) | 827 (8.5) | 692 (7.0) | 591 (5.9) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 3,511 (36) | 3,014 (31) | 2,557 (26) | 2,437 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| College or University degree | 5,009 (52) | 5,886 (61) | 6,640 (67) | 6,987 (70) |
| Unknown | 3,192 | 3,035 | 2,907 | 2,760 |
| Household Income, n (%) |  |  |  |  |
| Less than 18,000 | 1,857 (14) | 1,440 (11) | 1,306 (10) | 1,217 (9.5) |
| 18,000 to 30,999 | 3,006 (23) | 2,824 (22) | 2,541 (20) | 2,449 (19) |
| 31,000 to 51,999 | 3,452 (27) | 3,421 (27) | 3,389 (26) | 3,413 (27) |
| 52,000 to 100,000 | 2,581 (20) | 3,118 (24) | 3,461 (27) | 3,592 (28) |
| Greater than 100,000 | 689 (5.4) | 930 (7.3) | 1,187 (9.3) | 1,301 (10) |
| Do not know/Prefer not to answer | 1,227 (9.6) | 1,029 (8.1) | 912 (7.1) | 803 (6.3) |
| Deprivation index, n (%) |  |  |  |  |
| Quarter 1 | 3,344 (26) | 3,404 (27) | 3,204 (25) | 3,170 (25) |
| Quarter 2 | 3,394 (26) | 3,233 (25) | 3,147 (25) | 3,171 (25) |
| Quarter 3 | 3,226 (25) | 3,169 (25) | 3,280 (26) | 3,131 (25) |
| Quarter 4 | 2,848 (22) | 2,956 (23) | 3,165 (25) | 3,303 (26) |
| Body Mass Index, n (%) |  |  |  |  |
| Underweight (< 18.5 kg/m2) | 42 (0.3) | 56 (0.4) | 82 (0.6) | 99 (0.8) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 4,207 (33) | 5,257 (41) | 5,925 (46) | 6,315 (49) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 5,387 (42) | 5,412 (42) | 5,278 (41) | 5,200 (41) |
| Obesity Class I, II or III (> 30 kg/m2) | 3,176 (25) | 2,037 (16) | 1,511 (12) | 1,161 (9.1) |
| Type II Diabetes, n (%) | 12,293 (96) | 12,469 (98) | 12,533 (98) | 12,558 (98) |
| Smoking, n (%) |  |  |  |  |
| Never | 7,209 (56) | 7,594 (60) | 7,690 (60) | 7,478 (59) |
| Previous | 4,640 (36) | 4,430 (35) | 4,437 (35) | 4,637 (36) |
| Current | 963 (7.5) | 738 (5.8) | 669 (5.2) | 660 (5.2) |
| Alcohol, n (%) |  |  |  |  |
| Never | 765 (6.0) | 567 (4.4) | 542 (4.2) | 476 (3.7) |
| Less than once a week | 2,983 (23) | 2,382 (19) | 2,025 (16) | 1,769 (14) |
| Once or twice a week | 3,304 (26) | 3,368 (26) | 3,315 (26) | 3,114 (24) |
| Three or four times a week | 3,179 (25) | 3,542 (28) | 3,848 (30) | 4,013 (31) |
| Daily or almost daily | 2,581 (20) | 2,903 (23) | 3,066 (24) | 3,403 (27) |
| Processed meat, n (%) |  |  |  |  |
| Less than 2 times a week | 9,284 (72) | 9,265 (73) | 9,190 (72) | 9,016 (71) |
| 2-4 times a week | 3,110 (24) | 3,096 (24) | 3,166 (25) | 3,318 (26) |
| More than 4 times a week | 418 (3.3) | 401 (3.1) | 440 (3.4) | 441 (3.5) |
| Red meat, n (%) |  |  |  |  |
| Less than 2 times a week | 2,112 (16) | 2,219 (17) | 2,371 (19) | 2,512 (20) |
| 2-4 times a week | 4,330 (34) | 4,393 (34) | 4,334 (34) | 4,406 (34) |
| More than 4 times a week | 6,370 (50) | 6,150 (48) | 6,091 (48) | 5,857 (46) |
| Oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 10,271 (80) | 10,282 (81) | 10,371 (81) | 10,349 (81) |
| 2-4 times a week | 2,435 (19) | 2,368 (19) | 2,309 (18) | 2,295 (18) |
| More than 4 times a week | 106 (0.8) | 112 (0.9) | 116 (0.9) | 131 (1.0) |
| Non-oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 10,639 (83) | 10,660 (84) | 10,737 (84) | 10,877 (85) |
| 2-4 times a week | 2,106 (16) | 2,028 (16) | 1,996 (16) | 1,852 (14) |
| More than 4 times a week | 67 (0.5) | 74 (0.6) | 63 (0.5) | 46 (0.4) |
| Fresh fruit, n (%) |  |  |  |  |
| Less than 2 servings a day | 3,952 (31) | 3,772 (30) | 3,690 (29) | 3,523 (28) |
| Between 2 and 4 servings a day | 7,864 (61) | 7,983 (63) | 8,061 (63) | 8,008 (63) |
| More than 4 servings a day | 996 (7.8) | 1,007 (7.9) | 1,045 (8.2) | 1,244 (9.7) |
| Cooked vegetables, n (%) |  |  |  |  |
| Less than 2 servings a day | 1,897 (15) | 1,886 (15) | 2,037 (16) | 1,970 (15) |
| Between 2 and 4 servings a day | 9,631 (75) | 9,614 (75) | 9,504 (74) | 9,390 (74) |
| More than 4 servings a day | 1,284 (10) | 1,262 (9.9) | 1,255 (9.8) | 1,415 (11) |
| Two Years Stroke Survival, n (%) | 12,748 (100) | 12,725 (100) | 12,758 (100) | 12,741 (100) |
| Two Years MI Survival, n (%) | 12,709 (99) | 12,680 (99) | 12,724 (99) | 12,694 (99) |