**S3 Table. Hazard Ratios for the association between quarters of moderate 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) &lt;524.17</th>
<th>HR (95% CI) 705.61-927.36</th>
<th>HR (95% CI) ≥927.37 vs &lt;524.17</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Minutes/week</strong></td>
<td></td>
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<td></td>
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<tr>
<td>&lt;524.17 vs ≥927.37 vs &lt;524.17</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>+ Age</td>
<td>0.75 (0.69, 0.81)</td>
<td>0.65 (0.59, 0.71)</td>
<td>0.53 (0.48, 0.59)</td>
</tr>
<tr>
<td>+ Sex</td>
<td>0.76 (0.70, 0.83)</td>
<td>0.67 (0.61, 0.73)</td>
<td>0.56 (0.51, 0.63)</td>
</tr>
<tr>
<td>+ Education</td>
<td>0.77 (0.71, 0.84)</td>
<td>0.67 (0.62, 0.74)</td>
<td>0.56 (0.51, 0.63)</td>
</tr>
<tr>
<td>+ Townsend Deprivation Index</td>
<td>0.77 (0.71, 0.84)</td>
<td>0.68 (0.62, 0.74)</td>
<td>0.57 (0.51, 0.63)</td>
</tr>
<tr>
<td>+ Ethnicity</td>
<td>0.77 (0.71, 0.84)</td>
<td>0.68 (0.62, 0.74)</td>
<td>0.57 (0.51, 0.63)</td>
</tr>
<tr>
<td>+ Smoking</td>
<td>0.78 (0.72, 0.85)</td>
<td>0.69 (0.63, 0.75)</td>
<td>0.57 (0.52, 0.64)</td>
</tr>
<tr>
<td>+ Alcohol consumption</td>
<td>0.79 (0.73, 0.86)</td>
<td>0.70 (0.64, 0.76)</td>
<td>0.58 (0.53, 0.65)</td>
</tr>
<tr>
<td>+ Hypertension</td>
<td>0.79 (0.73, 0.86)</td>
<td>0.70 (0.64, 0.77)</td>
<td>0.59 (0.53, 0.65)</td>
</tr>
<tr>
<td>+ Self rated health</td>
<td>0.83 (0.76, 0.90)</td>
<td>0.75 (0.68, 0.82)</td>
<td>0.63 (0.57, 0.70)</td>
</tr>
<tr>
<td>+ Body Mass Index</td>
<td>0.85 (0.78, 0.93)</td>
<td>0.78 (0.71, 0.86)</td>
<td>0.68 (0.61, 0.75)</td>
</tr>
<tr>
<td>+ Total cholesterol</td>
<td>0.85 (0.78, 0.92)</td>
<td>0.79 (0.72, 0.87)</td>
<td>0.67 (0.60, 0.75)</td>
</tr>
<tr>
<td>+ HDL cholesterol</td>
<td>0.85 (0.77, 0.93)</td>
<td>0.82 (0.74, 0.90)</td>
<td>0.68 (0.61, 0.77)</td>
</tr>
<tr>
<td>+ LDL cholesterol</td>
<td>0.85 (0.77, 0.93)</td>
<td>0.81 (0.74, 0.90)</td>
<td>0.68 (0.61, 0.77)</td>
</tr>
<tr>
<td>+ Triglycerides</td>
<td>0.85 (0.78, 0.94)</td>
<td>0.82 (0.75, 0.91)</td>
<td>0.70 (0.62, 0.78)</td>
</tr>
<tr>
<td>+ C-reactive protein</td>
<td>0.85 (0.77, 0.93)</td>
<td>0.84 (0.76, 0.93)</td>
<td>0.70 (0.62, 0.79)</td>
</tr>
<tr>
<td>+ HbA1c</td>
<td>0.85 (0.77, 0.93)</td>
<td>0.84 (0.76, 0.93)</td>
<td>0.70 (0.62, 0.79)</td>
</tr>
<tr>
<td>+ Red and processed meat intake</td>
<td>0.85 (0.77, 0.93)</td>
<td>0.84 (0.76, 0.93)</td>
<td>0.70 (0.62, 0.79)</td>
</tr>
<tr>
<td>+ Fresh fruit intake</td>
<td>0.85 (0.77, 0.93)</td>
<td>0.84 (0.76, 0.93)</td>
<td>0.70 (0.62, 0.79)</td>
</tr>
<tr>
<td>+ Cooked vegetable intake</td>
<td>0.85 (0.77, 0.93)</td>
<td>0.84 (0.76, 0.93)</td>
<td>0.70 (0.62, 0.79)</td>
</tr>
</tbody>
</table>

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

**Note:** C-reactive protein on log scale