

Supplemental Material

Supplemental Table I: Comparison of CTS participant characteristics for whom long-term physical activity data is available at two time points (1995-96 and 2005-06), compared to participants with long-term physical activity data at study enrollment (1995-96) only.

	Participants with available LTPA data at enrollment (1995-96) n = 120,814	Participants with available LTPA data at follow-up (2005-06) n = 61,256	Participants without LTPA data at follow-up (2005-06) n=59,558
Age (years)	53 (+/- 14)	52 (+/- 12)	54 (+/- 16)
Race-ethnicity			
White	104749 (87)	54023 (88)	50726 (85)
Black	3212 (3)	1264 (2)	1948 (3)
Hispanic	5028 (4)	2280 (4)	2748 (5)
Asian/Pacific Islander	4230 (4)	2250 (4)	1980 (3)
Other	3595 (3)	1439 (2)	2156 (4)
SES			
Below median	25523 (21)	11940 (19)	13583 (23)
Above median	93744 (78)	48591 (79)	45153 (76)
Hypertension	24912 (21)	11092 (18)	13820 (23)
Diabetes	3335 (3)	1272 (2)	2063 (3)
Hyperlipidemia	1468 (1)	567 (1)	901 (2)
Body mass index (kg/m2)			
<20	12590 (10)	6366 (10)	6224 (10)
20-25	57922 (48)	30434 (50)	27488 (46)
25-30	28862 (24)	14840 (24)	14022 (24)
30+	16258 (14)	7778 (13)	8480 (14)
Tobacco use			
Current	6102 (5)	2422 (4)	3680 (6)
Former	34703 (29)	17667 (29)	17036 (29)
Never	79328 (66)	40924 (67)	38404 (64)
Alcohol use			
Current	75952 (63)	40152 (66)	35800 (60)
Former	14554 (12)	7125 (12)	7429 (12)
Never	21773 (18)	10723 (18)	11050 (19)
Hormone replacement therapy			
Current	42632 (35)	23564 (39)	19068 (32)
Former	14732 (12)	6646 (11)	8086 (14)
Never	62921 (52)	30884 (50)	32037 (54)

Supplemental table II: Changes in physical activity pattern over time

	Did not meet strenuous activity guidelines at follow up (n = 43970)	Met strenuous activity guidelines at follow up visit (n = 17286)
Did not meet moderate activity guidelines at follow up (n = 35474)	27390	8084
Met moderate activity guidelines at follow up (n = 25782)	16580	9202

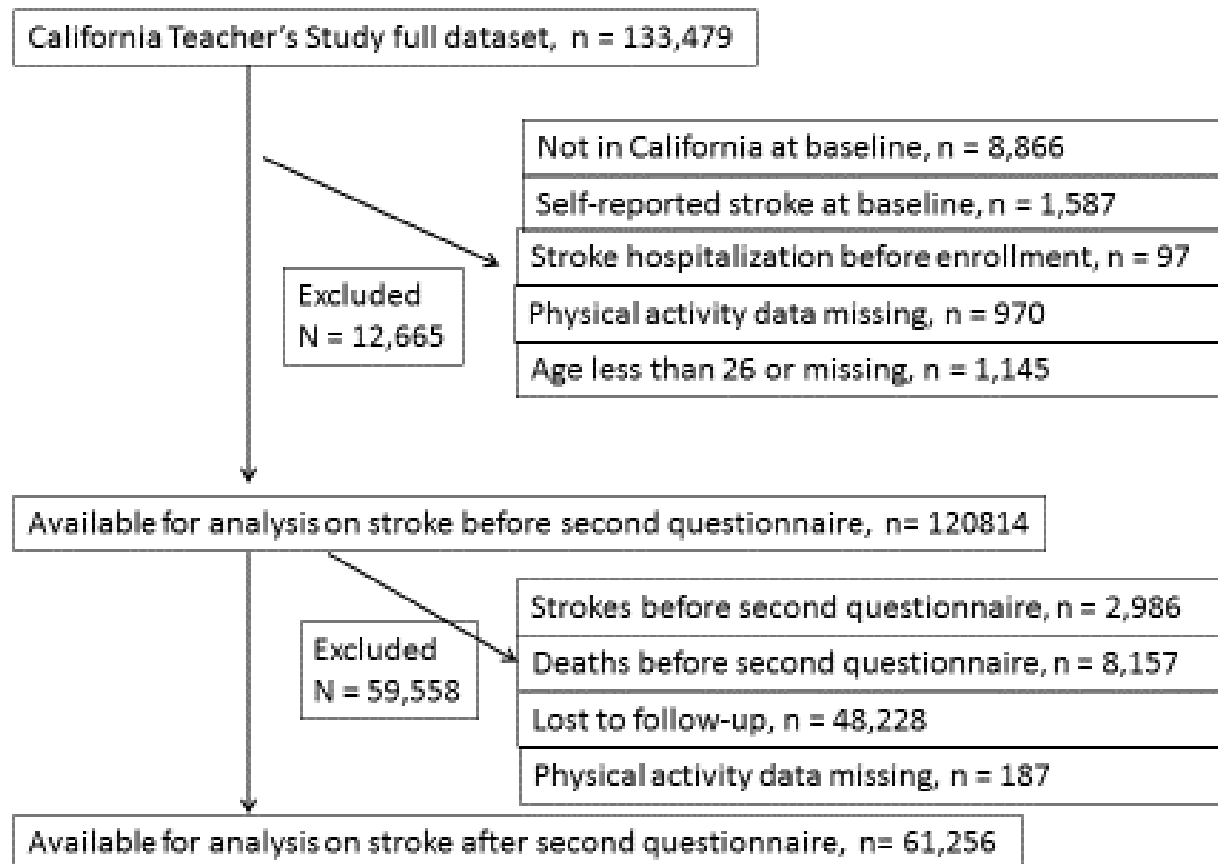
Supplemental Table III: Risk association (hazard ratio and 95% confidence interval) of strenuous and/or moderate physical activity at study enrollment (1995-96) with total, ischemic, and hemorrhagic stroke and fatal stroke (adjusted for age, race, SES, tobacco use, alcohol use, body mass index, hypertension, diabetes, hyperlipidemia).

Physical activity	Total Stroke (n = 3,973)	Ischemic stroke (n = 2,808)	Hemorrhagic stroke (n = 812)	Fatal stroke (n = 1234)
Moderate activity				
≤150 mins/week	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
>150 mins/week	0.90 (0.84-0.96)	0.90 (0.83-0.98)	0.96 (0.82-1.11)	0.88 (0.77-1.00)
Strenuous activity				
≤75 mins/week	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
>75 mins/week	0.99 (0.92-1.07)	0.96 (0.88-1.06)	1.06 (0.90-1.24)	0.97 (0.84-1.11)
Moderate/strenuous				
Neither recommendations met	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
Either recommendation met	0.89 (0.84-0.95)	0.88 (0.82-0.95)	0.95 (0.82-1.09)	0.88 (0.78-0.99)

Supplemental Table IV: Risk association (hazard ratio and 95% confidence interval) of change in strenuous and/or moderate physical activity using imputation for missing physical activity assessment at follow up with total, ischemic, and hemorrhagic stroke and fatal stroke (adjusted for age, race, SES, tobacco use, alcohol use, body mass index, hypertension, diabetes, hyperlipidemia).

Physical activity	Total Stroke	Ischemic stroke	Hemorrhagic stroke	Fatal stroke
Exercise pattern* - Moderate				
Not met Q1 - Not met Q4	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
Not met Q1 - Met Q4	0.81 (0.70-0.94)	0.77 (0.64-0.93)	0.81 (0.56-1.17)	0.84 (0.62-1.15)
Met Q1 - Not met Q4	0.97 (0.82-1.14)	0.96 (0.79-1.17)	1.01 (0.71-1.44)	1.01 (0.75-1.37)
Met Q1 - Met Q4	0.88 (0.77-1.01)	0.86 (0.73-1.01)	0.95 (0.71-1.29)	0.83 (0.62-1.10)
Exercise pattern* - Strenuous				
Not met Q1 - Not met Q4	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
Not met Q1 - Met Q4	1.03 (0.86-1.23)	0.98 (0.78-1.23)	0.99 (0.66-1.49)	1.14 (0.81-1.60)
Met Q1 - Not met Q4	1.09 (0.93-1.28)	1.08 (0.91-1.31)	1.09 (0.80-1.53)	1.08 (0.80-1.48)
Met Q1 - Met Q4	1.04 (0.88-1.23)	0.99 (0.81-1.21)	1.06 (0.76-1.47)	1.21 (0.89-1.64)
Exercise pattern* - Stren+Mod				
Not met Q1 - Not met Q4	1.00 (ref)	1.00 (ref)	1.00 (ref)	1.00 (ref)
Not met Q1 - Met Q4	0.92 (0.77-1.11)	0.92 (0.77-1.11)	0.92 (0.77-1.11)	0.92 (0.77-1.11)
Met Q1 - Not met Q4	0.98 (0.82-1.17)	0.98 (0.82-1.17)	0.98 (0.82-1.17)	0.98 (0.82-1.17)
Met Q1 - Met Q4	0.92 (0.78-1.08)	0.92 (0.78-1.08)	0.92 (0.78-1.08)	0.92 (0.78-1.08)

*Adjusted for age, race, socio-economic status, tobacco use, alcohol use, body-mass index, hypertension, diabetes, hyperlipidemia.



Supplemental figure I: study flow of the California Teachers Study