## Distribution of participant characteristics by Qurtile of Moderate\_Vigorous Physical Activity

| **Characteristic** | **[0,115]**  N = 22,794 | **(115,234]**  N = 22,759 | **(234,404]**  N = 22,695 | **(404,2.47e+03]**  N = 22,736 |
| --- | --- | --- | --- | --- |
| Follow\_up time, Median (IQR) | 96 (89 – 102) | 96 (90 – 103) | 97 (90 – 103) | 97 (90 – 103) |
| MVPA min/week, Median (IQR) | 301 (203 – 423) | 405 (301 – 535) | 501 (385 – 636) | 686 (537 – 859) |
| MVPA\_min\_PA2, Median (IQR) | 58 (29 – 87) | 172 (143 – 203) | 308 (269 – 351) | 561 (470 – 712) |
| Myocardial Infarction, n (%) | 687 (3.0) | 487 (2.1) | 441 (1.9) | 416 (1.8) |
| Stroke, n (%) | 423 (1.9) | 311 (1.4) | 299 (1.3) | 265 (1.2) |
| Age, Median (IQR) | 65 (57 – 70) | 64 (56 – 69) | 63 (56 – 68) | 62 (55 – 68) |
| Race, n (%) |  |  |  |  |
| Nonwhite | 756 (3.3) | 759 (3.3) | 665 (2.9) | 522 (2.3) |
| White | 22,038 (97) | 22,000 (97) | 22,030 (97) | 22,214 (98) |
| Sex, n (%) |  |  |  |  |
| Female | 15,826 (69) | 14,197 (62) | 12,521 (55) | 9,617 (42) |
| Male | 6,968 (31) | 8,562 (38) | 10,174 (45) | 13,119 (58) |
| Education, n (%) |  |  |  |  |
| None of the above | 2,571 (11) | 1,851 (8.1) | 1,474 (6.5) | 1,285 (5.7) |
| O levels/GCSEs or equivalent, CSEs or equivalent | 6,759 (30) | 5,873 (26) | 5,127 (23) | 4,546 (20) |
| A levels/AS, NVQ/HND/HNC or equivalent | 5,820 (26) | 5,449 (24) | 5,220 (23) | 4,999 (22) |
| College or University degree | 7,644 (34) | 9,586 (42) | 10,874 (48) | 11,906 (52) |
| Household Income, n (%) |  |  |  |  |
| Less than 18,000 | 3,834 (17) | 2,945 (13) | 2,564 (11) | 2,327 (10) |
| 18,000 to 30,999 | 5,464 (24) | 5,239 (23) | 4,668 (21) | 4,438 (20) |
| 31,000 to 51,999 | 5,794 (25) | 6,011 (26) | 6,022 (27) | 6,036 (27) |
| 52,000 to 100,000 | 4,168 (18) | 5,039 (22) | 5,756 (25) | 6,113 (27) |
| Greater than 100,000 | 891 (3.9) | 1,340 (5.9) | 1,764 (7.8) | 2,135 (9.4) |
| Do not know/Prefer not to answer | 2,643 (12) | 2,185 (9.6) | 1,921 (8.5) | 1,687 (7.4) |
| Deprivation index, n (%) |  |  |  |  |
| Quarter 1 | 5,654 (25) | 5,749 (25) | 5,593 (25) | 5,586 (25) |
| Quarter 2 | 5,894 (26) | 5,793 (25) | 5,535 (24) | 5,628 (25) |
| Quarter 3 | 5,745 (25) | 5,678 (25) | 5,732 (25) | 5,605 (25) |
| Quarter 4 | 5,501 (24) | 5,539 (24) | 5,835 (26) | 5,917 (26) |
| Body Mass Index, n (%) |  |  |  |  |
| Underweight (< 18.5 kg/m2) | 85 (0.4) | 99 (0.4) | 164 (0.7) | 171 (0.8) |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 6,524 (29) | 8,605 (38) | 9,839 (43) | 10,888 (48) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 9,127 (40) | 9,632 (42) | 9,373 (41) | 9,286 (41) |
| Obesity Class I, II or III (> 30 kg/m2) | 7,058 (31) | 4,423 (19) | 3,319 (15) | 2,391 (11) |
| Type II Diabetes, n (%) | 21,562 (95) | 22,087 (97) | 22,151 (98) | 22,294 (98) |
| Smoking, n (%) |  |  |  |  |
| Never | 12,443 (55) | 13,359 (59) | 13,478 (59) | 13,279 (58) |
| Previous | 8,293 (36) | 7,917 (35) | 7,875 (35) | 8,213 (36) |
| Current | 2,058 (9.0) | 1,483 (6.5) | 1,342 (5.9) | 1,244 (5.5) |
| Alcohol, n (%) |  |  |  |  |
| Never | 1,708 (7.5) | 1,282 (5.6) | 1,058 (4.7) | 954 (4.2) |
| Less than once a week | 6,043 (27) | 4,832 (21) | 4,120 (18) | 3,411 (15) |
| Once or twice a week | 5,683 (25) | 5,932 (26) | 5,750 (25) | 5,525 (24) |
| Three or four times a week | 4,926 (22) | 5,706 (25) | 6,359 (28) | 6,830 (30) |
| Daily or almost daily | 4,434 (19) | 5,007 (22) | 5,408 (24) | 6,016 (26) |
| Processed meat, n (%) |  |  |  |  |
| Less than 2 times a week | 16,214 (71) | 16,327 (72) | 16,256 (72) | 16,013 (70) |
| 2-4 times a week | 5,779 (25) | 5,645 (25) | 5,665 (25) | 5,869 (26) |
| More than 4 times a week | 801 (3.5) | 787 (3.5) | 774 (3.4) | 854 (3.8) |
| Red meat, n (%) |  |  |  |  |
| Less than 2 times a week | 3,764 (17) | 4,012 (18) | 4,210 (19) | 4,441 (20) |
| 2-4 times a week | 7,601 (33) | 7,760 (34) | 7,749 (34) | 7,715 (34) |
| More than 4 times a week | 11,429 (50) | 10,987 (48) | 10,736 (47) | 10,580 (47) |
| Oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 18,973 (83) | 18,723 (82) | 18,736 (83) | 18,724 (82) |
| 2-4 times a week | 3,656 (16) | 3,869 (17) | 3,779 (17) | 3,797 (17) |
| More than 4 times a week | 165 (0.7) | 167 (0.7) | 180 (0.8) | 215 (0.9) |
| Non-oily fish, n (%) |  |  |  |  |
| Less than 2 times a week | 19,278 (85) | 19,238 (85) | 19,201 (85) | 19,445 (86) |
| 2-4 times a week | 3,405 (15) | 3,403 (15) | 3,391 (15) | 3,197 (14) |
| More than 4 times a week | 111 (0.5) | 118 (0.5) | 103 (0.5) | 94 (0.4) |
| Fresh fruit, n (%) |  |  |  |  |
| Less than 2 servings a day | 8,176 (36) | 7,468 (33) | 7,250 (32) | 6,805 (30) |
| Between 2 and 4 servings a day | 13,078 (57) | 13,724 (60) | 13,761 (61) | 13,923 (61) |
| More than 4 servings a day | 1,540 (6.8) | 1,567 (6.9) | 1,684 (7.4) | 2,008 (8.8) |
| Cooked vegetables, n (%) |  |  |  |  |
| Less than 2 servings a day | 4,028 (18) | 3,721 (16) | 3,867 (17) | 3,861 (17) |
| Between 2 and 4 servings a day | 16,702 (73) | 17,010 (75) | 16,745 (74) | 16,566 (73) |
| More than 4 servings a day | 2,064 (9.1) | 2,028 (8.9) | 2,083 (9.2) | 2,309 (10) |