

SUPPLEMENTAL MATERIAL

Physical Activity and the Risk of Incident Atrial Fibrillation in Women

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Supplementary Table 1. Risk of incident atrial fibrillation according to level of physical activity with censoring for incident cardiovascular disease.

	Quintile of Cumulative Average Weekly Physical Activity Level					P-trend
	1	2	3	4	5	
Model 1 Hazard Ratio (95% CI)	1.0	1.04 (0.85-1.28)	0.87 (0.70-1.07)	0.88 (0.71-1.09)	0.80 (0.64-1.00)	0.008
P-value		0.17	0.19	0.23	0.046	
Model 2 Hazard Ratio (95% CI)	1.0	1.06 (0.86-1.30)	0.89 (0.72-1.10)	0.91 (0.74-1.13)	0.85 (0.68-1.05)	0.03
P-value		0.59	0.28	0.39	0.13	
Model 3 Hazard Ratio (95% CI)	1.0	1.12 (0.91-1.38)	0.97 (0.78-1.20)	1.01 (0.82-1.26)	0.96 (0.77-1.21)	0.21
P-value		0.27	0.78	0.91	0.75	
Model 4 Hazard Ratio (95% CI)	1.0	1.12 (0.91-1.38)	0.97 (0.78-1.21)	1.02 (0.82-1.26)	0.98 (0.78-1.22)	0.26
P-value		0.27	0.80	0.86	0.85	

Model 1: Age, randomized treatment, cholesterol, current smoking, past smoking, alcohol, diabetes, and race adjusted

Model 2: Model 1 plus hypertension

Model 3: Model 1 plus body mass index (kg/m²)

Model 4: Model 1 plus hypertension and body mass index

Abbreviations: AF, atrial fibrillation; CI, confidence interval; MET, metabolic equivalent task.

Supplementary Table 2. Risk of incident atrial fibrillation according to the United States government’s recommended level of weekly physical activity with censoring for incident cardiovascular disease.

	Cumulative Average Physical Activity Level (MET-hours/week)		P
	<7.5	7.5+	
Incident CVD Censored			
Model 1 Hazard Ratio (95% CI)	1.0	0.86 (0.74-0.98)	0.03
Model 2 Hazard Ratio (95% CI)	1.0	0.88 (0.77-1.01)	0.08
Model 3 Hazard Ratio (95% CI)	1.0	0.95 (0.83-1.10)	0.50
Model 4 Hazard Ratio (95% CI)	1.0	0.96 (0.83-1.11)	0.57

Model 1: Age, randomized treatment, cholesterol, current smoking, past smoking, alcohol, diabetes, and race adjusted

Model 2: Model 1 plus hypertension

Model 3: Model 1 plus body mass index (kg/m²)

Model 4: Model 1 plus hypertension and body mass index

Abbreviations: AF, atrial fibrillation; CI, confidence interval; CVD, cardiovascular disease; MET, metabolic equivalent task.