## Table 2.2. Distribution of participant characteristics by MVPA - Mediators

| Baseline Characteristics | **Had CVD**  N = 3,201 | **Never had CVD**  N = 86,989 |
| --- | --- | --- |
| Follow up time in months, Median (Q1, Q3) | 47.2 (17.2, 72.9) | 96.9 (90.3, 103.0) |
| Two years stroke survival, n (%) | 2,886 (90) | 86,989 (100) |
| Two years MI survival, n (%) | 2,556 (80) | 86,989 (100) |
| 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) |
| ethnicity, 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\_level, 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) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.3) | -2.5 (-3.8, -0.2) |
| avg\_hh\_income, 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) |
| Body mass index, n (%) |  |  |
| Underweight (< 18.5 kg/m2) | 13 (0.4) | 499 (0.6) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 921 (29) | 34,584 (40) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 1,445 (45) | 35,684 (41) |
| Obesity Class I, II or III (> 30 kg/m2) | 822 (26) | 16,222 (19) |
| Type II diabetes, n (%) | 2,950 (92) | 84,385 (97) |
| Depression, n (%) |  |  |
| Currently Depressed | 619 (20) | 17,565 (21) |
| Not Currently Depressed | 2,467 (80) | 67,015 (79) |
| 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, 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\_vg, 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) |
| water\_300m, Median (Q1, Q3) | 0.1 (0.0, 0.6) | 0.1 (0.0, 0.6) |
| greenspace\_300m, Median (Q1, Q3) | 32.4 (18.9, 51.6) | 29.7 (16.7, 50.3) |
| naturalenv\_300m, Median (Q1, Q3) | 21.2 (7.4, 42.4) | 19.4 (5.8, 41.1) |