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

| Baseline Characteristics | **N = 34,218** |
| --- | --- |
| Follow up time in months, Median (Q1, Q3) | 96.4 (89.7, 102.8) |
| Two years stroke survival, n (%) | 34,100 (100) |
| Two years MI survival, n (%) | 33,974 (99) |
| 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) |
| ethnicity, n (%) |  |
| Non-white | 1,025 (3.0) |
| White | 33,193 (97) |
| Sex, n (%) |  |
| Female | 19,648 (57) |
| Male | 14,570 (43) |
| education\_level, 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) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.9, -0.3) |
| avg\_hh\_income, 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) |
| Body mass index, n (%) |  |
| Underweight (< 18.5 kg/m2) | 197 (0.6) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 13,588 (40) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 14,175 (41) |
| Obesity Class I, II or III (> 30 kg/m2) | 6,258 (18) |
| Type II diabetes, n (%) | 33,086 (97) |
| Depression, n (%) |  |
| Currently Depressed | 6,824 (21) |
| Not Currently Depressed | 26,451 (79) |
| smoking, n (%) |  |
| Never | 19,710 (58) |
| Previously | 12,213 (36) |
| Currently | 2,295 (6.7) |
| alcohol, 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\_vg, 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) |
| water\_300m, Median (Q1, Q3) | 0.1 (0.0, 0.7) |
| greenspace\_300m, Median (Q1, Q3) | 29.9 (16.8, 50.6) |
| naturalenv\_300m, Median (Q1, Q3) | 19.6 (6.0, 41.5) |