## Table 1. Distribution of participant characteristics by MVPA - Main Analysis

| Baseline Characteristics | **N = 28,001** |
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| Follow up time in months, Median (Q1, Q3) | 96.2 (89.5, 102.7) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 421.1 (295.8, 567.1) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 223.5 (109.5, 387.6) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 518.7 (336.8, 728.2) |
| Myocardial infarction, n (%) | 689 (2.5) |
| Stroke, n (%) | 439 (1.6) |
| Age, Median (Q1, Q3) | 64.0 (56.9, 68.9) |
| Race, n (%) |  |
| Non-white | 786 (2.8) |
| White | 27,215 (97) |
| Sex, n (%) |  |
| Female | 14,895 (53) |
| Male | 13,106 (47) |
| Education, n (%) |  |
| None of the below | 2,177 (7.8) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 6,516 (23) |
| A levels/AS, NVQ/HND/HNC or equivalent | 6,557 (23) |
| College or University degree | 12,751 (46) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 3,573 (13) |
| 18,000 to 30,999 | 6,148 (22) |
| 31,000 to 51,999 | 7,304 (26) |
| 52,000 to 100,000 | 6,594 (24) |
| Greater than 100,000 | 1,920 (6.9) |
| Do not know/Prefer not to answer | 2,462 (8.8) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.9, -0.3) |
| Smoking, n (%) |  |
| Never | 15,997 (57) |
| Previously | 10,098 (36) |
| Currently | 1,906 (6.8) |
| Alcohol consumption, n (%) |  |
| Never | 1,496 (5.3) |
| Less than once a week | 5,526 (20) |
| Once or twice a week | 6,945 (25) |
| Three or four times a week | 7,366 (26) |
| Daily or almost daily | 6,668 (24) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 19,652 (70) |
| 2-4 times a week | 7,335 (26) |
| More than 4 times a week | 1,014 (3.6) |
| Red meat, n (%) |  |
| Less than 2 times a week | 4,778 (17) |
| 2-4 times a week | 9,617 (34) |
| More than 4 times a week | 13,606 (49) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 23,156 (83) |
| 2-4 times a week | 4,626 (17) |
| More than 4 times a week | 219 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 23,840 (85) |
| 2-4 times a week | 4,037 (14) |
| More than 4 times a week | 124 (0.4) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 9,401 (34) |
| Between 2 and 4 servings a day | 16,617 (59) |
| More than 4 servings a day | 1,983 (7.1) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 4,821 (17) |
| Between 2 and 4 servings a day | 20,560 (73) |
| More than 4 servings a day | 2,620 (9.4) |
| Cancer, n (%) |  |
| -3 | 1 (<0.1) |
| -1 | 51 (0.2) |
| 0 | 25,862 (92) |
| 1 | 2,087 (7.5) |
| Systolic blood pressure, Median (Q1, Q3) | 138.0 (125.0, 151.0) |
| Diastolic blood pressure, Median (Q1, Q3) | 82.0 (75.0, 89.0) |
| HDL cholesterol, Median (Q1, Q3) | 1.4 (1.2, 1.7) |
| Blood glucose (biochemistry), Median (Q1, Q3) | 4.9 (4.6, 5.3) |
| Overall health rating, n (%) |  |
| Do not know/Prefer not to answer | 43 (0.2) |
| Excellent | 6,109 (22) |
| Fair | 4,423 (16) |
| Good | 16,784 (60) |
| Poor | 642 (2.3) |
| Triglycerides (baseline), Median (Q1, Q3) | 1.4 (1.0, 2.1) |
| C-reactive protein (baseline), Median (Q1, Q3) | 1.2 (0.6, 2.4) |