Supplementary Table 3. Associations between the dose (intensity, weekly duration, weekly volume) of sports participation and CVD mortality in adults aged ≥ 30 years (excluding those with CVD at baseline, n=75,014)				
	Median age at death	Events/n	Model 1 [d] HR (95% CI)	Model 2 [e] HR (95% CI)
Cycling intensity				
None	76.0	1818/67265	1.00	1.00
Lower [a]	73.5	51/3012	0.78 (0.59 – 1.03)	0.93 (0.71 – 1.23)
Higher [b]	64.6	40/4737	0.78 (0.57 – 1.07)	0.94 (0.69 – 1.28)
Trend p (Linear)			*0.220*	*0.762*
Trend p (Non Linear)			*0.283*	*0.740*
Cycling weekly duration (minutes/week)				
None	76.0	1818/67261	1.00	1.00
Low [c]	70.5	48/3819	0.82 (0.62 – 1.10)	0.97 (0.73 – 1.30)
High [c]	68.0	43/3934	0.74 (0.55 – 1.00)	0.90 (0.67 – 1.21)
Trend p (Linear)			*0.097*	*0.516*
Trend p (Non Linear)			*0.523*	*0.972*
Cycling weekly volume (MET-hours/week)				
None	76.0	1818/67265	1.00	1.00
Low [c]	71.0	51/3739	0.83 (0.63 – 1.10)	0.98 (0.74 – 1.29)
High [c]	67.0	40/4010	0.73 (0.54 – 0.99)	0.89 (0.65 – 1.21)
Trend p (Linear)			*0.078*	*0.473*
Trend p (Non Linear)			*0.617*	*0.912*
Swimming intensity				
None	76.1	1837/64488	1.00	1.00
Lower [a]	70.7	47/6213	0.45 (0.34 – 0.61)	0.56 (0.42 – 0.74)
Higher [b]	63.5	25/4313	0.52 (0.35 – 0.77)	0.66 (0.44 – 0.98)
Trend p (Linear)			***0.013***	*0.140*
Trend p (Non Linear)			***<0.001***	***0.006***
Swimming weekly duration (minutes/week)				
None	76.1	1837/64486	1.00	1.00
Low [c]	67.0	22/4375	0.40 (0.26 – 0.61)	0.50 (0.33 – 0.80)
High [c]	70.0	50/6153	0.51 (0.39 – 0.68)	0.63 (0.48 – 0.84
Trend p (Linear)			***0.001***	***0.032***
Trend p (Non Linear)			***0.002***	***0.015***
Swimming weekly volume (MET-hours/week)				
None	76.1	1837/64488	1.00	1.00

Low [c]	69.0	27/5471	0.37 (0.26 – 0.55)	0.47 (0.32 – 0.68)
High [c]	69.8	45/5055	0.56 (0.42 – 0.76)	0.69 (0.51 – 0.94)
Trend p (Linear)			***0.016***	*0.173*
Trend p (Non Linear)			***<0.001***	***0.001***
Running intensity				
None	76.0	1896/71029	1.00	1.00
Lower [a]	65.8	3/355	0.75 (0.24 – 2.34)	1.01 (0.33 – 3.16)
Higher [b]	54.0	10/3630	0.51 (0.28 – 0.92)	0.77 (0.42 – 1.41)
Trend p (Linear)			*0.058*	*0.424*
Trend p (Non Linear)			*0.918*	*0.862*
Running weekly duration (minutes/week)				
None	76.0	1896/71026	1.00	1.00
Low [c]	54.0	7/1930	0.67 (0.33 – 1.34)	0.96 (0.48 – 1.95)
High [c]	57.5	6/2058	0.44 (0.19 – 0.98)	0.67 (0.30 – 1.50)
Trend p (Linear)			*0.075*	*0.348*
Trend p (Non Linear)			*0.738*	*0.792*
Running weekly volume (MET-hours/week)				
None	76.0	1896/71029	1.00	1.00
Low [c]	54.5	7/2064	0.62 (0.30 – 1.25)	0.90 (0.45 – 1.82)
High [c]	57.0	6/1921	0.47 (0.21 – 1.06)	0.72 (0.32 – 1.62)
Trend p (Linear)			*0.116*	*0.466*
Trend p (Non Linear)			*0.550*	*0.990*
Football intensity				
None	76.0	1899/72558	1.00	1.00
Lower [a]	58.0	4/371	1.00 (0.37– 2.67)	1.14 (0.43 – 3.07)
Higher [b]	49.5	6/2085	0.64 (0.30 – 1.36)	0.80 (0.38 – 1.70)
Trend p (Linear)			*0.263*	*0.531*
Trend p (Non Linear)			*0.776*	*0.684*
Football weekly duration (minutes/week) [b]				
None	76.0	1899/72558	1.00	1.00
Low [c]	53.5	2/1072	0.42 (0.14 – 1.32)	0.52 (0.17 – 1.61)
High [c]	55.0	8/1384	1.03 (0.51 – 2.07)	1.25 (0.62 – 2.52)
Trend p (Linear)			*0.594*	*0.344*
Trend p (Non Linear)			*0.142*	*0.215*
Football weekly volume (MET-hours/week)				
None	76.0	1899/72558	1.00	1.00
Low [c]	55.0	4/1192	0.61 (0.25– 1.48)	0.74 (0.30– 1.78)
High [c]	50.0	6/1264	0.90 (0.40 – 2.00)	1.11 (0.49 – 2.50)

Trend p (Linear)			*0.978*	*0.696*
Trend p (Non Linear)			*0.333*	*0.469*
Racquet sports intensity				
None	76.0	1900/72134	1.00	1.00
Lower [a]	67.5	2/497	0.25 (0.06 – 1.04)	0.34 (0.08 – 1.35)
Higher [b]	65.5	7/2383	0.34 (0.17 – 0.69)	0.48 (0.24 – 0.97)
Trend p (Linear)			***0.027***	*0.130*
Trend p (Non Linear)			*0.172*	*0.268*
Racquet sports weekly duration (minutes/week)				
None	76.0	1900/72131	1.00	1.00
Low [c]	67.0	2/1363	0.17 (0.04 – 0.67)	0.22 (0.06 – 0.88)
High [c]	65.4	7/1520	0.38 (0.18 – 0.80)	0.55 (0.26 – 1.16)
Trend p (Linear)			*0.134*	*0.466*
Trend p (Non Linear)			***0.041***	*0.066*
Racquet sports weekly volume (MET-hours/week)				
None	76.0	1900/72160	1.00	1.00
Low [c]	65.2	4/1399	0.34 (0.13 – 0.91)	0.46 (0.17 – 1.22)
High [c]	66.0	5/1455	0.28 (0.11 – 0.66)	0.39 (0.16 – 0.94)
Trend p (Linear)			***0.019***	*0.088*
Trend p (Non Linear)			*0.213*	*0.368*
Aerobics intensity				
None	76.0	1878/70015	1.00	1.00
Lower [a]	79.0	13/1041	0.53 (0.30 – 0.91)	0.62 (0.36 – 1.08)
Higher [b]	68.0	18/3958	0.51 (0.32 – 0.81)	0.65 (0.41 – 1.04)
Trend p (Linear)			***0.025***	*0.175*
Trend p (Non Linear)			*0.147*	*0.255*
Aerobics weekly duration (minutes/week) [b]				
None	76.0	1878/70011	1.00	1.00
Low [c]	73.4	20/2297	0.67 (0.43 – 1.05)	0.83 (0.53 – 1.29)
High [c]	73.0	11/2706	0.36 (0.20 – 0.66)	0.45 (0.25 – 0.82)
Trend p (Linear)			***0.002***	***0.014***
Trend p (Non Linear)			*0.806*	*0.764*
Aerobics weekly volume (MET-hours/week)				
None	76.0	1878/70015	1.00	1.00
Low [c]	73.0	19/2511	0.60 (0.38- 0.94)	0.72 (0.46 – 1.13)
High [c]	73.0	12/2488	0.43 (0.24 – 0.75)	0.55 (0.31 – 0.97)

Trend p (Linear)	***0.010***	*0.069*
Trend p (Non Linear)	*0.355*	*0.597*

[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 *Supplementary Table 1*. [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.