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| Supplemental Table 1: Associations between walking pace (3 groups) and all-cause, cardiovascular disease, and cancer mortality. Walkers aged 30 years and over with no diagnosed cardiovascular disease or cancer at baselinea. The Health Survey for England and Scottish Health Survey (n=50,225). | | | | | | | |
|  | **Deaths/n** | **Model 1c** | | **Model 2d** | | **Model 3e** | |
| **HR** | **95% CIs** | **HR** | **95% CIs** | **HR** | **95% CIs** |
| All-cause Mortality |  |  |  |  |  |  |  |
| *Walking Pace* |  |  |  |  |  |  |  |
| Slow | 663/4195 | 1 |  | 1 |  | 1 |  |
| Average | 2156/26124 | 0.72 | 0.66, 0.79 | 0.78 | 0.71,0.85 | 0.79 | 0.72,0.87 |
| Brisk/Fastb | 798/19906 | 0.60 | 0.54,0.66 | 0.67 | 0.60,0.74 | 0.74 | 0.66,0.83 |
| *P trend linear* |  | *<0.001* |  | *<0.001* |  | *<0.001* |  |
| *P trend nonlinear* |  | *<0.001* |  | *<0.001* |  | *<0.001* |  |
|  |  |  |  |  |  |  |  |
| Cardiovascular Mortality |  |  |  |  |  |  |  |
| *Walking Pace* |  |  |  |  |  |  |  |
| Slow | 217/4195 | 1 |  | 1 |  | 1 |  |
| Average | 589/26124 | 0.66 | 0.57,0.78 | 0.73 | 0.62,0.86 | 0.74 | 0.63,0.88 |
| Brisk/Fastb | 208/19906 | 0.54 | 0.44,0.66 | 0.65 | 0.53,0.80 | 0.76 | 0.60,0.95 |
| *P trend linear* |  | *<0.001* |  | *<0.001* |  | *0.039* |  |
| *P trend (nonlinear)* |  | *0.002* |  | *0.013* |  | *0.003* |  |
|  |  |  |  |  |  |  |  |
| Cancer Mortality |  |  |  |  |  |  |  |
| *Walking Pace* |  |  |  |  |  |  |  |
| Slow | 164/4195 | 1 |  | 1 |  | 1 |  |
| Average | 793/26124 | 0.99 | 0.83,1.17 | 1.02 | 0.86,1.22 | 1.04 | 0.87,1.24 |
| Brisk/Fastb | 319/19906 | 0.82 | 0.67,0.99 | 0.88 | 0.72,1.07 | 0.96 | 0.77,1.18 |
| *P trend linear* |  | *0.022* |  | *0.134* |  | *0.134* |  |
| *P trend nonlinear* |  | *0.418* |  | *0.342* |  | *0.342* |  |
| a Prevalent cardiovascular disease was defined as doctor-diagnosed or self-reported (long standing illness module) ischemic heart disease, angina, or stroke; prevalent cancer was determined through cancer registration records or self-reported (long standing illness module) bBrisk and fast pace were collapsed in one group because of the relatively low number of events in the fast walking pace group and the subsequent issues this imposed with running the Cox model. See Supplemental Table 1 for another version of the same analyses with walking pace entered in its original 4 categories. cModel adjusted for age, sex, and cohort; dModel also adjusted for long-standing illness, alcohol drinking frequency, psychological distress, body mass index, smoking status, education level;  eModel also adjusted for total (non-walking) physical activity volume (MET-hrs/week), walking volume (MET-hrs/week), and highest physical activity intensity reached. | | | | | | | |

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| Supplementary Table 2: Associations between walking pace (4 groups) and all-cause, cardiovascular disease, and cancer mortality. Walkers aged 30 years and over with no diagnosed cardiovascular disease or cancer at baselinea. The Health Survey for England and Scottish Health Survey (n=50,225). | | | | | | | |
|  | **Deaths/n** | **Model 1b** | | **Model 2c** | | **Model 3d** | |
| **HR** | **95% CIs** | **HR** | **95% Cis** | **HR** | **95% CIs** |
| All-cause Mortality |  |  |  |  |  |  |  |
| *Walking Pace* |  |  |  |  |  |  |  |
| Slow | 663/4195 | 1 |  | 1 |  | 1 |  |
| Average | 2156/26124 | 0.72 | 0.66,0.79 | 0.78 | 0.71,0.85 | 0.79 | 0.73,0.87 |
| Brisk | 685/16691 | 0.58 | 0.52,0.65 | 0.65 | 0.58,0.73 | 0.73 | 0.64,0.82 |
| Fast | 113/3215 | 0.69 | 0.57,0.85 | 0.76 | 0.62,0.94 | 0.88 | 0.71,1.09 |
| *P trend linear* |  | *0.008* |  | *0.058* |  | *0.525* |  |
| *P trend nonlinear* |  | *<0.001* |  | *<0.001* |  | *<0.001* |  |
|  |  |  |  |  |  |  |  |
| Cardiovascular Mortality |  |  |  |  |  |  |  |
| *Walking Pace* |  |  |  |  |  |  |  |
| Slow | 217/4195 | 1 |  | 1 |  | 1 |  |
| Average | 589/26124 | 0.66 | 0.57,0.78 | 0.73 | 0.62,0.86 | 0.74 | 0.63,0.88 |
| Brisk | 183/16691 | 0.54 | 0.44,0.66 | 0.65 | 0.53,0.80 | 0.76 | 0.60,0.95 |
| Fast | 25/3215 | 0.55 | 0.36,0.84 | 0.67 | 0.44,1.03 | 0.78 | 0.50,1.21 |
| *P trend linear* |  | *0.026* |  | *0.158* |  | *0.504* |  |
| *P trend nonlinear* |  | *0.001* |  | *0.019* |  | *0.108* |  |
|  |  |  |  |  |  |  |  |
| Cancer Mortality |  |  |  |  |  |  |  |
| *Walking Pace* |  |  |  |  |  |  |  |
| Slow | 164/4195 | 1 |  | 1 |  | 1 |  |
| Average | 793/26124 | 0.99 | 0.83,1.17 | 1.02 | 0.86,1.22 | 1.04 | 0.88,1.24 |
| Brisk | 275/16691 | 0.81 | 0.66, 0.99 | 0.87 | 0.71,1.07 | 0.95 | 0.76,1.18 |
| Fast | 44/3215 | 0.87 | 0.62,1.22 | 0.93 | 0.66,1.31 | 1.03 | 0.72,1.47 |
| *P trend linear* |  | *0.374* |  | *0.576* |  | *0.957* |  |
| *P trend nonlinear* |  | *0.151* |  | *0.346* |  | *0.564* |  |
| a Prevalent cardiovascular disease was defined as doctor-diagnosed or self-reported (long standing illness module) ischemic heart disease, angina, or stroke; prevalent cancer was determined through cancer registration records or self-reported (long standing illness module) bModel adjusted for age, sex, and cohort; cModel also adjusted for long-standing illness, alcohol drinking frequency, psychological distress, body mass index, smoking status, education level;  dModel also adjusted for total (non-walking) physical activity volume (MET-hrs/week), walking volume (MET-hrs/week), and highest physical activity intensity reached. | | | | | | | |

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| **Supplemental Figure 1:** Associations between walking pace (3 groups) and all-cause, cardiovascular disease, and cancer mortality by age group (30-44 vs 45-59 vs ≥60 years). Walkers aged 30 years and over with no diagnosed cardiovascular disease or cancer at baselinea. The Health Survey for England and Scottish Health Survey (n=50,225). |
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|  |
| a Prevalent cardiovascular disease was defined as doctor-diagnosed or self-reported (long standing illness module) ischemic heart disease, angina, or stroke; prevalent cancer was determined through cancer registration records or self-reported (long standing illness module) bModel adjusted for sex, cohort, long-standing illness, alcohol drinking frequency, psychological distress, body mass index, smoking status, education level, total (non-walking) physical activity volume (MET-hrs/week), walking volume (MET-hrs/week), and highest physical activity intensity reached. |