Table 1. Participant characteristicsa

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  |  | Mod-Vig Physical Activity |  |
|  |  | Insufficient | Sufficient |  |
|  |  | <150 min/wk | ≥150 min/wk | p |
| n |  | 1663 | 251 |  |
| Age (years) |  | 75.2 (6.6) | 71.5 (5.4) | <0.01 |
| Gender (% male) |  | 49.1 | 68.9 | <0.01 |
| Income (%) |  |  |  |  |
|  <$20k |  | 8.7 | 14.7 | <0.01 |
|  $20k-$45k |  | 14.6 | 20.7 |  |
|  $45k-$75k |  | 38.0 | 35.9 |  |
|  >$75k |  | 48.8 | 328.7 |  |
| Education (%) |  |  |  |  |
|  < High school |  | 39.0 | 36.3 |  0.30 |
|  High school |  | 26.3 | 23.9 |  |
|  > High school |  | 34.8 | 39.8 |  |
| Marital Status (%) |  |  |  |  |
|  Married |  | 55.3 | 75.3 | <0.01 |
|  Singleb |  | 34.5 | 15.5 |  |
|  Divorced |  | 10.2 | 9.2 |  |
| CVDc (%) |  | 5.1 | 2.8 |  0.11 |
| Diabetes (%) |  | 20.7 | 12.4 | <0.01 |
| Current smoker (%) |  | 10.5 | 8.4 |  0.29 |
| Current drinker (%) |  | 37.0 | 52.6 | <0.01 |

a Presented as mean (standard deviation) or percent of group.

b The marital status category of ‘single’ includes widows.

c CVD = cardiovascular disease.