

Supplemental Material

Supplemental Table 1: Studies Selected for Analysis

Supplemental Table 2. Selected Studies by Type of Physical Activity

Supplemental Figure 1: Flow Chart of Study Selection

Supplemental Table 1: Studies Selected for Analysis

Author (Year)	Study Name & Country	Gender (M, W, C)	N	Mean Baseline Age (SE) or Age Range	Baseline Health Status	Mean Years of Follow-up Time	Physical Activity Type	CHD Outcome	Results RR (95% CI) P for Linear Trend	Adjusted For:
Eaton (1995)	The Israeli Ischemic Heart Disease study Israel	M	8,463	40+	Healthy	21	LTPA Occ. PA	Mortality	LTPA Sedentary: 1.00 Light: 0.79 (0.63,0.99) Light Daily: 0.73 (0.59,0.89) Heavy: 0.71 (0.52,0.98) Occ. PA Sitting: 1.00 Standing: 0.99 (0.75,1.18) Walking: 0.94 (0.78,1.12) Physical labor: 0.87 (0.67,1.10)	Age
Qvist (1996)	Swedish level of Living Survey Sweden	C	5,306 2546 M 2760 F	45-74	Healthy	10	LTPA	Mortality	LTPA - M Inactive: 1.26 (0.9,1.8) Active: 1.00 LTPA - F Inactive: 1.35 (0.8,2.2) Active: 1.00	Age, BP, weight index, smoking
Folsom (1997)	Atherosclerosis Risk in Communities (ARIC) USA & Italy	C	14,040 6,188 F 7,852 M	45-64	Healthy	4-7	LTPA	Incidence	LTPA - M Q1: 1.00 Q2: 0.96 (0.67,1.37) Q3: 0.70 (0.44,1.13) Q4: 0.76 (0.51,1.13) P: 0.08 LTPA - F Q1: 1.00 Q2: 0.74 (0.43,1.27) Q3: 0.85 (0.44,1.64) Q4: 0.56 90.30,1.06) P: 0.12	Age, education, smoking, alcohol, HRT, race, and field-center

Rosengren (1997)	Multifactor Primary Prevention Study Sweden	M	7,142	47-55	Healthy	20	LTPA Occ. PA	Mortality	LTPA Mainly sedentary: 1.00 Moderate: 0.84 (0.71,1.00) Regular Exercise / Athletic Sports: 0.84 (0.73,0.96) Occ. PA Sedentary: 1.00 Very stren. work: 0.83 (0.62,1.12)	Age, smoking, BP, cholesterol, BMI, diabetes, alcohol abuse, occupational class
Leon (1997)	MRFIT USA	M	12,138	35-57	Healthy	16	LTPA	Mortality	LTPA D1: 1.00 D2-4: 0.75 (0.54,0.96) 5-7: 0.81 (0.64,1.04) D8-10: 0.75 (0.59,0.96)	Age, intervention group, education, smoking, cholesterol, BP, BMI
Weller (1998)	Canada Fitness Survey Cohort Canada	W	6,620	50 (15) 30+	Healthy	7	LTPA Walking Non-LTPA	Mortality	LTPA Q1: 1.00 Q2: 0.61 (0.07,1.19) Q3: 0.84 (0.52,1.37) Q4: 0.63 (0.36,1.09) Walking <½ the time: 1.00 ½ the time: 0.67 (0.40,1.11) >½ the time: 0.78 (0.43,1.39) Non-LTPA Q1: 1.00 Q2: 0.71 (0.44,1.16) Q3: 0.57 (0.33,0.97) Q4: 0.49 (0.26,0.92)	Age
Bijnen (1998)	Zutphen Study Dutch	M	802	71.4 (5.2) 64-84	Healthy	10	Total PA	Mortality	Total PA T1: 1.00 T2: 0.87 (0.52,1.45) T3: 1.01 (0.60,1.71) P: 0.99	Age, major chronic diseases, smoking, alcohol
Chen (1999)	National Population Health Survey Canada	C	7,158	20+	Healthy	2	LTPA	Incidence	LTPA Sedentary: 5.0 (1.84,13.59) Light: 3.7 (1.26,10.67) Moderate: 1.0 Active: 1.3 (0.41,3.89)	"A number of possible confounding factors"
Manson (1999)	Nurse's Health Study USA	W	72, 488	40-65	Healthy	8	LTPA Walking	Incidence	LTPA (MET-hrs/wk) Q1 (0-2.0): 1.00 Q2 (2.1-4.6): 0.85 (0.69,1.06) Q3 (4.7-10.4): 0.78 (0.62,0.99)	Age, smoking, menopausal status, parental history of MI, vitamin

							Walk Pace		<p>Q4 (10.5-21.7): 0.69 (0.54,0.88) Q5 (>21.7): 0.60 (0.46,.0.77) P <0.001</p> <p>Walking (hrs/wk) Q1 (≤0.5): 1.00 Q2 (0.6-2.0): 0.78 (0.57,1.06) Q3 (2.1-3.8): 0.88 (0.65,1.21) Q4 (3.9-9.9): 0.70 (0.51,0.95) Q5 (≥10): 0.65 (0.47,0.91) P: 0.02</p> <p>Walk Pace (mph) Easy (<2): 1.00 Average (2-2.9): 0.75 (0.6,0.95) (Very) Brisk (3+): 0.64 (0.45,0.9)</p>	supplement use, alcohol, aspirin
Hakim (1999)	Honolulu Heart Study USA	M	2,678	71-93	Healthy	2-4	Walking	Incidence	<p>Walking (miles/day) <0.25: 2.3 (1.3,4.1) 0.25-1.25: 2.1 (1.2,3.6) >1.5: 1.00 P: 0.002</p>	Age, total cholesterol, HDL, hypertension, diabetes, alcohol, physical function score, years lived in Japan
Kaprio (2000)	Finnish Twin Cohort Finland	M	8,205	25-69	Healthy	18	LTPA	Incidence	<p>LTPA (MET-hrs/day) Sedentary (0.54): 1.00 Occasional Exercisers (2.32): 0.84 (0.70,1.01) Conditioning Exercisers (7.57): 0.68 (0.50,0.92) P: 0.01</p>	Age, BMI, smoking, hypertension, and diabetes
Wannamethee (2000)	British Regional Heart Study Great Britain	M	5,159	40-59	Healthy	16.8	LTPA	Incidence	<p>LTPA Inactive: 1.00 Occasional: 0.68 (0.52,0.89) Light: 0.76 (0.58,0.99) Moderate: 0.46 (0.33,0.64) Mod. Vig./Vig.: 0.82 (0.61,1.09)</p>	Age, smoking, alcohol, social class, BMI, preexisting CHD
Sesso (2000)	Harvard Alumni Health Study USA	M	12,156	57.7 39-88	Healthy	17	LTPA	Incidence	<p>LTPA (kJ/wk) <2,100: 1.00 2,100-4,199: 0.90 (.79,1.03) 4,200-8,399: 0.81 (.71,.92) 8,400-12,599: 0.80 (.69,.93) ≥12,600: 0.81 (.71,.94) P: 0.003</p>	Age, BMI, alcohol, hypertension, diabetes, smoking, early parental death before age of 65
Haapanen-	Northeast	C	6,787	35-63	Healthy	16	LTPA	Mortality	LTPA - M: (kcal/wk)	Age, employment

Niemi (2000)	Finland Finland		1090 M 1122 F						0-1,000: 1.70 (0.90,3.21) 1,001-1,900: .88 (0.44,1.76) >1,900: 1.00 P: 0.056 LTPA - F: (kcal/wk) 0-800: 1.17 (0.51,2.68) 801-1,500: 0.43 (0.16,1.16) >1,500: 1.00 P: 0.046	status, marital status, perceived health status, smoking and alcohol
Lee (2001)	Women's Health Study USA	W	39,372	54 (7) 45+	Healthy	5	Walk pace	Incidence	Walk pace (km/hr) DNW: 1.00 <3.2: 0.56 (0.32,0.97) 3.2-4.7: 0.71 (0.47,1.05) ≥4.8: 0.52 (0.30,0.90) P: 0.02	Age, smoking, alcohol, saturated fat, fiber, fruits and vegetables, menopausal status, HRT, MI history
Batty (2001)	Whitehall Study United Kingdom	M	11,633	51 40-64	Healthy	25	Trans. PA	Mortality	Trans. PA (min/day) 0: 1.10 (1.0, 1.3) 10-19: 1.06 (1.0, 1.2) 20+: 1.00	Age, employment, SBP, smoking, BMI, glucose intolerance, diabetes, FEV1
Batty (2002)	Whitehall Study United Kingdom	M	6,408 Healthy: 6056	40-64	Healthy	25	LTPA Walk Pace	Mortality	LTPA Inactive: 1.05 (0.9,1.3) Moderately Active: 0.92 (0.8,1.1) Active: 1.00 Walk Pace Slower: 1.86 (1.4,2.4) Same: 1.4 (1.2,1.6) Faster: 1.00	Age, grade, SBP, cholesterol, smoking, BMI, FEV1, disease at study entry
Tanasescu (2002)	Health Professional's Follow-up Study (HPFS) USA	M	44,452	40-75	Healthy	12	Walking Walk pace	Incidence	Walking (MET-hr/wk) Q1 (0-1.19): 1.00 Q2 (1.20-3.49): 1.00 (0.83,1.21) Q3 (3.50-6.00): 0.90 (0.74,1.10) Q4 (7.00-14.74): 1.02 (0.84,1.23) Q5 (≥14.75): 0.82 (0.67,1.00) P: 0.04 Walk pace (mph) <2: 1.00 2-3: 0.74 (0.60,0.91) 3-4: 0.60 (0.45,0.79)	Age, alcohol, smoking, family history of MI, nutrient intake *Plus diabetes, cholesterol, hypertension

									≥4: 0.50 (0.30,0.83)	
Manson (2002)	Women Health's Initiative Observational Study USA	W	73,743	63 50-79	Healthy	3.2	LTPA Walking	Incidence	LTPA (MET-hr/wk) Q1 (0-2.4): 1.00 Q2 (2.6-7.2): 0.73 (0.53,0.99) Q3 (7.3-13.4): 0.69 (0.51,0.95) Q4 (13.5-23.3): 0.68 (0.50,0.93) Q5 (≥23.3): 0.47 (0.33,0.67) P <0.001 Walking (MET-hr/wk) Q1 (0): 1.00 Q2 (0.1-2.5): 0.71 (0.53,0.96) Q3 (2.6-5.0): 0.60 (0.44,0.83) Q4 (5.1-10.0): 0.54 (0.39,0.76) Q5 (>10): 0.61 (0.44,0.84) P: 0.004	Age
Wagner (2002)	PRIME Study Ireland/France	M	9,758	50-59	Healthy	5	LTPA Trans. PA	Incidence	LTPA Lowest: 1.00 Middle: 0.73 (0.51,1.05) Highest: 0.66 (0.46,0.96) Trans. PA No: 1.00 Yes: 1.19 (0.87,1.62)	Unadjusted
Yu (2003)	Caerphilly Collaborative Heart Disease Study United Kingdom	M	1975	49-64	Healthy	10.5	LTPA	Mortality	LTPA (kcal/wk) 0-1,133: 1.00 1,134-2,769: 0.74 (0.44,1.25) 2,770-19,230: 0.55 (0.31,0.98) P: 0.039	Age, BP, BMI, smoking, class, family history of CHD, diabetes, job PA
Hillsdon (2004)	OXCHECK trial UK	C	10,522	35-64	Healthy	12	LTPA	Mortality	LTPA Never/<1/month: 1.00 <2 times/week: 0.46 (0.19,1.12) ≥2 times/week: 0.96 (0.53,1.75)	Age, sex, smoking, alcohol, pre-existing disease, social class
Knoops (2004)	HALE Project 11 European Countries	C	Men: 1507 Women : 832	70-90	Healthy	10	LTPA	Mortality	LTPA Low: 1.00 High: 0.72 (0.48,1.07)	Age, gender, education, BMI, study, dietary and lifestyle factors
Sundquist (2005)	Swedish Annual Level-of-Living Survey	C	5,196 2,645 M	35-74	Healthy	11	LTPA	Incidence	LTPA 1 (none): 1.00 2 (occasionally): 0.74 (0.53,1.03)	Age, sex, income, smoking

	(SALLS) Sweden		2,551 F						3 (1-2/wk): 0.70 (0.50,0.97) 4 (2+/wk vig.): 0.52 (0.33,0.83)	
Chiuvè (2006)	HPFS USA	M	42,847	40-75	Healthy	16	LTPA	Incidence	LTPA (hr/wk) 0: 1.22 (1.06,1.40) 0.1-1.5: 1.05 (0.90,1.24) 1.5-3.5: 1.08 (0.92,1.27) 3.5-6.0: 0.92 (0.76,1.11) ≥2 6.0: 1.00	Age, family history of MI, aspirin use, antihypertensive meds, hypercholesterolemia, hypertension, lifestyle factors
Meisinger (2007)	MONICA Augsburg Studies Germany	C	6,976 3,501 M 3,475 F	45-74	Healthy	8.6	LTPA	Incidence	LTPA – M: (per/wk) 0: 1.00 <1: 1.02 (0.74,1.41) 1-2: 0.76 (0.54,1.07) >2: 0.80 (0.57,1.13) LTPA – F: (per/wk) 0: 1.00 <1: 0.96 (0.54,1.71) 1-2: 0.45 (0.22,0.91) >2: 0.18 (0.04,0.75)	Age, survey, diabetes, smoking, alcohol, family history of MI, education
Hu (2007)	Finnish Population Surveys Finland	C	47,840	25-64	Healthy	18.9	LTPA Occ. PA Trans. PA	Incidence	LTPA – M Low: 1.00 Moderate: 0.93 (0.86, 1.00) High: 0.73 (0.65,0.83) LTPA – F Low: 1.00 Moderate: 0.80 (0.72,0.89) High: 0.64 (0.51,0.80) Occ. PA - M Low: 1.00 Moderate: 0.82 (0.74,0.91) High: 0.87 (0.81,0.95) Occ. PA - F Low: 1.00 Moderate: 0.67 (0.59,0.77) High: 0.77 (0.68,0.87) Trans. PA – M (min/day) 0: 1.00 1-29: 0.92 (0.85,1.00) 30+: 0.91 (0.83,1.00)	Age, study year, education, alcohol, smoking

									Trans. PA – F (min/day) 0: 1.00 1-29: 0.83 (0.73,0.94) 30+: 0.66 (0.58,0.76)	
Akesson (2007)	Swedish Mammography Cohort Sweden	W	24,444	59 49-83	Healthy	6.2	LTPA Trans. PA	Incidence	LTPA (hr/wk) <1: 1.41 (1.1, 1.47) 1+: 1.00 Trans. PA (min/day) <40: 1.15 (0.90,1.47) 40+: 1.00	Age, education, family history of MI, cholesterol, hypertension, hormone therapy, aspirin, energy intake, alcohol, smoking, WHR, other PA
Smith (2007)	Rancho Bernardo Study USA	C	1,3217	50-90	Healthy	10	Walking	Mortality	Walking (miles/day) Nonwalker: 1.00 <1: 1.14 90.67,1.94) 1+: 1.29 (0.73,2.28)	Age, sex, smoking, BMI, alcohol, exercise, history of CHD, hypertension, triglycerides, HDL
Virkkunen (2007)	Helsinki Heart Study Finland	M	1288	40-55	Healthy	8	Occ. PA	Incidence	Occ. PA No: 1.00 Yes: 0.89 (0.53,1.51)	Age, smoking, day-shift work
Weinstein (2008)	Women's Health Study USA	W	38,987	54 (7) 45+	Healthy	10.9	LTPA Walking	Incidence	LTPA (kcal/wk) 0-199: 1.00 200-599: 0.88 (0.73,1.06) 600-1499: 0.78 (0.64,0.94) 1500+: 0.78 (0.63,0.97) P: 0.007 Walking (hours/wk) No walking: 1.00 <1: 0.82 (0.67,1.00) 1-1.5: 0.70 (0.56,0.88) 2-3: 0.77 (0.60,0.97) 4+: 0.65 (0.51,0.83)	Age, treatment, parental history of MI, alcohol, smoking, hormone therapy, dietary factors
Inoue (2008)	JPHC Study Japan	C	83,034	45-74	Healthy	8.7	LTPA	Mortality	LTPA – M Q1: 1.00 Q2: 0.84 (0.64,1.11) Q3: 0.68 (0.50,0.92) Q4: 0.72 (0.54,0.96) P: 0.015	Age, area, occupation, history of diabetes, smoking, alcohol, BMI, energy intake, leisure sports/exercise

									LTPA – F Q1: 1.00 Q2: 0.71 (0.46,1.08) Q3: 0.55 (0.34,0.89) Q4: 0.69 (0.41,1.17) P: 0.035	
Pedersen (2008)	Copenhagen City Heart Study Denmark	C	11,914 5272 M 6642 F	20+	Healthy	20	LTPA	Mortality	LTPA – M Inactive: 1.00 Low: 0.67 (0.54,0.82) Moderate/High: 0.71 (0.58,0.87) LTPA – F Inactive: 1.00 Low: 0.76 (0.61,0.94) Moderate/High: 0.72 (0.56,0.92)	Age, smoking, BMI, education, marital status, diabetes, alcohol

Table Key

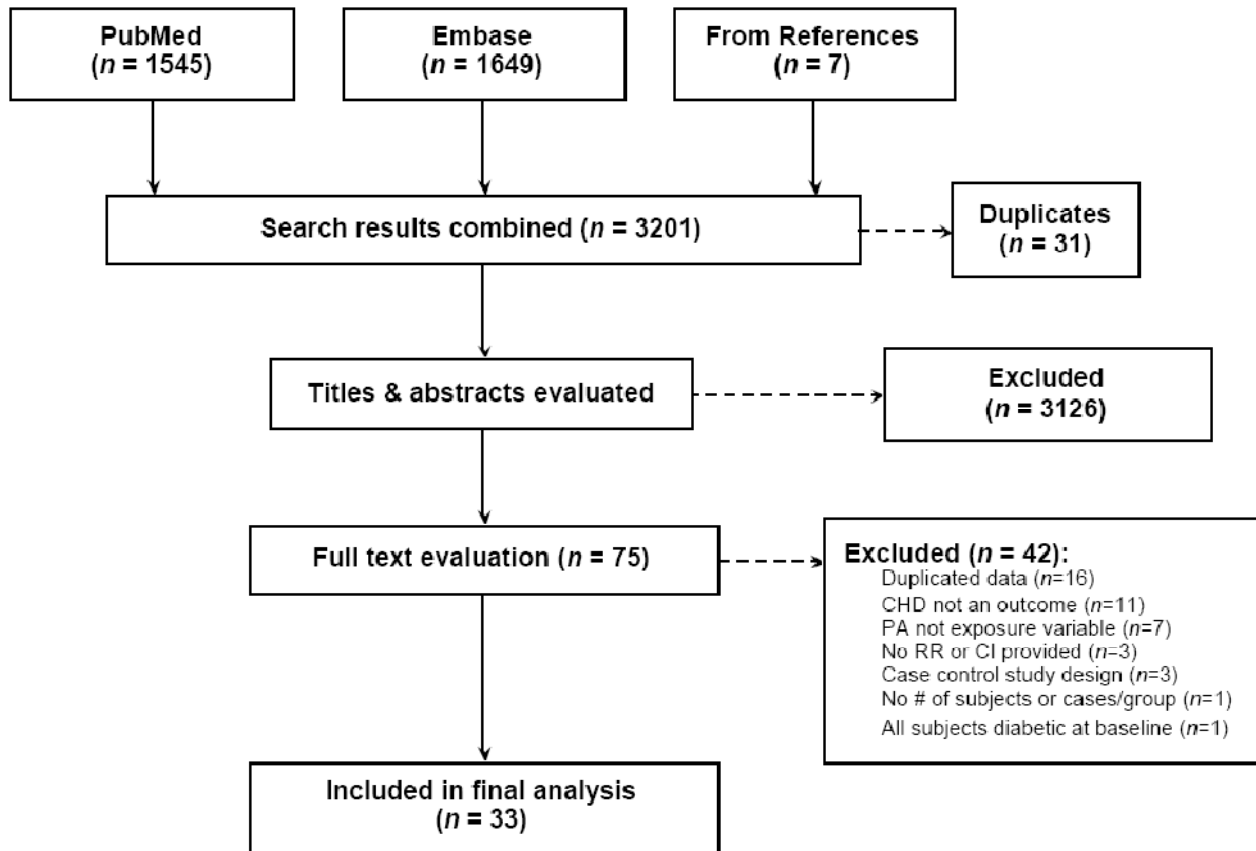
M; W; C	Men; Women; Combined or both genders
LTPA	Leisure-time physical activity
Vig. PA	Vigorous intensity physical activity
Walking	Time spent walking per week
Walk Pace	Usual pace of walking
Occ. PA	Occupational physical activity
Trans. PA	Transport physical activity
Total PA	Total physical activity; includes two or more physical activity types
Non-LTPA	Physical activities outside of the 'leisure' type
Healthy	Participants free of coronary heart disease at baseline
Mortality	Restricted to fatal cases of CHD only
Incidence	Inclusive of both fatal and non-fatal cases of CHD
Q; T; D	Quartile/Quintile; Tertile; Decile
BP	Blood pressure
HRT	Hormone therapy
BMI	Body Mass Index
FEV1	Forced expiratory volume in 1 minute
HDL; LDL	High density lipoprotein; Low density lipoprotein

Supplemental Table 2. Selected Studies by Type of Physical Activity

Physical Activity Type	Total No. of Studies (M, W, C)	No. of Quantitative Studies (M, W, C)
LT PA	26 (15, 11, 5)	9 (5, 5, 0)
Walk time	7 (2, 4, 1)	5 (2, 3, 0)
Walk pace	3 (2, 1, 0)	2 (1, 1, 0)
Occupational PA	4 (3, 1, 1)	0
Transport PA	4 (3, 2, 0)	0
Total PA	3 (2, 2, 0)	0
Non-Leisure PA	1 (0, 1, 0)	0
Total*	33 (21, 13, 6)	12 (7, 6, 0)
Total studies	Studies with both qualitative and quantitative categorization of physical activity	
Quantitative Studies	Only studies with quantitative categorization of physical activity	
	M=Men; W=Women; C=Combined genders	

* These 33 total studies included 56 total physical activity-type-specific comparisons; many studies included comparisons from multiple physical activity types (e.g., LTPA, walking time, and vigorous PA assessed in the same study), and/or both genders.

Supplemental Figure 1: Flow Chart of Study Selection



Supplemental References

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