

Web appendix 3: Web tables

Web table 1 Cox proportional hazard ratios (95% CI) for vascular disease and arrhythmias comparing fifths of exercise capacity and muscle strength.

	Vascular disease		Arrhythmia	
Exercise capacity (in fifth)	Model A*	Model B**	Model A*	Model B**
1st	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
2nd	0.92 (0.89-0.95)	0.85 (0.82-0.88)	0.93 (0.90-0.99)	0.91 (0.87-0.96)
3rd	0.90 (0.87-0.93)	0.79 (0.76-0.82)	0.97 (0.93-1.02)	0.91 (0.87-0.96)
4th	0.81 (0.78-0.84)	0.70 (0.67-0.73)	0.97 (0.92-1.02)	0.91 (0.86-0.96)
5th	0.77 (0.73-0.80)	0.64 (0.61-0.67)	1.07 (1.01-1.13)	0.99 (0.94-1.04)
Per category	0.94 (0.93-0.95)	0.90 (0.89-0.90)	1.02 (1.00-1.03)	1.00 (0.98-1.01)
Muscle Strength (in fifth)	Model A*	Model B**	Model A*	Model B**
1st	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
2nd	0.96 (0.93-1.00)	0.92 (0.89-0.95)	0.92 (0.87-0.96)	0.89 (0.85-0.93)
3rd	0.94 (0.90-0.98)	0.86 (0.82-0.90)	0.95 (0.90-1.00)	0.90 (0.86-0.95)
4th	0.95 (0.91-0.99)	0.83 (0.80-0.87)	0.95 (0.90-0.99)	0.87 (0.83-0.92)
5th	0.99 (0.95-1.03)	0.79 (0.76-0.83)	0.99 (0.94-1.04)	0.87 (0.83-0.91)
Per category	1.00 (0.99-1.01)	0.95 (0.94-0.95)	1.00 (0.99-1.02)	0.97 (0.96-0.98)

*Adjusted for age, conscription date, region, education level, height and muscle strength/exercise capacity (muscle strength adjusted for exercise capacity, and vice versa).

**Additionally adjusted systolic and diastolic blood pressure, weight and ischemic heart disease (for arrhythmia outcomes only).

Web table 2 Cox proportional hazard ratios (95% CI) for subgroups of vascular disease comparing fifths of exercise capacity and muscle strength.

	Ischemic heart disease		Heart Failure		Stroke		Cardiovascular death	
Exercise capacity (in fifths)	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**
1st	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
2nd	0.93 (0.89-0.98)	0.86 (0.82-0.91)	0.91 (0.83-0.99)	0.82 (0.76-0.90)	0.91 (0.85-0.97)	0.87 (0.81-0.93)	0.89 (0.83-0.96)	0.82 (0.77-0.88)
3rd	0.95 (0.91-1.01)	0.83 (0.79-0.88)	0.88 (0.80-0.96)	0.74 (0.67-0.81)	0.84 (0.78-0.90)	0.77 (0.72-0.83)	0.83 (0.77-0.89)	0.72 (0.66-0.77)
4th	0.86 (0.81-0.91)	0.73 (0.68-0.77)	0.81 (0.73-0.89)	0.66 (0.60-0.74)	0.78 (0.72-0.84)	0.71 (0.66-0.77)	0.73 (0.67-0.79)	0.62 (0.56-0.67)
5th	0.78 (0.73-0.83)	0.64 (0.60-0.68)	0.75 (0.66-0.84)	0.60 (0.53-0.67)	0.74 (0.68-0.80)	0.66 (0.61-0.72)	0.70 (0.64-0.77)	0.58 (0.53-0.64)
Per category	0.95 (0.93-0.96)	0.90 (0.89-0.91)	0.93 (0.91-0.96)	0.88 (0.86-0.90)	0.92 (0.91-0.94)	0.90 (0.88-0.92)	0.91 (0.89-0.93)	0.87 (0.85-0.88)
Muscle Strength (in fifths)	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**
1st	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
2nd	1.02 (0.97-1.08)	0.97 (0.92-1.03)	0.83 (0.76-0.91)	0.78 (0.71-0.85)	1.02 (0.96-1.10)	0.99 (0.93-1.07)	0.82 (0.76-0.89)	0.78 (0.72-0.84)
3rd	1.01 (0.96-1.08)	0.92 (0.87-0.98)	0.78 (0.71-0.87)	0.70 (0.63-0.77)	0.96 (0.88-1.03)	0.91 (0.84-0.98)	0.84 (0.77-0.91)	0.76 (0.70-0.82)
4th	1.02 (0.96-1.08)	0.88 (0.83-0.94)	0.75 (0.68-0.83)	0.63 (0.57-0.70)	1.00 (0.93-1.08)	0.92 (0.86-1.00)	0.82 (0.75-0.89)	0.70 (0.64-0.76)
5th	1.10 (1.04-1.17)	0.87 (0.82-0.93)	0.79 (0.71-0.88)	0.58 (0.52-0.64)	1.01 (0.94-1.10)	0.89 (0.82-0.96)	0.86 (0.79-0.94)	0.67 (0.62-0.73)
Per category	1.02 (1.01-1.03)	0.96 (0.95-0.98)	0.94 (0.92-0.97)	0.88 (0.86-0.90)	1.00 (0.98-1.02)	0.97 (0.95-0.99)	0.97 (0.95-0.99)	0.91 (0.90-0.93)

*Adjusted for age, conscription date, region, education level, height and muscle strength/exercise capacity (muscle strength adjusted for exercise capacity, and vice versa).

**Additionally adjusted systolic and diastolic blood pressure and weight.

Web table 3 Cox proportional hazard ratios (95% CI) for subgroups of arrhythmias, comparing fifths of exercise capacity and muscle strength.

	Atrial fibrillation/flutter		Bradyarrhythmias		Supraventricular tachycardias		Ventricular arrhythmias/ Sudden cardiac death	
Exercise capacity (in fifth)	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**
1st	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
2nd	0.99 (0.93-1.06)	0.95 (0.89-1.02)	0.89 (0.76-1.05)	0.88 (0.75-1.04)	0.94 (0.84-1.04)	0.93 (0.83-1.04)	0.95 (0.82-1.10)	0.97 (0.84-1.12)
3rd	1.07 (1.00-1.14)	0.99 (0.93-1.06)	0.88 (0.74-1.04)	0.86 (0.72-1.01)	0.94 (0.84-1.05)	0.94 (0.83-1.05)	0.95 (0.81-1.11)	0.96 (0.81-1.12)
4th	1.11 (1.04-1.19)	1.02 (0.95-1.09)	0.95 (0.80-1.13)	0.93 (0.78-1.11)	0.90 (0.80-1.01)	0.90 (0.80-1.01)	0.87 (0.74-1.03)	0.90 (0.77-1.06)
5th	1.31 (1.23-1.40)	1.17 (1.09-1.25)	1.03 (0.86-1.23)	1.01 (0.84-1.21)	0.88 (0.79-0.99)	0.89 (0.79-1.00)	1.04 (0.88-1.23)	1.09 (0.92-1.29)
Per category	1.07 (1.05-1.09)	1.04 (1.03-1.06)	1.01 (0.97-1.05)	1.01 (0.96-1.05)	0.97 (0.95-1.00)	0.97 (0.95-1.00)	1.00 (0.96-1.04)	1.01 (0.97-1.05)
Muscle Strength (in fifth)	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**	Model A*	Model B**
1st	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
2nd	0.95 (0.89-1.02)	0.92 (0.86-0.99)	0.95 (0.80-1.11)	0.93 (0.79-1.10)	0.94 (0.84-1.04)	0.93 (0.83-1.04)	0.87 (0.75-1.01)	0.86 (0.75-1.00)
3rd	0.98 (0.92-1.05)	0.93 (0.87-1.00)	0.95 (0.80-1.13)	0.92 (0.77-1.10)	1.00 (0.89-1.12)	1.00 (0.89-1.12)	0.96 (0.82-1.13)	0.95 (0.81-1.12)
4th	0.99 (0.93-1.06)	0.91 (0.85-0.98)	0.91 (0.77-1.09)	0.87 (0.74-1.04)	1.03 (0.92-1.15)	1.03 (0.92-1.16)	0.74 (0.63-0.87)	0.72 (0.61-0.85)
5th	1.05 (0.98-1.12)	0.91 (0.85-0.98)	0.85 (0.71-1.02)	0.79 (0.65-0.95)	1.09 (0.97-1.22)	1.09 (0.96-1.22)	0.79 (0.67-0.93)	0.74 (0.63-0.88)
Per category	1.02 (1.00-1.03)	0.98 (0.97-1.00)	0.96 (0.93-1.00)	0.95 (0.91-0.99)	1.03 (1.00-1.06)	1.03 (1.00-1.06)	0.94 (0.90-0.97)	0.93 (0.89-0.96)

*Adjusted for age, conscription date, region, education level, height and muscle strength/exercise capacity (muscle strength adjusted for exercise capacity, and vice versa).

**Additionally adjusted systolic and diastolic blood pressure, weight and ischemic heart disease.