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

| Baseline Characteristics | **N = 90,190** |
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| Follow up time in months, Median (Q1, Q3) | 96.4 (89.7, 102.7) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 463.8 (319.4, 641.1) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 234.0 (114.5, 404.0) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 585.7 (372.0, 852.8) |
| Myocardial infarction, n (%) | 2,016 (2.2) |
| Stroke, n (%) | 1,282 (1.4) |
| Age, Median (Q1, Q3) | 63.2 (56.1, 68.4) |
| Race, n (%) |  |
| Non-white | 2,677 (3.0) |
| White | 87,513 (97) |
| Sex, n (%) |  |
| Female | 51,685 (57) |
| Male | 38,505 (43) |
| Education, n (%) |  |
| None of the below | 7,103 (7.9) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 22,101 (25) |
| A levels/AS, NVQ/HND/HNC or equivalent | 21,308 (24) |
| College or University degree | 39,678 (44) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 11,568 (13) |
| 18,000 to 30,999 | 19,649 (22) |
| 31,000 to 51,999 | 23,651 (26) |
| 52,000 to 100,000 | 20,891 (23) |
| Greater than 100,000 | 6,072 (6.7) |
| Do not know/Prefer not to answer | 8,359 (9.3) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |
| Never | 52,073 (58) |
| Previously | 32,043 (36) |
| Currently | 6,074 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 4,954 (5.5) |
| Less than once a week | 18,230 (20) |
| Once or twice a week | 22,684 (25) |
| Three or four times a week | 23,623 (26) |
| Daily or almost daily | 20,699 (23) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 64,233 (71) |
| 2-4 times a week | 22,761 (25) |
| More than 4 times a week | 3,196 (3.5) |
| Red meat, n (%) |  |
| Less than 2 times a week | 16,282 (18) |
| 2-4 times a week | 30,576 (34) |
| More than 4 times a week | 43,332 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 74,487 (83) |
| 2-4 times a week | 14,982 (17) |
| More than 4 times a week | 721 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 76,495 (85) |
| 2-4 times a week | 13,271 (15) |
| More than 4 times a week | 424 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 29,441 (33) |
| Between 2 and 4 servings a day | 54,016 (60) |
| More than 4 servings a day | 6,733 (7.5) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 15,354 (17) |
| Between 2 and 4 servings a day | 66,435 (74) |
| More than 4 servings a day | 8,401 (9.3) |
| Cancer, n (%) |  |
| -3 | 7 (<0.1) |
| -1 | 174 (0.2) |
| 0 | 83,404 (92) |
| 1 | 6,605 (7.3) |
| Systolic blood pressure, Median (Q1, Q3) | 137.0 (125.0, 151.0) |
| Diastolic blood pressure, Median (Q1, Q3) | 81.0 (74.0, 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 | 136 (0.2) |
| Excellent | 20,150 (22) |
| Fair | 13,436 (15) |
| Good | 54,474 (60) |
| Poor | 1,994 (2.2) |
| Triglycerides (baseline), Median (Q1, Q3) | 1.4 (1.0, 2.0) |
| C-reactive protein (baseline), Median (Q1, Q3) | 1.1 (0.6, 2.3) |