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

| Baseline Characteristics | **Had CVD**  N = 3,201 | **Never had CVD**  N = 86,989 |
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| Follow up time in months, Median (Q1, Q3) | 47.2 (17.2, 72.9) | 96.9 (90.3, 103.0) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 375.8 (236.5, 535.5) | 466.9 (322.6, 644.4) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 196.6 (81.5, 358.0) | 235.1 (116.0, 405.5) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 448.9 (268.1, 697.4) | 590.8 (376.7, 857.3) |
| Myocardial infarction, n (%) | 2,016 (63) | 0 (0) |
| Stroke, n (%) | 1,282 (40) | 0 (0) |
| Age, Median (Q1, Q3) | 67.7 (62.7, 71.5) | 63.0 (55.9, 68.3) |
| Race, n (%) |  |  |
| Non-white | 83 (2.6) | 2,594 (3.0) |
| White | 3,118 (97) | 84,395 (97) |
| Sex, n (%) |  |  |
| Female | 1,200 (37) | 50,485 (58) |
| Male | 2,001 (63) | 36,504 (42) |
| Education, n (%) |  |  |
| None of the below | 422 (13) | 6,681 (7.7) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 786 (25) | 21,315 (25) |
| A levels/AS, NVQ/HND/HNC or equivalent | 822 (26) | 20,486 (24) |
| College or University degree | 1,171 (37) | 38,507 (44) |
| Household income GBP, n (%) |  |  |
| Less than 18,000 | 620 (19) | 10,948 (13) |
| 18,000 to 30,999 | 818 (26) | 18,831 (22) |
| 31,000 to 51,999 | 819 (26) | 22,832 (26) |
| 52,000 to 100,000 | 517 (16) | 20,374 (23) |
| Greater than 100,000 | 117 (3.7) | 5,955 (6.8) |
| Do not know/Prefer not to answer | 310 (9.7) | 8,049 (9.3) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |  |
| Never | 1,529 (48) | 50,544 (58) |
| Previously | 1,368 (43) | 30,675 (35) |
| Currently | 304 (9.5) | 5,770 (6.6) |
| Alcohol consumption, n (%) |  |  |
| Never | 226 (7.1) | 4,728 (5.4) |
| Less than once a week | 637 (20) | 17,593 (20) |
| Once or twice a week | 765 (24) | 21,919 (25) |
| Three or four times a week | 793 (25) | 22,830 (26) |
| Daily or almost daily | 780 (24) | 19,919 (23) |
| Processed meat, n (%) |  |  |
| Less than 2 times a week | 2,136 (67) | 62,097 (71) |
| 2-4 times a week | 929 (29) | 21,832 (25) |
| More than 4 times a week | 136 (4.2) | 3,060 (3.5) |
| Red meat, n (%) |  |  |
| Less than 2 times a week | 435 (14) | 15,847 (18) |
| 2-4 times a week | 1,118 (35) | 29,458 (34) |
| More than 4 times a week | 1,648 (51) | 41,684 (48) |
| Oily fish, n (%) |  |  |
| Less than 2 times a week | 2,525 (79) | 71,962 (83) |
| 2-4 times a week | 646 (20) | 14,336 (16) |
| More than 4 times a week | 30 (0.9) | 691 (0.8) |
| Non-oily fish, n (%) |  |  |
| Less than 2 times a week | 2,685 (84) | 73,810 (85) |
| 2-4 times a week | 504 (16) | 12,767 (15) |
| More than 4 times a week | 12 (0.4) | 412 (0.5) |
| Fresh fruit, n (%) |  |  |
| Less than 2 servings a day | 1,142 (36) | 28,299 (33) |
| Between 2 and 4 servings a day | 1,833 (57) | 52,183 (60) |
| More than 4 servings a day | 226 (7.1) | 6,507 (7.5) |
| Cooked vegetables, n (%) |  |  |
| Less than 2 servings a day | 506 (16) | 14,848 (17) |
| Between 2 and 4 servings a day | 2,366 (74) | 64,069 (74) |
| More than 4 servings a day | 329 (10) | 8,072 (9.3) |
| Cancer, n (%) | 314 (9.8) | 6,291 (7.2) |
| Systolic blood pressure, Median (Q1, Q3) | 144.0 (132.0, 159.0) | 137.0 (124.0, 150.0) |
| Diastolic blood pressure, Median (Q1, Q3) | 83.0 (76.0, 91.0) | 81.0 (74.0, 88.0) |
| LDL direct, Median (Q1, Q3) | 3.6 (3.0, 4.2) | 3.5 (3.0, 4.1) |
| Blood glucose (biochemistry), Median (Q1, Q3) | 5.0 (4.6, 5.4) | 4.9 (4.6, 5.3) |
| Overall health rating, n (%) |  |  |
| Do not know/Prefer not to answer | 8 (0.2) | 128 (0.1) |
| Excellent | 482 (15) | 19,668 (23) |
| Fair | 687 (21) | 12,749 (15) |
| Good | 1,884 (59) | 52,590 (60) |
| Poor | 140 (4.4) | 1,854 (2.1) |
| Triglycerides (baseline), Median (Q1, Q3) | 1.6 (1.2, 2.4) | 1.4 (1.0, 2.0) |
| C-reactive protein (baseline), Median (Q1, Q3) | 1.5 (0.7, 2.9) | 1.1 (0.6, 2.3) |
| Apolipoprotein A, Median (Q1, Q3) | 1.5 (1.3, 1.6) | 1.5 (1.4, 1.7) |
| Medication for cholesterol, blood pressure, or diabetes, n (%) | 829 (26) | 9,654 (11) |
| Medication for cholesterol, blood pressure, diabetes, or take exogenous hormones, n (%) | 487 (15) | 13,213 (15) |