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

| **Characteristic** | **N = 90,258** |
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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) | 464.1 (319.5, 641.5) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 234.1 (114.5, 404.0) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 585.9 (372.1, 853.2) |
| Myocardial infarction, n (%) | 2,017 (2.2) |
| Stroke, n (%) | 1,284 (1.4) |
| Age, Median (Q1, Q3) | 63.2 (56.1, 68.4) |
| Race, n (%) |  |
| Nonwhite | 2,680 (3.0) |
| White | 87,578 (97) |
| Sex, n (%) |  |
| Female | 51,733 (57) |
| Male | 38,525 (43) |
| Education, n (%) |  |
| None of the below | 7,120 (7.9) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 22,117 (25) |
| A levels/AS, NVQ/HND/HNC or equivalent | 21,321 (24) |
| College or University degree | 39,700 (44) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 11,586 (13) |
| 18,000 to 30,999 | 19,663 (22) |
| 31,000 to 51,999 | 23,668 (26) |
| 52,000 to 100,000 | 20,901 (23) |
| Greater than 100,000 | 6,074 (6.7) |
| Do not know/Prefer not to answer | 8,366 (9.3) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |
| Never | 52,105 (58) |
| Previous | 32,075 (36) |
| Current | 6,078 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 4,961 (5.5) |
| Less than once a week | 18,247 (20) |
| Once or twice a week | 22,703 (25) |
| Three or four times a week | 23,634 (26) |
| Daily or almost daily | 20,713 (23) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 64,281 (71) |
| 2-4 times a week | 22,781 (25) |
| More than 4 times a week | 3,196 (3.5) |
| Red meat, n (%) |  |
| Less than 2 times a week | 16,297 (18) |
| 2-4 times a week | 30,604 (34) |
| More than 4 times a week | 43,357 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 74,546 (83) |
| 2-4 times a week | 14,991 (17) |
| More than 4 times a week | 721 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 76,549 (85) |
| 2-4 times a week | 13,285 (15) |
| More than 4 times a week | 424 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 29,461 (33) |
| Between 2 and 4 servings a day | 54,052 (60) |
| More than 4 servings a day | 6,745 (7.5) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 15,370 (17) |
| Between 2 and 4 servings a day | 66,477 (74) |
| More than 4 servings a day | 8,411 (9.3) |