**Supplemental Table 3.** Baseline characteristics by walking pace in men

|  |  |  |
| --- | --- | --- |
|  |  | **Walking pace** |
|  | **Overall**  | **Slow** **(<3 miles.h-1)** | **Average****(3-4 miles.h-1)** | **Brisk** **(>4 miles.h-1)** |
| **Socio-demographics** |  |  |  |  |
| Total n | 144,179 | 6,310 | 74,389 | 63,480 |
| Age (years), mean (SD) | 56.2 (8.24) | 58.7 (7.75) | 56.9 (8.17) | 55.1 (8.21) |
| Deprivation index tertile, n (%) Lower (Less deprived) Middle Higher (Most deprived) | 50,373 (34.9)48,540 (33.7)45,266 (31.4) | 1,473 (23.3)1,807 (28.6)3,030 (48.1) | 25,237 (33.9)25,107 (33.8)24,045 (32.3) | 23,663 (37.3)21,626 (34.1)18,191 (28.6) |
| Ethnicity  Whites Others/mixed South Asians Blacks Chinese  | 137,012 (95.0)1,864 (1.3)2,946 (2.0)1,995 (1.4)362 (0.3) | 5,582 (88.5)171 (2.7)354 (5.6)171 (2.7)32 (0.5) | 69,794 (93.8)1,112 (1.5)1,902 (2.6)1,326 (1.8)255 (0.3) | 61,636 (97.1)581 (0.9)690 (1.1)498 (0.8)75 (0.1) |
| Employment status  Employed Retired Looking after home/family Unable to work Unemployed Voluntary work Student  | 92,903 (64.4)43,403 (30.1)807 (0.6)3,018 (2.1)3,350 (2.3)405 (0.3)293 (0.2) | 2,354 (37.3)2,519 (40.0)46 (0.7)1,131 (17.9)211 (3.3)29 (0.5)20 (0.3) | 46,088 (62.0)24,277 (32.6)413 (0.6)1,381 (1.9)1,879 (2.5)199 (0.2)152 (0.2) | 44,461 (70.0)16,607 (26.2)348 (0.6)506 (0.8)1,260 (2.0)177 (0.3)121 (0.1) |
| Smoking status, n (%) Never Previous Current  | 74,234 (51.5)53,638 (37.2)16,307 (11.3) | 2,478 (39.3)2,674 (42.4)1,158 (18.3) | 36,426 (49.0)28,849 (38.8)9,114 (12.2) | 35,330 (55.7)22,115 (34.8)6,035 (9.5) |
| **Obesity-related markers** |  |  |  |  |
| BMI (kg.m-2), mean (SD) | 27.5 (4.00) | 30.1 (5.43) | 28.1 (4.09) | 26.6 (3.44) |
| 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) | 292 (0.2)38,571 (26.8)72,820 (50.5)32,496 (22.5) | 22 (0.3)951 (15.1)2,500 (39.6)2,837 (45.0) | 128 (0.2)15,971 (21.5)37,957 (51.0)20,333 (27.3) | 142 (0.2)21,649 (34.1)32,363 (51.0)9,326 (14.7) |
| Waist Circumference (cm), mean (SD) | 96.0 (10.8) | 103.2 (13.6) | 97.6 (10.9) | 93.3 (9.61) |
| Central Obesity, n (%) | 39,112 (27.1) | 3,240 (51.4) | 24,090 (32.4) | 11,782 (18.6) |
| % Body fat, mean (SD) | 24.7 (5.67) | 28.3 (6.24) | 25.7 (5.54) | 23.3 (5.36) |
| **Fitness and Physical activity** |  |  |  |  |
| Fitness (METs), mean (SD) | 11.0 (2.74) | 9.60 (2.59) | 10.6 (2.65) | 11.5 (2.74) |
| Grip strength (Kg), mean (SD) | 40.0 (8.63) | 34.9 (9.77) | 39.4 (8.56) | 41.1 (8.34) |
| Time spent walking (min.day-1), mean (SD) | 54.3 (57.9) | 44.9 (50.6) | 56.4 (60.0) | 52.8 (55.9) |
| Moderate intensity PA (min.day-1), mean (SD) | 46.8 (57.9) | 43.4 (54.8) | 48.7 (59.5) | 44.9 (56.4) |
| Vigorous intensity PA (min.day-1), mean (SD) | 23.8 (31.4) | 21.9 (32.3) | 23.6 (31.9) | 24.1 (30.7) |
| Total PA (METs.min.week-1), mean (SD) | 3,103.7 (3,372.9) | 2,267.7 (2,773.4) | 3,129.2 (3,400.3) | 3,156.9 (3,384.1) |
| Physical inactivity, n (%) | 16,009 (15.2) | 823 (22.0) | 8,549 (15.8) | 6,637 (13.9) |
| TV-viewing (h.day-1) | 2.68 (1.50) | 3.50 (2.06) | 2.83 (1.49) | 2.43 (1.38) |
| **Dietary intakes** |  |  |  |  |
| Alcohol intake (% of TE), mean (SD) | 6.55 (7.33) | 5.88 (7.90) | 6.54 (7.50) | 6.60 (7.13) |
| Fruit & Vegetables intake (portion.day-1), mean (SD)  | 311.7 (194.8) | 306.3 (227.4) | 302.5 (194.5) | 323.0 (191.2) |
| Oily fish (portion.day-1), mean (SD) | 1.63 (0.93) | 1.56 (0.97) | 1.59 (0.92) | 1.68 (0.93) |
| Processed meat intake (portion.day-1), mean (SD) | 2.17 (1.04) | 2.31 (1.10) | 2.22 (1.03) | 2.10 (1.05) |
| Red meat intake (portion.day-1), mean (SD) | 2.24 (1.47) | 2.43 (1.75) | 2.28 (1.48) | 2.17 (1.43) |
| **Health status** |  |  |  |  |
| Diabetes, n (%) | 7,783 (5.4) | 979 (15.5) | 4,820 (6.5) | 1,984 (3.1) |
| Systolic blood pressure (mmHg), mean (SD) | 141.1 (17.3) | 142.4 (18.1) | 142.1 (17.4) | 139.8 (16.9) |
| CVD medication, n (%) | 38,926 (77.0) | 3,007 (47.6) | 22,645 (30.4) | 13,274 (20.9) |
| Health self-rating, n (%) Excellent  Good  Fair Poor | 27,030 (18.8)86,258 (59.8)27,449 (19.0)3,442 (2.4) | 252 (4.0)2,200 (34.9)2,648 (42.0)1,210 (19.1) | 10,075 (13.5)45,657 (61.4)17,012 (22.9)1,645 (2.2) | 16,703 (26.3)38,401 (60.5)7,789 (12.3)587 (0.9) |

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.