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

| Baseline Characteristics | **N = 33,143** |
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| Follow up time in months, Median (Q1, Q3) | 96.5 (89.8, 102.8) |
| MVPA min/week - ENMO, Median (Q1, Q3) | 465.2 (321.9, 637.8) |
| MVPA min/week - Machine learning, Median (Q1, Q3) | 235.1 (116.5, 407.3) |
| MVPA min/week - Activity count, Median (Q1, Q3) | 587.5 (375.1, 853.5) |
| MVPA min/week - Self-report (IPAQ), Median (Q1, Q3) | 350.0 (140.0, 630.0) |
| Myocardial infarction, n (%) | 738 (2.2) |
| Stroke, n (%) | 470 (1.4) |
| Age, Median (Q1, Q3) | 63.6 (56.5, 68.6) |
| Race, n (%) |  |
| Non-white | 994 (3.0) |
| White | 32,149 (97) |
| Sex, n (%) |  |
| Female | 19,169 (58) |
| Male | 13,974 (42) |
| Education, n (%) |  |
| None of the above | 2,564 (7.7) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 7,956 (24) |
| A levels/AS, NVQ/HND/HNC or equivalent | 7,741 (23) |
| College or University degree | 14,882 (45) |
| Household income GBP, n (%) |  |
| Less than 18,000 | 4,244 (13) |
| 18,000 to 30,999 | 7,236 (22) |
| 31,000 to 51,999 | 8,680 (26) |
| 52,000 to 100,000 | 7,674 (23) |
| Greater than 100,000 | 2,221 (6.7) |
| Do not know/Prefer not to answer | 3,088 (9.3) |
| Deprivation index, Median (Q1, Q3) | -2.5 (-3.9, -0.3) |
| Smoking, n (%) |  |
| Never | 19,136 (58) |
| Previously | 11,801 (36) |
| Currently | 2,206 (6.7) |
| Alcohol consumption, n (%) |  |
| Never | 1,819 (5.5) |
| Less than once a week | 6,596 (20) |
| Once or twice a week | 8,187 (25) |
| Three or four times a week | 8,744 (26) |
| Daily or almost daily | 7,797 (24) |
| Processed meat, n (%) |  |
| Less than 2 times a week | 23,637 (71) |
| 2-4 times a week | 8,369 (25) |
| More than 4 times a week | 1,137 (3.4) |
| Red meat, n (%) |  |
| Less than 2 times a week | 5,976 (18) |
| 2-4 times a week | 11,299 (34) |
| More than 4 times a week | 15,868 (48) |
| Oily fish, n (%) |  |
| Less than 2 times a week | 27,412 (83) |
| 2-4 times a week | 5,477 (17) |
| More than 4 times a week | 254 (0.8) |
| Non-oily fish, n (%) |  |
| Less than 2 times a week | 28,209 (85) |
| 2-4 times a week | 4,786 (14) |
| More than 4 times a week | 148 (0.4) |
| Fresh fruit, n (%) |  |
| Less than 2 servings a day | 10,769 (32) |
| Between 2 and 4 servings a day | 19,946 (60) |
| More than 4 servings a day | 2,428 (7.3) |
| Cooked vegetables, n (%) |  |
| Less than 2 servings a day | 5,594 (17) |
| Between 2 and 4 servings a day | 24,492 (74) |
| More than 4 servings a day | 3,057 (9.2) |