**Supplemental Table 2.** Baseline characteristics by walking pace in women.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Walking pace** | | |
|  | **Overall** | **Slow**  **(<3 miles.h-1)** | **Average**  **(3-4 miles.h-1)** | **Brisk**  **(>4 miles.h-1)** |
| **Socio-demographics** |  |  |  |  |
| Total n | 174,006 | 8,483 | 89,847 | 75,676 |
| Age (years), mean (SD) | 55.9 (8.06) | 57.9 (7.70) | 56.6 (8.00) | 54.8 (8.02) |
| Deprivation index tertile, n (%)  Lower (Less deprived)  Middle  Higher (Most deprived) | 59,511 (34.2)  59,857 (34.4)  54,638 (31.4) | 2,038 (24.0)  2,658 (31.3)  3,787 (44.7) | 30,329 (33.8)  30,910 (34.4)  28,608 (31.8) | 27,144 (35.9)  26,289 (34.7)  22,243 (29.4) |
| Ethnicity  Whites  Others/mixed  South Asians  Blacks  Chinese | 165,055 (94.9)  2,750 (1.6)  2,709 (1.5)  2,876 (1.7)  616 (0.3) | 7,508 (88.5)  254 (3.0)  367 (4.3)  276 (3.3)  78 (0.9) | 84,674 (94.2)  1,495 (1.7)  1,693 (1.9)  1,604 (1.8)  381 (0.4) | 72,873 (96.3)  1,001 (1.3)  649 (0.9)  996 (1.3)  157 (0.2) |
| Employment status  Employed  Retired  Looking after home/family  Unable to work  Unemployed  Voluntary work  Student | 100,374 (57.7)  58,821 (33.8)  8,717 (5.0)  2,570 (1.5)  1,783 (1.0)  1,113 (0.6)  628 (0.4) | 3,167 (37.3)  3,719 (43.8)  430 (5.1)  959 (11.3)  141 (1.7)  31 (0.4)  36 (0.4) | 48,505 (54.0)  33,793 (37.7)  4,492 (5.0)  1,191 (1.3)  1,020 (1.1)  561 (0.6)  285 (0.3) | 48,702 (64.4)  21,309 (28.2)  3,795 (5.0)  420 (0.6)  622 (0.8)  521 (0.6)  307 (0.4) |
| Smoking status, n (%)  Never  Previous  Current | 105,992 (60.9)  54,215 (31.2)  13,799 (7.9) | 4,778 (56.3)  2,670 (31.5)  1,035 (12.2) | 54,511 (60.7)  28,007 (31.2)  7,329 (8.1) | 46,703 (61.7)  23,538 (31.1)  5,435 (7.2) |
| **Obesity-related markers** |  |  |  |  |
| BMI (kg.m-2), mean (SD) | 26.6 (4.84) | 31.5 (6.74) | 27.5 (4.88) | 25.0 (3.78) |
| BMI Categories, n (%)  Underweight (<18.5 kg.m-2)  Normal weight (18.5-24.9 kg.m-2)  Overweight (25.0 to 29.9 kg.m-2)  Obese (≥30.0 kg.m-2) | 1,302 (0.7)  72,899 (41.9)  64,187 (36.9)  35,618 (20.5) | 29 (0.3)  1,358 (16.0)  2,519 (29.7)  4,577 (54.0) | 421 (0.4)  29,884 (33.3)  35,950 (40.0)  23,592 (26.3) | 852 (1.1)  41,657 (55.1  25,718 (34.0)  7,449 (9.8) |
| Waist Circumference (cm), mean (SD) | 83.6 (11.9) | 94.7 (14.8) | 85.7 (11.9) | 79.7 (9.90) |
| Central Obesity, n (%) | 56,968 (32.7) | 5,621 (66.3) | 36,101 (40.2) | 15,246 (20.2) |
| % Body fat, mean (SD) | 36.0 (6.77) | 41.5 (6.81) | 37.4 (6.43) | 33.6 (6.31) |
| **Fitness and Physical activity** |  |  |  |  |
| Fitness (METs), mean (SD) | 8.63 (2.29) | 7.36 (1.88) | 8.22 (2.13) | 9.21 (2.35) |
| Grip strength (Kg), mean (SD) | 23.7 (6.11) | 20.0 (6.77) | 23.2 (6.02) | 24.8 (5.88) |
| Time spent walking (min.day-1), mean (SD) | 52.3 (54.8) | 42.1 (49.5) | 51.0 (54.7) | 54.9 (55.2) |
| Moderate intensity PA (min.day-1), mean (SD) | 43.4 (51.9) | 39.0 (49.6) | 42.0 (50.8) | 45.4 (53.3) |
| Vigorous intensity PA (min.day-1), mean (SD) | 18.6 (22.8) | 15.9 (23.6) | 17.1 (21.7) | 20.2 (23.6) |
| Total PA (METs.min.week-1), mean (SD) | 2,659.4 (2,742.6) | 1,894.2 (2,269.2) | 2,480.7 (2,611.8) | 2,957.5 (2,902.9) |
| Physical inactivity, n (%) | 23,351 (18.8) | 1,391 (28.2) | 12,682 (20.5) | 9,278 (16.2) |
| TV-viewing (h.day-1) | 2.66 (1.49) | 3.42 (1.87) | 2.83 (1.49) | 2.37 (1.37) |
| **Dietary intakes** |  |  |  |  |
| Alcohol intake (% of TE), mean (SD) | 4.24 (5.53) | 3.26 (5.48) | 4.05 (5.53) | 4.52 (5.52) |
| Fruit & Vegetables intake (portion.day-1), mean (SD) | 360.6 (188.7) | 345.6 (207.3) | 348.0 (185.2) | 377.1 (189.3) |
| Oily fish (portion.day-1), mean (SD) | 1.69 (0.91) | 1.59 (0.98) | 1.66 (0.91) | 1.74 (0.91) |
| Processed meat intake (portion.day-1), mean (SD) | 1.57 (1.00) | 1.72 (1.06) | 1.65 (0.99) | 1.47 (0.98) |
| Red meat intake (portion.day-1), mean (SD) | 1.94 (1.34) | 2.08 (1.53) | 2.01 (1.36) | 1.84 (1.29) |
| **Health status** |  |  |  |  |
| Diabetes, n (%) | 4,666 (2.7) | 792 (9.3) | 2,845 (3.2) | 1,029 (1.4) |
| Systolic blood pressure (mmHg), mean (SD) | 134.7 (19.2) | 138.7 (19.0) | 136.2 (19.3) | 132.5 (18.9) |
| CVD medication, n (%) | 34,463 (19.8) | 3,392 (39.9) | 20,578 (22.9) | 10,493 (13.8) |
| Health self-rating, n (%)  Excellent  Good  Fair  Poor | 34,674 (19.9)  108,289 (62.3)  27,523 (15.8)  3,520 (2.0) | 302 (3.5)  3,174 (37.4)  3,576 (42.2)  1,431 (16.9) | 12,953 (14.4)  58,213 (64.8)  17,104 (19.0)  1,577 (1.8) | 21,419 (28.3)  46,902 (62.0)  6,843 (9.0)  512 (0.7) |

BMI body mass index; PA physical activity; MET metabolic-equivalent; TE total energy. SD standard deviation; n number; CVD cardiovascular disease. Fitness data was available for n=67,322 participants.