

S4 Table. Hazard Ratios for the association between quarters of vigorous physical activity (minutes/week) and incident cardiovascular disease with sequential adjustment for potential confounders and mediators

Adjustments	HR (95% CI)	HR (95% CI)	HR (95% CI)
Minutes/week	10.08-20.15 vs <10.08	20.16 -40.31 vs <10.08	≥40.32 vs <10.08
		<10.08	
+ Age	0.82 (0.75, 0.90)	0.71 (0.65, 0.78)	0.64 (0.57, 0.71)
+ Sex	0.77 (0.71, 0.84)	0.63 (0.57, 0.69)	0.53 (0.48, 0.59)
+ Education	0.77 (0.70, 0.86)	0.62 (0.57, 0.69)	0.53 (0.48, 0.59)
+ Townsend Deprivation Index	0.77 (0.71, 0.85)	0.63 (0.57, 0.69)	0.54 (0.48, 0.59)
+ Ethnicity	0.77 (0.71, 0.85)	0.63 (0.57, 0.69)	0.54 (0.48, 0.60)
+ Smoking	0.78 (0.71, 0.85)	0.64 (0.58, 0.70)	0.55 (0.49, 0.61)
+ Alcohol consumption	0.79 (0.72, 0.86)	0.65 (0.59, 0.72)	0.56 (0.50, 0.62)
+ Hypertension	0.79 (0.72, 0.86)	0.65 (0.59, 0.71)	0.56 (0.50, 0.62)
+ Self rated health	0.82 (0.75, 0.90)	0.70 (0.64, 0.77)	0.62 (0.56, 0.69)
+ Body Mass Index	0.84 (0.77, 0.92)	0.73 (0.66, 0.81)	0.67 (0.60, 0.75)
+ Total cholesterol	0.85 (0.77, 0.93)	0.73 (0.66, 0.81)	0.66 (0.59, 0.74)
+ HDL cholesterol	0.83 (0.76, 0.92)	0.73 (0.66, 0.82)	0.68 (0.61, 0.77)
+ LDL cholesterol	0.83 (0.75, 0.92)	0.73 (0.66, 0.82)	0.68 (0.61, 0.77)
+ Triglycerides	0.83 (0.75, 0.92)	0.73 (0.66, 0.81)	0.68 (0.61, 0.77)
+ C-reactive protein	0.84 (0.76, 0.92)	0.74 (0.67, 0.82)	0.69 (0.62, 0.78)
+ HbA1c	0.84 (0.76, 0.93)	0.75 (0.67, 0.83)	0.70 (0.62, 0.79)
+ Red and processed meat intake	0.84 (0.76, 0.93)	0.75 (0.67, 0.83)	0.70 (0.62, 0.79)
+ Fresh fruit intake	0.84 (0.76, 0.93)	0.75 (0.67, 0.83)	0.70 (0.62, 0.79)
+ Cooked vegetable intake	0.84 (0.76, 0.93)	0.75 (0.67, 0.83)	0.70 (0.62, 0.79)

Abbreviations: HR, hazard ratio; CI, confidence interval; HbA1c, glycated haemoglobin

Note: C-reactive protein on log scale