**Supplemental Digital Content Table 2.** Hazard ratios (95% confidence intervals) for all-cause mortality when modelling 30 minute/day substitutions of screen time (total screen time, TV viewing time or computer time) by equivalent durations of different types of discretionary physical activity in 422,388 UK men and women, UK Biobank, 2006-2016, excluding those who died within the first two years of follow (7,657 mortality cases left)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Substitution of screen time** | |  |  |  |  |
| **Model 1** | **Daily-life activities** |  |  | **Structured exercise** |  |
|  | 0.96 (0.94-0.97)\* |  |  | 0.89 (0.86-0.93)\* |  |
| **Model 2** | **Walking for pleasure** | **Light DIY** | **Heavy DIY** | **Strenuous sports** | **Other exercise** |
|  | 0.96 (0.93-0.99)† | 0.98 (0.95-1.01) | 0.92 (0.89-0.96)\* | 0.91 (0.83-1.00)‡ | 0.89 (0.85-0.93)\* |
| **Substitution of TV viewing time** | |  |  |  |  |
| **Model 1** | **Daily-life activities** |  |  | **Structured exercise** |  |
|  | 0.95 (0.93-0.97)\* |  |  | 0.89 (0.86-0.92)\* |  |
| **Model 2** | **Walking for pleasure** | **Light DIY** | **Heavy DIY** | **Strenuous sports** | **Other exercise** |
|  | 0.95 (0.92-0.98)† | 0.97 (0.94-1.00) | 0.92 (0.88-0.95)**\*** | 0.90 (0.82-0.99)‡ | 0.89 (0.85-0.93)**\*** |
| **Substitution of computer time** | |  |  |  |  |
| **Men** |  |  |  |  |  |
| **Model 1** | **Daily-life activities** |  |  | **Structured exercise** |  |
|  | 0.98 (0.96-1.00) |  |  | 0.91 (0.87-0.95)**\*** |  |
| **Model 2** | **Walking for pleasure** | **Light DIY** | **Heavy DIY** | **Strenuous sports** | **Other exercise** |
|  | 0.99 (0.95-1.03) | 1.00 (0.96-1.03) | 0.96 (0.92-0.99)\* | 0.93 (0.84-1.04) | 0.90 (0.85-0.95)\* |
| **Women** |  |  |  |  |  |
| **Model 1** | **Daily-life activities** |  |  | **Structured exercise** |  |
|  | 0.94 (0.91-0.97)† |  |  | 0.92 (0.85-0.98)‡ |  |
| **Model 2** | **Walking for pleasure** | **Light DIY** | **Heavy DIY** | **Strenuous sports** | **Other exercise** |
|  | 0.93 (0.88-0.98)† | 0.99 (0.94-1.05) | 0.85 (0.76-0.95)† | 0.93 (0.77-1.12) | 0.92 (0.84-0.99)‡ |

Models have omitted the sedentary behaviour component under study, and are adjusted for total discretionary time, sex, ethnicity, socio-economic status, employment status, smoking status, alcohol , fruit and vegetable, processed and red meat, salt and oily fish intake, sleep duration, blood pressure lowering medication, dyslipidaemia medication, personal diabetes history and parental history of CVD/diabetes and cancer. Model for TV viewing substitution is adjusted for computer time and vice versa.

\*p<0.001; †p<0.01; ‡p<0.05