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

| **Characteristic** | **[0,115]**  N = 23,242 | **(115,234]**  N = 23,228 | **(234,404]**  N = 23,170 | **(404,2.47e+03]**  N = 23,211 |
| --- | --- | --- | --- | --- |
| Follow\_up time, Median (IQR) | 96 (89 – 102) | 96 (90 – 103) | 97 (90 – 103) | 97 (90 – 103) |
| MVPA min/week, Median (IQR) | 301 (203 – 424) | 405 (301 – 535) | 500 (386 – 636) | 687 (537 – 860) |
| MVPA min/week Machine Learning, Median (IQR) | 58 (29 – 87) | 172 (143 – 203) | 308 (269 – 351) | 561 (470 – 712) |
| MVPA min/week Activity Count, Median (IQR) | 1,754 (1,355 – 2,180) | 1,901 (1,520 – 2,314) | 1,974 (1,608 – 2,377) | 2,152 (1,774 – 2,566) |
| Myocardial Infarction, n (%) | 700 (3.0) | 498 (2.1) | 454 (2.0) | 425 (1.8) |
| Stroke, n (%) | 434 (1.9) | 310 (1.3) | 307 (1.3) | 264 (1.1) |
| Age, Median (IQR) | 65 (57 – 69) | 64 (56 – 69) | 63 (56 – 68) | 62 (55 – 68) |
| Race, n (%) |  |  |  |  |
| Nonwhite | 769 (3.3) | 776 (3.3) | 688 (3.0) | 532 (2.3) |
| White | 22,473 (97) | 22,452 (97) | 22,482 (97) | 22,679 (98) |
| Sex, n (%) |  |  |  |  |
| Female | 16,144 (69) | 14,492 (62) | 12,775 (55) | 9,827 (42) |
| Male | 7,098 (31) | 8,736 (38) | 10,395 (45) | 13,384 (58) |
| Education, n (%) |  |  |  |  |
| None of the above | 2,606 (15) | 1,901 (11) | 1,515 (8.5) | 1,321 (7.3) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 6,898 (40) | 5,999 (34) | 5,254 (29) | 4,626 (26) |
| A levels/AS, NVQ/HND/HNC or equivalent | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| College or University degree | 7,800 (45) | 9,770 (55) | 11,068 (62) | 12,153 (67) |
| Unknown | 5,938 | 5,558 | 5,333 | 5,111 |
| Household Income, n (%) |  |  |  |  |
| Less than 18,000 | 3,896 (17) | 3,006 (13) | 2,628 (11) | 2,386 (10) |
| 18,000 to 30,999 | 5,577 (24) | 5,368 (23) | 4,756 (21) | 4,539 (20) |
| 31,000 to 51,999 | 5,905 (25) | 6,104 (26) | 6,144 (27) | 6,154 (27) |
| 52,000 to 100,000 | 4,251 (18) | 5,124 (22) | 5,897 (25) | 6,250 (27) |
| Greater than 100,000 | 905 (3.9) | 1,377 (5.9) | 1,782 (7.7) | 2,170 (9.3) |
| Do not know/Prefer not to answer | 2,708 (12) | 2,249 (9.7) | 1,963 (8.5) | 1,712 (7.4) |
| Deprivation index, n (%) |  |  |  |  |
| Quarter 1 | 5,763 (25) | 5,854 (25) | 5,706 (25) | 5,729 (25) |
| Quarter 2 | 6,002 (26) | 5,932 (26) | 5,680 (25) | 5,739 (25) |
| Quarter 3 | 5,863 (25) | 5,792 (25) | 5,834 (25) | 5,708 (25) |
| Quarter 4 | 5,614 (24) | 5,650 (24) | 5,950 (26) | 6,035 (26) |
| Body Mass Index, n (%) |  |  |  |  |
| Underweight (< 18.5 kg/m2) | 84 (0.4) | 101 (0.4) | 167 (0.7) | 171 (0.7) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 6,650 (29) | 8,776 (38) | 10,021 (43) | 11,123 (48) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 9,323 (40) | 9,829 (42) | 9,577 (41) | 9,478 (41) |
| Obesity Class I, II or III (> 30 kg/m2) | 7,185 (31) | 4,522 (19) | 3,405 (15) | 2,439 (11) |
| Type II Diabetes, n (%) | 21,993 (95) | 22,545 (97) | 22,611 (98) | 22,758 (98) |
| Smoking, n (%) |  |  |  |  |
| Never | 12,684 (55) | 13,617 (59) | 13,744 (59) | 13,531 (58) |
| Previous | 8,470 (36) | 8,097 (35) | 8,046 (35) | 8,414 (36) |
| Current | 2,088 (9.0) | 1,514 (6.5) | 1,380 (6.0) | 1,266 (5.5) |
| Alcohol, n (%) |  |  |  |  |
| Never | 1,734 (7.5) | 1,320 (5.7) | 1,083 (4.7) | 971 (4.2) |
| Less than once a week | 6,185 (27) | 4,938 (21) | 4,210 (18) | 3,476 (15) |
| Once or twice a week | 5,788 (25) | 6,027 (26) | 5,891 (25) | 5,635 (24) |
| Three or four times a week | 5,037 (22) | 5,822 (25) | 6,483 (28) | 6,984 (30) |
| Daily or almost daily | 4,498 (19) | 5,121 (22) | 5,503 (24) | 6,145 (26) |
| Processed meat, n (%) |  |  |  |  |
| Less than 2 times a week | 16,528 (71) | 16,676 (72) | 16,603 (72) | 16,352 (70) |
| 2-4 times a week | 5,898 (25) | 5,757 (25) | 5,770 (25) | 5,991 (26) |
| More than 4 times a week | 816 (3.5) | 795 (3.4) | 797 (3.4) | 868 (3.7) |
| Red meat, n (%) |  |  |  |  |
| Less than 2 times a week | 3,853 (17) | 4,095 (18) | 4,271 (18) | 4,535 (20) |
| 2-4 times a week | 7,750 (33) | 7,931 (34) | 7,931 (34) | 7,871 (34) |
| More than 4 times a week | 11,639 (50) | 11,202 (48) | 10,968 (47) | 10,805 (47) |
| Oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 19,355 (83) | 19,107 (82) | 19,134 (83) | 19,117 (82) |
| 2-4 times a week | 3,720 (16) | 3,954 (17) | 3,855 (17) | 3,878 (17) |
| More than 4 times a week | 167 (0.7) | 167 (0.7) | 181 (0.8) | 216 (0.9) |
| Non-oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 19,677 (85) | 19,638 (85) | 19,586 (85) | 19,866 (86) |
| 2-4 times a week | 3,454 (15) | 3,466 (15) | 3,476 (15) | 3,248 (14) |
| More than 4 times a week | 111 (0.5) | 124 (0.5) | 108 (0.5) | 97 (0.4) |
| Fresh fruit, n (%) |  |  |  |  |
| Less than 2 servings a day | 8,318 (36) | 7,622 (33) | 7,403 (32) | 6,952 (30) |
| Between 2 and 4 servings a day | 13,365 (58) | 14,001 (60) | 14,059 (61) | 14,216 (61) |
| More than 4 servings a day | 1,559 (6.7) | 1,605 (6.9) | 1,708 (7.4) | 2,043 (8.8) |
| Cooked vegetables, n (%) |  |  |  |  |
| Less than 2 servings a day | 4,128 (18) | 3,778 (16) | 3,955 (17) | 3,950 (17) |
| Between 2 and 4 servings a day | 17,015 (73) | 17,368 (75) | 17,098 (74) | 16,910 (73) |
| More than 4 servings a day | 2,099 (9.0) | 2,082 (9.0) | 2,117 (9.1) | 2,351 (10) |
| Two Years Stroke Survival, n (%) | 23,116 (99) | 23,155 (100) | 23,098 (100) | 23,158 (100) |
| Two Years MI Survival, n (%) | 23,013 (99) | 23,086 (99) | 23,018 (99) | 23,067 (99) |