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

| Baseline Characteristics | **N = 88,602** |
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| Follow up time in months, Median (Q1, Q3) | 96.4 (89.8, 102.7) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 462.8 (318.9, 639.4) |
| MVPA\_100, Median (Q1, Q3) | 707.3 (515.3, 935.3) |
| MVPA\_150, Median (Q1, Q3) | 304.9 (198.3, 443.0) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 233.0 (114.4, 402.0) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 584.8 (372.1, 850.8) |
| MVPA min/week - Self-report (IPAQ), Median (Q1, Q3) | 350.0 (140.0, 630.0) |
| Myocardial infarction, n (%) | 1,957 (2.2) |
| Stroke, n (%) | 1,255 (1.4) |
| Age, Median (Q1, Q3) | 63.2 (56.1, 68.4) |
| Race, n (%) |  |
| Non-white | 2,633 (3.0) |
| White | 85,969 (97) |
| Sex, n (%) |  |
| Female | 51,038 (58) |
| Male | 37,564 (42) |
| Education, n (%) |  |
| None of the above | 6,852 (7.7) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 21,586 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 20,883 (24) |
| College or University degree | 39,281 (44) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 11,259 (13) |
| 18,000 to 30,999 | 19,132 (22) |
| 31,000 to 51,999 | 23,279 (26) |
| 52,000 to 100,000 | 20,707 (23) |
| Greater than 100,000 | 6,038 (6.8) |
| Do not know/Prefer not to answer | 8,187 (9.2) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |
| Never | 51,246 (58) |
| Previously | 31,439 (35) |
| Currently | 5,917 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 4,844 (5.5) |
| Less than once a week | 17,902 (20) |
| Once or twice a week | 22,279 (25) |
| Three or four times a week | 23,270 (26) |
| Daily or almost daily | 20,307 (23) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 63,158 (71) |
| 2-4 times a week | 22,334 (25) |
| More than 4 times a week | 3,110 (3.5) |
| Red meat, n (%) |  |
| Less than 2 times a week | 15,975 (18) |
| 2-4 times a week | 30,060 (34) |
| More than 4 times a week | 42,567 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 73,229 (83) |
| 2-4 times a week | 14,674 (17) |
| More than 4 times a week | 699 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 75,191 (85) |
| 2-4 times a week | 12,997 (15) |
| More than 4 times a week | 414 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 28,913 (33) |
| Between 2 and 4 servings a day | 53,103 (60) |
| More than 4 servings a day | 6,586 (7.4) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 15,103 (17) |
| Between 2 and 4 servings a day | 65,336 (74) |
| More than 4 servings a day | 8,163 (9.2) |