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

<table>
<thead>
<tr>
<th>Adjustments</th>
<th>HR (95% CI)</th>
<th>HR (95% CI)</th>
<th>HR (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Minutes/week</strong></td>
<td><strong>10.09-20.16 vs ≤10.08</strong></td>
<td><strong>20.17 -40.32 vs ≤10.08</strong></td>
<td><strong>&gt;40.32 vs ≤10.08</strong></td>
</tr>
<tr>
<td>+ Age</td>
<td>0.74 (0.67, 0.81)</td>
<td>0.60 (0.54, 0.66)</td>
<td>0.48 (0.43, 0.54)</td>
</tr>
<tr>
<td>+ Sex</td>
<td>0.69 (0.63, 0.76)</td>
<td>0.53 (0.48, 0.58)</td>
<td>0.40 (0.36, 0.44)</td>
</tr>
<tr>
<td>+ Education</td>
<td>0.69 (0.63, 0.76)</td>
<td>0.52 (0.47, 0.57)</td>
<td>0.40 (0.36, 0.44)</td>
</tr>
<tr>
<td>+ Townsend Deprivation Index</td>
<td>0.69 (0.63, 0.76)</td>
<td>0.52 (0.47, 0.58)</td>
<td>0.40 (0.36, 0.44)</td>
</tr>
<tr>
<td>+ Ethnicity</td>
<td>0.69 (0.63, 0.76)</td>
<td>0.52 (0.47, 0.58)</td>
<td>0.40 (0.36, 0.44)</td>
</tr>
<tr>
<td>+ Smoking</td>
<td>0.70 (0.64, 0.76)</td>
<td>0.53 (0.48, 0.58)</td>
<td>0.40 (0.36, 0.45)</td>
</tr>
<tr>
<td>+ Alcohol consumption</td>
<td>0.70 (0.64, 0.77)</td>
<td>0.54 (0.49, 0.59)</td>
<td>0.41 (0.37, 0.46)</td>
</tr>
<tr>
<td>+ Hypertension</td>
<td>0.70 (0.64, 0.77)</td>
<td>0.54 (0.49, 0.59)</td>
<td>0.41 (0.37, 0.46)</td>
</tr>
<tr>
<td>+ Self rated health</td>
<td>0.73 (0.66, 0.80)</td>
<td>0.57 (0.52, 0.63)</td>
<td>0.45 (0.41, 0.50)</td>
</tr>
<tr>
<td>+ Body Mass Index</td>
<td>0.74 (0.68, 0.81)</td>
<td>0.59 (0.53, 0.65)</td>
<td>0.48 (0.43, 0.53)</td>
</tr>
<tr>
<td>+ Total cholesterol</td>
<td>0.75 (0.68, 0.82)</td>
<td>0.59 (0.54, 0.66)</td>
<td>0.48 (0.43, 0.53)</td>
</tr>
<tr>
<td>+ HDL cholesterol</td>
<td>0.73 (0.66, 0.81)</td>
<td>0.59 (0.53, 0.66)</td>
<td>0.49 (0.43, 0.55)</td>
</tr>
<tr>
<td>+ LDL cholesterol</td>
<td>0.73 (0.66, 0.81)</td>
<td>0.59 (0.53, 0.66)</td>
<td>0.48 (0.43, 0.55)</td>
</tr>
<tr>
<td>+ Triglycerides</td>
<td>0.73 (0.66, 0.81)</td>
<td>0.59 (0.53, 0.66)</td>
<td>0.48 (0.43, 0.54)</td>
</tr>
<tr>
<td>+ C-reactive protein</td>
<td>0.74 (0.67, 0.81)</td>
<td>0.60 (0.54, 0.67)</td>
<td>0.49 (0.44, 0.56)</td>
</tr>
<tr>
<td>+ HbA1c</td>
<td>0.74 (0.67, 0.82)</td>
<td>0.60 (0.54, 0.67)</td>
<td>0.50 (0.44, 0.56)</td>
</tr>
<tr>
<td>+ Red and processed meat intake</td>
<td>0.74 (0.67, 0.82)</td>
<td>0.60 (0.54, 0.67)</td>
<td>0.50 (0.44, 0.56)</td>
</tr>
<tr>
<td>+ Fresh fruit intake</td>
<td>0.74 (0.67, 0.82)</td>
<td>0.60 (0.54, 0.67)</td>
<td>0.50 (0.44, 0.56)</td>
</tr>
<tr>
<td>+ Cooked vegetable intake</td>
<td>0.74 (0.67, 0.82)</td>
<td>0.60 (0.54, 0.67)</td>
<td>0.50 (0.44, 0.56)</td>
</tr>
</tbody>
</table>

Abbreviations: HR, hazard ratio; CI, confidence interval; HbA1c, glycated haemoglobin
Note: C-reactive protein on log scale