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

| Baseline Characteristics | **N = 34,218** |
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| Follow up time in months, Median (Q1, Q3) | 96.4 (89.7, 102.8) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 466.8 (323.3, 641.4) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 236.1 (117.0, 410.0) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 589.5 (375.4, 856.6) |
| Myocardial infarction, n (%) | 773 (2.3) |
| Stroke, n (%) | 497 (1.5) |
| Age, Median (Q1, Q3) | 63.6 (56.6, 68.6) |
| Race, n (%) |  |
| Non-white | 1,025 (3.0) |
| White | 33,193 (97) |
| Sex, n (%) |  |
| Female | 19,648 (57) |
| Male | 14,570 (43) |
| Education, n (%) |  |
| None of the below | 2,700 (7.9) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 8,281 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 8,044 (24) |
| College or University degree | 15,193 (44) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 4,418 (13) |
| 18,000 to 30,999 | 7,562 (22) |
| 31,000 to 51,999 | 8,952 (26) |
| 52,000 to 100,000 | 7,825 (23) |
| Greater than 100,000 | 2,248 (6.6) |
| Do not know/Prefer not to answer | 3,213 (9.4) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.9, -0.3) |
| Smoking, n (%) |  |
| Never | 19,710 (58) |
| Previously | 12,213 (36) |
| Currently | 2,295 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 1,879 (5.5) |
| Less than once a week | 6,826 (20) |
| Once or twice a week | 8,456 (25) |
| Three or four times a week | 8,987 (26) |
| Daily or almost daily | 8,070 (24) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 24,361 (71) |
| 2-4 times a week | 8,664 (25) |
| More than 4 times a week | 1,193 (3.5) |
| Red meat, n (%) |  |
| Less than 2 times a week | 6,177 (18) |
| 2-4 times a week | 11,667 (34) |
| More than 4 times a week | 16,374 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 28,275 (83) |
| 2-4 times a week | 5,675 (17) |
| More than 4 times a week | 268 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 29,083 (85) |
| 2-4 times a week | 4,979 (15) |
| More than 4 times a week | 156 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 11,115 (32) |
| Between 2 and 4 servings a day | 20,568 (60) |
| More than 4 servings a day | 2,535 (7.4) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 5,761 (17) |
| Between 2 and 4 servings a day | 25,213 (74) |
| More than 4 servings a day | 3,244 (9.5) |
| Cancer, n (%) |  |
| -3 | 1 (<0.1) |
| -1 | 62 (0.2) |
| 0 | 31,622 (92) |
| 1 | 2,533 (7.4) |
| Systolic blood pressure, Median (Q1, Q3) | 137.0 (125.0, 151.0) |
| Diastolic blood pressure, Median (Q1, Q3) | 81.0 (74.0, 88.0) |
| HDL cholesterol, Median (Q1, Q3) | 1.5 (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 | 53 (0.2) |
| Excellent | 7,664 (22) |
| Fair | 5,145 (15) |
| Good | 20,605 (60) |
| Poor | 751 (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) |