

Supplementary Table 2. Associations between the dose (intensity, weekly duration, weekly volume) of sports participation and all-cause mortality in adults aged ≥ 30 years (n=80,306).

	Median age at death	Deaths/n	Model 1 ^d HR (95% CI)	Model 2 ^e HR (95% CI)
Cycling intensity				
None	77.0	8419/72377	1.00	1.00
Lower ^a	74.0	198/3105	0.67 (0.58– 0.77)	0.82 (0.71 - 0.94)
Higher ^b	65.0	173/4824	0.71 (0.61 - 0.83)	0.89 (0.77 - 1.04)
<i>Trend p (Linear)</i>			0.001	0.342
<i>Trend p (Non Linear)</i>			<0.001	0.033
Cycling weekly duration (minutes/week)				
None	77.0	8419/72373	1.00	1.00
Low ^c	71.7	182/3927	0.68 (0.59 – 0.79)	0.82 (0.71 - 0.95)
High ^c	68.9	189/4006	0.70 (0.61 – 0.81)	0.88 (0.76 – 1.02)
<i>Trend p (Linear)</i>			<0.001	0.238
<i>Trend p (Non Linear)</i>			0.001	0.052
Cycling weekly volume (MET-hours/week)				
None	77.0	8419/72377	1.00	1.00
Low ^c	72.0	192/3854	0.68 (0.59 – 0.79)	0.81 (0.70 – 0.94)
High ^c	67.0	179/4075	0.70 (0.61 – 0.82)	0.90 (0.77 - 1.04)
<i>Trend p (Linear)</i>			<0.001	0.412
<i>Trend p (Non Linear)</i>			<0.001	0.023
Swimming intensity				
None	77.0	8395/69527	1.00	1.00
Lower ^a	71.0	276/6348	0.61 (0.54 – 0.69)	0.75 (0.67 – 0.80)
Higher ^b	64.0	119/4431	0.53 (0.44 – 0.63)	0.66 (0.55 - 0.79)
<i>Trend p (Linear)</i>			<0.001	<0.001
<i>Trend p (Non Linear)</i>			<0.001	0.034
Swimming weekly duration (minutes/week)				
None	77.0	8395/69525	1.00	1.00
Low ^c	67.0	133/4465	0.54 (0.45 – 0.64)	0.67 (0.57 – 0.79)
High ^c	70.0	262/6316	0.61 (0.54 – 0.69)	0.75 (0.67 – 0.85)
<i>Trend p (Linear)</i>			<0.001	0.002
<i>Trend p (Non Linear)</i>			<0.001	0.001
Swimming weekly volume (MET-hours/week)				
None	77.0	8395/69527	1.00	1.00
Low ^c	69.0	184/5590	0.57 (0.49 – 0.66)	0.70 (0.60 – 0.81)
High ^c	70.0	211/5189	0.60 (0.52 – 0.69)	0.74 (0.65 – 0.86)
<i>Trend p (Linear)</i>			<0.001	0.002
<i>Trend p (Non Linear)</i>			<0.001	0.001

Running intensity				
None	77.0	8722/76297	1.00	1.00
Lower ^a	65.8	13/356	0.72 (0.42 – 1.25)	1.02 (0.59 – 1.78)
Higher ^b	54.0	55/3653	0.55 (0.42 – 0.71)	0.84 (0.64 – 1.10)
<i>Trend p (Linear)</i>			<0.001	0.224
<i>Trend p (Non Linear)</i>			0.661	0.784
Running weekly duration (minutes/week)				
None	77.0	8722/76294	1.00	1.00
Low ^c	54.0	35/1939	0.64 (0.46 – 0.89)	0.96 (0.68 – 1.34)
High ^c	57.0	33/2073	0.52 (0.37 – 0.73)	0.79 (0.56 – 1.11)
<i>Trend p (Linear)</i>			0.001	0.203
<i>Trend p (Non Linear)</i>			0.206	0.847
Running weekly volume (MET-hours/week)				
None	77.0	8722/76297	1.00	1.00
Low ^c	54.5	36/2073	0.61 (0.44 – 0.85)	0.91 (0.66 – 1.27)
High ^c	57.0	32/1936	0.54 (0.38 – 0.76)	0.82 (0.58 – 1.17)
<i>Trend p (Linear)</i>			0.004	0.324
<i>Trend p (Non Linear)</i>			0.108	0.896
Football intensity ^b				
None	77.0	8747/77830	1.00	1.00
Lower ^a	58.0	18/376	1.00 (0.63 – 1.60)	1.25 (0.79 – 1.99)
Higher ^b	50.0	25/2100	0.50 (0.34 – 0.74)	0.66 (0.44 – 0.98)
<i>Trend p (Linear)</i>			0.001	0.025
<i>Trend p (Non Linear)</i>			0.338	0.140
Football weekly duration (minutes/week)				
None	77.0	8747/77830	1.00	1.00
Low ^c	54.0	15/1083	0.45 (0.27 – 0.75)	0.59 (0.36 – 0.98)
High ^c	55.0	28/1393	0.81 (0.56 – 1.17)	1.04 (0.71 – 1.50)
<i>Trend p (Linear)</i>			0.773	0.478
<i>Trend p (Non Linear)</i>			0.007	0.044
Football weekly volume (MET-hours/week)				
None	77.0	8747/77830	1.00	1.00
Low ^c	57.0	20/1205	0.52 (0.34 – 0.81)	0.67 (0.43 – 1.04)
High ^c	50.0	23/1271	0.78 (0.52 – 1.18)	1.02 (0.67 – 1.54)
<i>Trend p (Linear)</i>			0.579	0.646
<i>Trend p (Non Linear)</i>			0.015	0.085

Racquet sports intensity				
None	77.0	8736/77391	1.00	1.00
Lower ^a	68.0	21/ 1378	0.31 (0.17 – 0.56)	0.43 (0.24 – 0.77)
Higher ^b	66.0	33 /1537	0.40 (0.30 – 0.54)	0.56 (0.42 – 0.76)
<i>Trend p (Linear)</i>			<0.001	0.015
<i>Trend p (Non Linear)</i>			0.005	0.030
Racquet sports weekly duration (minutes/week)				
None	77.0	8736/77391	1.00	1.00
Low ^c	67.0	22 / 1409	0.36 (0.23 – 0.55)	0.48 (0.31 – 0.73)
High ^c	66.0	31 /1477	0.39 (0.28 – 0.55)	0.57 (0.40 – 0.80)
<i>Trend p (Linear)</i>			<0.001	0.021
<i>Trend p (Non Linear)</i>			0.002	0.015
Racquet sports weekly volume (MET-hours/week)				
None	77.0	8736/77391	1.00	1.00
Low ^c	65.2	22 /1409	0.39 (0.25 – 0.59)	0.53 (0.35 – 0.80)
High ^c	66.0	31/1477	0.37 (0.26 – 0.52)	0.52 (0.37 – 0.75)
<i>Trend p (Linear)</i>			<0.001	0.005
<i>Trend p (Non Linear)</i>			0.005	0.055
Aerobics intensity				
Any	77.0	8618/75165	1.00	1.00
Lower ^a	79.6	82/1081	0.76 (0.61 – 0.95)	0.91 (0.73 – 1.13)
Higher ^b	69.0	90 /4056	0.51 (0.41 – 0.63)	0.62 (0.50 – 0.76)
<i>Trend p (Linear)</i>			<0.001	<0.001
<i>Trend p (Non Linear)</i>			0.693	0.549
Aerobics weekly duration (minutes/week)				
None	77.0	8618/75165	1.00	1.00
Low ^c	73.2	96/2347	0.69 (0.56 – 0.84)	0.82 (0.67 – 1.00)
High ^c	74.9	76 /2794	0.52 (0.42 – 0.66)	0.64 (0.51 – 0.80)
<i>Trend p (Linear)</i>			<0.001	<0.001
<i>Trend p (Non Linear)</i>			0.149	0.692
Aerobics weekly volume (MET-hours/week)				
None	77.0	8618/75165	1.00	1.00
Low ^c	73.0	105 / 2575	0.71 (0.58 – 0.86)	0.84 (0.69 – 1.02)
High ^c	75.0	67 /2562	0.50 (0.39 – 0.63)	0.60 (0.475 – 0.77)
<i>Trend p (Linear)</i>			<0.001	<0.001

<i>Trend p (Non Linear)</i>			0.279	0.952
<p>^a Defined as answering “no” to the question: “Was the effort of (name of activity) usually enough to make you out of breath or sweaty?” ^b Defined as answering “yes” to the question: “Was the effort of (name of activity) usually enough to make you out of breath or sweaty?” ^c Groups were defined using the sex-specific medians of the corresponding variable, see <i>Supplemental Table 1</i>. ^d Model adjusted for age and sex. ^e Model also adjusted for long-standing illness, alcohol drinking frequency, psychological distress (GHQ score), BMI, smoking status, education level, doctor-diagnosed cardiovascular disease (IHD, angina, stroke) or cancer, and weekly volume of other physical activity (MET-hours, excluding the volume of the sport that was the main exposure in the corresponding model). HR=Hazard Ratio. CI=Confidence Interval.</p>				