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

| Baseline Characteristics | **N = 89,510** |
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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) | 463.3 (319.2, 640.3) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 233.6 (114.5, 403.0) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 585.3 (372.1, 851.8) |
| MVPA min/week - Self-report (IPAQ), Median (Q1, Q3) | 385.0 (140.0, 630.0) |
| Myocardial infarction, n (%) | 1,984 (2.2) |
| Stroke, n (%) | 1,274 (1.4) |
| Age, Median (Q1, Q3) | 63.2 (56.1, 68.4) |
| Race, n (%) |  |
| Non-white | 2,659 (3.0) |
| White | 86,851 (97) |
| Sex, n (%) |  |
| Female | 51,446 (57) |
| Male | 38,064 (43) |
| Education, n (%) |  |
| None of the above | 6,980 (7.8) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 21,885 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 21,111 (24) |
| College or University degree | 39,534 (44) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 11,436 (13) |
| 18,000 to 30,999 | 19,426 (22) |
| 31,000 to 51,999 | 23,495 (26) |
| 52,000 to 100,000 | 20,810 (23) |
| Greater than 100,000 | 6,061 (6.8) |
| Do not know/Prefer not to answer | 8,282 (9.3) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.8, -0.2) |
| Smoking, n (%) |  |
| Never | 51,741 (58) |
| Previously | 31,776 (35) |
| Currently | 5,993 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 4,901 (5.5) |
| Less than once a week | 18,087 (20) |
| Once or twice a week | 22,516 (25) |
| Three or four times a week | 23,479 (26) |
| Daily or almost daily | 20,527 (23) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 63,794 (71) |
| 2-4 times a week | 22,569 (25) |
| More than 4 times a week | 3,147 (3.5) |
| Red meat, n (%) |  |
| Less than 2 times a week | 16,138 (18) |
| 2-4 times a week | 30,358 (34) |
| More than 4 times a week | 43,014 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 73,949 (83) |
| 2-4 times a week | 14,854 (17) |
| More than 4 times a week | 707 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 75,936 (85) |
| 2-4 times a week | 13,156 (15) |
| More than 4 times a week | 418 (0.5) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 29,195 (33) |
| Between 2 and 4 servings a day | 53,648 (60) |
| More than 4 servings a day | 6,667 (7.4) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 15,255 (17) |
| Between 2 and 4 servings a day | 65,969 (74) |
| More than 4 servings a day | 8,286 (9.3) |