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

| **Characteristic** | **Q1[0,99]**  N = 20,1161 | **Q2(99,222]**  N = 24,2361 | **Q3(222,395]**  N = 24,4121 | **Q4(395,1.01e+04]**  N = 24,0761 |
| --- | --- | --- | --- | --- |
| MVPA min/week | 290.8 (194.3, 411.2) | 394.3 (290.4, 522.9) | 493.9 (379.4, 629.8) | 681.0 (532.0, 854.5) |
| Myocardial Infarction | 639 (3.2%) | 541 (2.2%) | 473 (1.9%) | 444 (1.8%) |
| stroke | 382 (1.9%) | 345 (1.4%) | 321 (1.3%) | 288 (1.2%) |
| sex |  |  |  |  |
| Female | 14,034 (70%) | 15,240 (63%) | 13,593 (56%) | 10,221 (42%) |
| Male | 6,082 (30%) | 8,996 (37%) | 10,819 (44%) | 13,855 (58%) |
| oily\_fish |  |  |  |  |
| 2-4 times a week | 3,221 (16%) | 4,069 (17%) | 4,086 (17%) | 4,011 (17%) |
| Less than 2 times a week | 16,687 (83%) | 19,929 (82%) | 20,102 (82%) | 19,793 (82%) |
| More than 4 times a week | 143 (0.7%) | 189 (0.8%) | 187 (0.8%) | 229 (1.0%) |
| Prefer not to answer | 2 (<0.1%) | 0 (0%) | 4 (<0.1%) | 3 (<0.1%) |
| Unknown | 63 | 49 | 33 | 40 |
| processed\_meat |  |  |  |  |
| 2-4 times a week | 5,086 (25%) | 6,040 (25%) | 6,090 (25%) | 6,195 (26%) |
| Less than 2 times a week | 14,291 (71%) | 17,339 (72%) | 17,470 (72%) | 16,958 (70%) |
| More than 4 times a week | 724 (3.6%) | 839 (3.5%) | 839 (3.4%) | 900 (3.7%) |
| Prefer not to answer | 0 (0%) | 3 (<0.1%) | 3 (<0.1%) | 7 (<0.1%) |
| Unknown | 15 | 15 | 10 | 16 |
| alcohol |  |  |  |  |
| Daily or almost daily | 3,853 (24%) | 5,278 (29%) | 5,723 (32%) | 6,340 (38%) |
| Less than once a week | 5,419 (34%) | 5,290 (29%) | 4,517 (26%) | 3,673 (22%) |
| Never | 1,575 (9.9%) | 1,408 (7.7%) | 1,170 (6.6%) | 1,039 (6.1%) |
| Once or twice a week | 5,049 (32%) | 6,209 (34%) | 6,237 (35%) | 5,834 (35%) |
| Prefer not to answer | 9 (<0.1%) | 10 (<0.1%) | 7 (<0.1%) | 9 (<0.1%) |
| Unknown | 4,211 | 6,041 | 6,758 | 7,181 |
| smoking |  |  |  |  |
| Current | 1,908 (9.5%) | 1,619 (6.7%) | 1,470 (6.0%) | 1,317 (5.5%) |
| Never | 10,835 (54%) | 14,075 (58%) | 14,464 (59%) | 14,021 (58%) |
| Previous | 7,319 (36%) | 8,499 (35%) | 8,420 (35%) | 8,689 (36%) |
| Unknown | 54 | 43 | 58 | 49 |
| ethnicity |  |  |  |  |
| Nonwhite | 697 (3.5%) | 828 (3.4%) | 744 (3.1%) | 596 (2.5%) |
| White | 19,362 (97%) | 23,334 (97%) | 23,611 (97%) | 23,391 (98%) |
| Unknown | 57 | 74 | 57 | 89 |
| education\_level |  |  |  |  |
| College or University degree | 6,511 (33%) | 9,886 (41%) | 11,557 (47%) | 12,497 (52%) |
| O/GCSE levels or CSEs | 6,019 (30%) | 6,322 (26%) | 5,541 (23%) | 4,814 (20%) |
| A/AS levels, NVQ or HND | 5,118 (26%) | 5,816 (24%) | 5,600 (23%) | 5,283 (22%) |
| None of the above | 2,340 (12%) | 2,115 (8.8%) | 1,638 (6.7%) | 1,406 (5.9%) |
| Unknown | 128 | 97 | 76 | 76 |
| Deprivacation levels |  |  |  |  |
| Quarter 1 | 5,036 (25%) | 6,112 (25%) | 6,080 (25%) | 5,935 (25%) |
| Quarter 2 | 5,116 (25%) | 6,193 (26%) | 5,952 (24%) | 5,941 (25%) |
| Quarter 3 | 5,089 (25%) | 6,061 (25%) | 6,132 (25%) | 5,941 (25%) |
| Quarter 4 | 4,875 (24%) | 5,870 (24%) | 6,248 (26%) | 6,259 (26%) |
| diabetes |  |  |  |  |
| Do not know | 28 (0.1%) | 39 (0.2%) | 22 (<0.1%) | 28 (0.1%) |
| No | 1,154 (5.7%) | 764 (3.2%) | 588 (2.4%) | 469 (1.9%) |
| Prefer not to answer | 4 (<0.1%) | 1 (<0.1%) | 2 (<0.1%) | 4 (<0.1%) |
| Yes | 18,930 (94%) | 23,432 (97%) | 23,800 (97%) | 23,575 (98%) |
| BMI |  |  |  |  |
| Normal (18.5 kg/m2 to < 25 kg/m2) | 5,565 (28%) | 8,907 (37%) | 10,483 (43%) | 11,469 (48%) |
| Obesity Class I, II or III (> 30 kg/m2) | 6,531 (32%) | 4,930 (20%) | 3,665 (15%) | 2,574 (11%) |
| Overweight (25 kg/m2 to < 30 kg/m2) | 7,943 (39%) | 10,301 (43%) | 10,089 (41%) | 9,855 (41%) |
| Underweight (< 18.5 kg/m2) | 77 (0.4%) | 98 (0.4%) | 175 (0.7%) | 178 (0.7%) |
| 1Median (Q1, Q3); n (%) | | | | |