

Supplementary table 3. Stratified Cox regression (by age, sex, education, and smoking) between the highest intensity* achieved and all-cause, cardiovascular (CVD) and cancer mortality in the Health Survey for England and the Scottish Health Survey.

Variable	Total No. of Participants/Events	N/Events	Ref.	N/Events		HR (95% CI)
				Moderate Intensity	Vigorous Intensity	
All-cause mortality						
All sample (excluding first 24 months)	58012/3993	39474/3527	1	18538/466		0.84 (0.76-0.93) p=0.001
CVD mortality						
All sample (excluding first 24 months)	51511/1124	35344/1009	1	16167/115		0.86 (0.70-1.06) p=0.16
Cancer mortality						
All sample (excluding first 24 months)	56979/1303	38701/1122	1	18278/181		0.86 (0.73-1.02) p=0.09

N total population, *Ref* referent group, *HR* hazard ratio, *CI* confidence interval

* Highest intensity achieved means the highest physical activity intensity reported by questionnaire responders (moderate only or vigorous).

For all-cause mortality values were adjusted for alcohol, total weighted volume of moderate to vigorous physical activity (MVPA), longstanding illness, body mass index (BMI) and psychological distress. For CVD mortality values were adjusted for alcohol, total weighted volume of MVPA, longstanding illness, CVD diagnosis at baseline, BMI and psychological distress. For cancer mortality values were adjusted for alcohol, total weighted volume of MVPA, longstanding illness, cancer diagnosis at baseline, BMI and psychological distress.