## Table 2.1. Distribution of participant characteristics by MVPA - Including PA4

| Baseline Characteristics | **N = 73,133** |
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| Follow up time in months, Median (Q1, Q3) | 96.2 (89.6, 102.6) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 438.4 (305.1, 591.9) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 221.1 (107.9, 380.0) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 551.2 (355.1, 780.2) |
| MVPA min/week - Self-report (IPAQ), Median (Q1, Q3) | 280.0 (105.0, 525.0) |
| Myocardial infarction, n (%) | 1,668 (2.3) |
| Stroke, n (%) | 1,037 (1.4) |
| Age, Median (Q1, Q3) | 63.2 (56.2, 68.4) |
| Race, n (%) |  |
| Non-white | 2,153 (2.9) |
| White | 70,980 (97) |
| Sex, n (%) |  |
| Female | 41,411 (57) |
| Male | 31,722 (43) |
| Education, n (%) |  |
| None of the above | 5,348 (7.3) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 17,208 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 17,051 (23) |
| College or University degree | 33,526 (46) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 8,997 (12) |
| 18,000 to 30,999 | 15,453 (21) |
| 31,000 to 51,999 | 19,186 (26) |
| 52,000 to 100,000 | 17,748 (24) |
| Greater than 100,000 | 5,213 (7.1) |
| Do not know/Prefer not to answer | 6,536 (8.9) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |
| Never | 42,326 (58) |
| Previously | 25,847 (35) |
| Currently | 4,960 (6.8) |
| Alcohol consumption, n (%) |  |
| Never | 3,989 (5.5) |
| Less than once a week | 14,807 (20) |
| Once or twice a week | 18,388 (25) |
| Three or four times a week | 19,173 (26) |
| Daily or almost daily | 16,776 (23) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 51,857 (71) |
| 2-4 times a week | 18,645 (25) |
| More than 4 times a week | 2,631 (3.6) |
| Red meat, n (%) |  |
| Less than 2 times a week | 12,886 (18) |
| 2-4 times a week | 24,851 (34) |
| More than 4 times a week | 35,396 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 60,720 (83) |
| 2-4 times a week | 11,857 (16) |
| More than 4 times a week | 556 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 62,333 (85) |
| 2-4 times a week | 10,463 (14) |
| More than 4 times a week | 337 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 24,486 (33) |
| Between 2 and 4 servings a day | 43,551 (60) |
| More than 4 servings a day | 5,096 (7.0) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 12,882 (18) |
| Between 2 and 4 servings a day | 53,848 (74) |
| More than 4 servings a day | 6,403 (8.8) |