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

| Baseline Characteristics | **N = 87,276** |
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| Follow up time in months, Median (Q1, Q3) | 96.5 (89.8, 102.7) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 462.2 (318.4, 638.1) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 232.5 (114.0, 401.1) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 584.2 (371.7, 849.1) |
| MVPA min/week - Self-report (IPAQ), Median (Q1, Q3) | 350.0 (140.0, 630.0) |
| Myocardial infarction, n (%) | 1,917 (2.2) |
| Stroke, n (%) | 1,227 (1.4) |
| Age, Median (Q1, Q3) | 63.2 (56.1, 68.4) |
| Race, n (%) |  |
| Non-white | 2,590 (3.0) |
| White | 84,686 (97) |
| Sex, n (%) |  |
| Female | 50,371 (58) |
| Male | 36,905 (42) |
| Education, n (%) |  |
| None of the above | 6,683 (7.7) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 21,174 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 20,530 (24) |
| College or University degree | 38,889 (45) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 11,034 (13) |
| 18,000 to 30,999 | 18,743 (21) |
| 31,000 to 51,999 | 22,949 (26) |
| 52,000 to 100,000 | 20,512 (24) |
| Greater than 100,000 | 6,000 (6.9) |
| Do not know/Prefer not to answer | 8,038 (9.2) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |
| Never | 50,562 (58) |
| Previously | 30,886 (35) |
| Currently | 5,828 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 4,765 (5.5) |
| Less than once a week | 17,618 (20) |
| Once or twice a week | 21,962 (25) |
| Three or four times a week | 22,953 (26) |
| Daily or almost daily | 19,978 (23) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 62,223 (71) |
| 2-4 times a week | 21,985 (25) |
| More than 4 times a week | 3,068 (3.5) |
| Red meat, n (%) |  |
| Less than 2 times a week | 15,701 (18) |
| 2-4 times a week | 29,625 (34) |
| More than 4 times a week | 41,950 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 72,160 (83) |
| 2-4 times a week | 14,426 (17) |
| More than 4 times a week | 690 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 74,100 (85) |
| 2-4 times a week | 12,770 (15) |
| More than 4 times a week | 406 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 28,516 (33) |
| Between 2 and 4 servings a day | 52,300 (60) |
| More than 4 servings a day | 6,460 (7.4) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 14,915 (17) |
| Between 2 and 4 servings a day | 64,378 (74) |
| More than 4 servings a day | 7,983 (9.1) |