**Supplemental Table 5.** Association between walking-pace with all- and cause-specific mortality in men

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Total N** | **Number of deaths** | **Slow**  **walking pace** | **Average**  **walking pace** | **P-value** | **Brisk**  **walking pace** | **P-value** | **HR for trend** | **P-value for trend** |
| **All-cause Mortality** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 3,587 | 1.00 (Ref.) | 0.61 (0.54; 0.68) | <0.0001 | 0.47 (0.41; 0.52) | <0.0001 | 0.71 (0.67; 0.75) | <0.0001 |
| Model 1 | 144,179 | 3,587 | 1.00 (Ref.) | 0.76 (0.68; 0.85) | <0.0001 | 0.65 (0.57; 0.73) | <0.0001 | 0.82 (0.77; 0.87) | <0.0001 |
| Model 2 | 144,179 | 3,587 | 1.00 (Ref.) | 0.80 (0.71; 0.90) | <0.0001 | 0.72 (0.63; 0.81) | <0.0001 | 0.86 (0.81; 0.92) | <0.0001 |
| Model 3 | 144,179 | 3,587 | 1.00 (Ref.) | 0.86 (0.76; 0.97) | 0.008 | 0.79 (0.69; 0.90) | <0.0001 | 0.90 (0.85; 0.95) | 0.001 |
| **CVD** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 1,238 | 1.00 (Ref.) | 0.45 (0.38; 0.53) | <0.0001 | 0.31 (0.26; 0.38) | <0.0001 | 0.58 (0.53; 0.64) | <0.0001 |
| Model 1 | 144,179 | 1,238 | 1.00 (Ref.) | 0.60 (0.51; 0.71) | <0.0001 | 0.49 (0.40; 0.60) | <0.0001 | 0.72 (0.65; 0.80) | <0.0001 |
| Model 2 | 144,179 | 1,238 | 1.00 (Ref.) | 0.63 (0.53; 0.75) | <0.0001 | 0.54 (0.44; 0.67) | <0.0001 | 0.76 (0.69; 0.85) | <0.0001 |
| Model 3 | 144,179 | 1,238 | 1.00 (Ref.) | 0.69 (0.58; 0.82) | <0.0001 | 0.62 (0.50; 0.76) | <0.0001 | 0.81 (0.73; 0.90) | <0.0001 |
| **Respiratory System** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 596 | 1.00 (Ref.) | 0.44 (0.35; 0.56) | <0.0001 | 0.28 (0.22; 0.37) | <0.0001 | 0.55 (0.48; 0.63) | <0.0001 |
| Model 1 | 144,179 | 596 | 1.00 (Ref.) | 0.60 (0.47; 0.76) | <0.0001 | 0.42 (0.31; 0.56) | <0.0001 | 0.65 (0.57; 0.75) | <0.0001 |
| Model 2 | 144,179 | 596 | 1.00 (Ref.) | 0.65 (0.51; 0.83) | 0.001 | 0.48 (0.36; 0.65) | <0.0001 | 0.70 (0.61; 0.81) | <0.0001 |
| Model 3 | 144,179 | 596 | 1.00 (Ref.) | 0.74 (0.58; 0.95) | 0.018 | 0.58 (0.43; 0.78) | <0.0001 | 0.76 (0.66; 0.88) | <0.0001 |
| **COPD** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 83 | 1.00 (Ref.) | 0.22 (0.13; 0.36) | <0.0001 | 0.10 (0.05; 0.20) | <0.0001 | 0.29 (0.20; 0.42) | <0.0001 |
| Model 1 | 144,179 | 83 | 1.00 (Ref.) | 0.33 (0.19; 0.56) | <0.0001 | 0.17 (0.08; 0.36) | <0.0001 | 0.39 (0.26; 0.58) | <0.0001 |
| Model 2 | 144,179 | 83 | 1.00 (Ref.) | 0.38 (0.22; 0.65) | <0.0001 | 0.23 (0.11; 0.50) | <0.0001 | 0.46 (0.31; 0.68) | <0.0001 |
| Model 3 | 144,179 | 83 | 1.00 (Ref.) | 0.41 (0.24; 0.72) | 0.002 | 0.26 (0.12; 0.56) | 0.001 | 0.49 (0.33; 0.73) | 0.001 |
| **All cancer** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 2,090 | 1.00 (Ref.) | 0.79 (0.67; 0.92) | 0.004 | 0.64 (0.54; 0.76) | <0.0001 | 0.81 (0.75; 0.87) | <0.0001 |
| Model 1 | 144,179 | 2,090 | 1.00 (Ref.) | 0.94 (0.79; 1.11) | 0.449 | 0.83 (0.69; 1.00) | 0.045 | 0.90 (0.83; 0.97) | 0.008 |
| Model 2 | 144,179 | 2,090 | 1.00 (Ref.) | 0.99 (0.84; 1.17) | 0.912 | 0.94 (0.78; 1.13) | 0.493 | 0.96 (0.89; 1.04) | 0.297 |
| Model 3 | 144,179 | 2,090 | 1.00 (Ref.) | 1.03 (0.87; 1.21) | 0.762 | 0.99 (0.82; 1.19) | 0.880 | 0.98 (0.90; 1.06) | 0.588 |
| **Colorectal cancer** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 228 | 1.00 (Ref.) | 1.04 (0.57; 1.90) | 0.888 | 0.94 (0.51; 1.74) | 0.842 | 0.93 (0.74; 1.17) | 0.529 |
| Model 1 | 144,179 | 228 | 1.00 (Ref.) | 1.04 (0.57; 1.92) | 0.890 | 0.97 (0.52; 1.85) | 0.934 | 0.95 (0.75; 1.22) | 0.707 |
| Model 2 | 144,179 | 228 | 1.00 (Ref.) | 1.07 (0.58; 1.97) | 0.826 | 1.05 (0.55; 1.99) | 0.893 | 0.99 (0.78; 1.27) | 0.968 |
| Model 3 | 144,179 | 228 | 1.00 (Ref.) | 1.13 (0.61; 2.09) | 0.689 | 1.12 (0.58; 2.13) | 0.741 | 1.01 (0.79; 1.29) | 0.914 |
| **Lung cancer** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 380 | 1.00 (Ref.) | 0.74 (0.53; 1.03) | 0.074 | 0.46 (0.31; 0.66) | <0.0001 | 0.66 (0.56; 0.78) | <0.0001 |
| Model 1 | 144,179 | 380 | 1.00 (Ref.) | 0.86 (0.61; 1.22) | 0.402 | 0.55 (0.37; 0.82) | 0.003 | 0.71 (0.59; 0.85) | <0.0001 |
| Model 2 | 144,179 | 380 | 1.00 (Ref.) | 0.99 (0.70; 1.40) | 0.969 | 0.75 (0.50; 1.11) | 0.153 | 0.83 (0.69; 1.00) | 0.047 |
| Model 3 | 144,179 | 380 | 1.00 (Ref.) | 1.02 (0.72; 1.45) | 0.899 | 0.78 (0.52; 1.17) | 0.236 | 0.85 (0.71; 1.02) | 0.080 |
| **Prostate cancer** |  |  |  |  |  |  |  |  |  |
| Model 0 | 144,179 | 165 | 1.00 (Ref.) | 0.61 (0.36; 1.03) | 0.066 | 0.67 (0.39; 1.16) | 0.154 | 0.92 (0.71; 1.20) | 0.553 |
| Model 1 | 144,179 | 165 | 1.00 (Ref.) | 0.66 (0.38; 1.14) | 0.139 | 0.76 (0.42; 1.37) | 0.360 | 0.98 (0.74; 1.30) | 0.887 |
| Model 2 | 144,179 | 165 | 1.00 (Ref.) | 0.68 (0.39; 1.17) | 0.163 | 0.78 (0.43; 1.43) | 0.423 | 0.99 (0.75; 1.32) | 0.962 |
| Model 3 | 144,179 | 165 | 1.00 (Ref.) | 0.68 (0.39; 1.18) | 0.167 | 0.78 (0.43; 1.44) | 0.431 | 1.00 (0.75; 1.32) | 0.975 |

Data presented as adjusted hazard ratio (HR) and its 95% confidence interval (95% CI) by walking pace category. Slow walking pace was used as reference group for these analysis. Trend hazard ratio indicate the change in the hazard per one category change in walking pace. All analyses were conducted using a 2-years landmark analyses and by excluding participants with major diseases at baseline.

Model 1 was adjusted for month of recruitment, age, deprivation index, employment status and ethnicity.

Model 2 was also adjusted for systolic blood pressure, medication for CVD, self-health rating and BMI categories.

Model 3 was also adjusted for smoking, discretionary screen time, dietary intake (alcohol, red meat, processed meat, oily fish, processed meat and fruit and vegetables), handgrip strength and total physical activity.