

Supporting Information

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Table S1. PA and mortality in complete sample

Factor	Adjusted HR (95% CI)	P value
PA		
Low	1	
Medium	0.800 (0.560–1.142)	0.22
High	0.646 (0.436–0.958)	0.030
Age	1.076 (1.049–1.104)	0.001
Sex (female)	0.548 (0.398–0.754)	0.001
Wealth		
1 (lowest)	1 (Reference)	
2	0.923 (0.594–1.432)	0.72
3	0.743 (0.468–1.181)	0.21
4	1.042 (0.652–1.665)	0.86
5 (highest)	0.895 (0.528–1.516)	0.68
Education		
Lower	1 (Reference)	
Intermediate	1.307 (0.925–1.847)	0.13
Higher	1.104 (0.711–1.715)	0.66
Marital status (unmarried)	1.132 (0.802–1.598)	0.48
Employment (not in paid employment)	1.317 (0.772–2.248)	0.312
Depressive illness (past 2 y)	1.052 (0.231–4.785)	0.95
Depression (elevated CES-D)	0.948 (0.642–1.372)	0.74
Fair or poor self-rated health	2.405 (1.703–3.396)	0.001
Cancer at baseline	3.037 (2.139–4.311)	0.001
CHD at baseline	0.742 (0.397–1.389)	0.35
Diabetes at baseline	0.995 (0.614–1.612)	0.98
Heart failure at baseline	3.244 (0.659–15.979)	0.15
Stroke at baseline	1.893 (1.010–3.549)	0.047
Chronic lung disease at baseline	2.157 (1.393–3.340)	0.001
Smoking	1.653 (1.120–2.438)	0.011
Alcohol at least daily	0.933 (0.668–1.302)	0.68
No vigorous or moderate physical activity	1.426 (1.009–2.017)	0.045

Proportional-hazards model including all covariates.

Table S2. PA and mortality: Survivors for at least 6 mo

Model	Covariates	PA level	PA-adjusted HR (95% CI)	P value
1	Age, sex	Low	1	
		Medium	0.638 (0.451–0.903)	0.011
		High	0.513 (0.354–0.744)	0.001
2	Age, sex + demographic factors*	Low	1	
		Medium	0.656 (0.463–0.929)	0.018
		High	0.529 (0.364–0.768)	0.001
3	Age, sex + demographic factors* + negative affect indicators [†]	Low	1	
		Medium	0.689 (0.481–0.987)	0.042
		High	0.565 (0.382–0.837)	0.004
4	Age, sex + demographic factors* + negative affect indicators [†] + health indicators [‡]	Low	1	
		Medium	0.749 (0.521–1.078)	0.120
		High	0.637 (0.429–0.947)	0.026
5	Age, sex + demographic factors* + negative affect indicators [†] + health indicators [‡] + health behaviors [§]	Low	1	
		Medium	0.759 (0.527–1.093)	0.14
		High	0.652 (0.439–0.970)	0.035

Reference group is low PA; 65 of 922 deaths in low-PA group; 63 of 1,523 in medium-PA group; 49 of 1,398 in high-PA group.

*Demographic factors: wealth, education, marital status, and employment status.

[†]Negative affect indicators: negative affect, elevated CES-D score, and depressive illness in the past 2 y.

[‡]Health indicators: self-rated health, cancer, CHD, stroke, diabetes, heart failure, and chronic lung disease.

[§]Health behaviors: smoking, physical activity, and alcohol intake.