

Supplementary Table 1: Questions used for self-reporting of physical activity and calculation of PAI (Physical Activity Index)

Physical activity¹
<p>Frequency How frequently do you exercise? Give an average (by exercise we mean, for example, going for walks, skiing, swimming or training/sport).</p> <ul style="list-style-type: none">• Never [0]• Less than once a week [0]• Once a week [1]• 2-3 times per week [2.5]• Almost every day [5]
<p>Intensity If you do such exercise as frequently as once or more times a week: How hard do you push yourself? (Give an average)</p> <ul style="list-style-type: none">• I take it easy without breaking into a sweat or losing my breath [1]• I push myself so hard that I lose my breath and break into a sweat [2]• I push myself to near-exhaustion [3]
<p>Duration How long does each session last? (Give an average)</p> <ul style="list-style-type: none">• Less than 15 minutes [0.1]• 16-30 minutes [0.38]• 30 minutes to 1 hour [0.75]• More than 1 hour [1]
<p>The response to each question (numbers in clams) was multiplied to calculate a Physical Activity Index (PAI), and this index was used for categorization into four groups:</p> <ul style="list-style-type: none">• Inactive [0]• Low PA [0.05-1.50]• Medium PA [1.51-3.75]• High PA [3.76-15.00]

¹ This 3-item self-reported assessment of physical activity and consequent 4-level Physical Activity Index has been validated in the Norwegian HUNT study (*Nord-Trøndelag health study*), and shown moderate but significant correlation to both measured VO_{2max} and to the *International Physical Activity Questionnaire*.

Reference:

Aspenes ST, Nauman J, Nilsen TI, et al. Physical activity as a long-term predictor of peak oxygen uptake: the HUNT Study. *Med Sci Sports Exerc* 2011;43(9):1675-9.

Supplementary Table 2: Additional sensitivity analysis for risk factors associated with atrial fibrillation

'Original model' as depicted in Table 4 of the manuscript. The 'complete model' is an additional analysis including all candidate variables in the same model.

	Univariate OR (95% CI)	<i>p</i>	Multivariate OR (95% CI) 'Original model'	<i>p</i>	Multivariate OR (95% CI) 'Complete model'	<i>p</i>
Male sex	2.73 (1.92 – 3.87)	<0.001	1.00 (0.59 – 1.68)	0.99	1.03 (0.61 – 1.74)	0.92
Height per 10 cm	1.90 (1.59 – 2.28)	<0.001	1.67 (1.26 – 2.22)	<0.001	1.62 (1.21 – 2.16)	0.001
Weight per 10 kg	1.42 (1.29 – 1.55)	<0.001	1.15 (1.01 – 1.30)	0.03	1.16 (1.02 – 1.32)	0.02
Hypertension	3.27 (2.15 – 4.97)	<0.001	2.49 (1.61 – 3.86)	<0.001	2.47 (1.59 – 3.83)	<0.001
Heart failure	8.53 (4.71 – 15.48)	<0.001	3.51 (1.71 – 7.24)	0.001	3.37 (1.61 – 7.08)	0.001
Familial AF	2.16 (1.55 – 3.02)	<0.001	2.32 (1.63 – 3.31)	<0.001	2.35 (1.64 – 3.35)	<0.001
Reduced eGFR	2.87 (1.66 – 4.95)	<0.001	2.56 (1.42 – 4.60)	<0.01	2.43 (1.33 – 4.43)	<0.01
Coronary heart disease	2.88 (1.88 – 4.41)	<0.001	1.56 (0.95 – 2.57)	0.08	1.60 (0.96 – 2.66)	0.07
History of stroke/TIA	2.09 (1.13 – 3.86)	0.02	1.43 (0.74 – 2.78)	0.29	1.49 (0.77 – 2.90)	0.24
OSA	1.94 (1.17 – 3.23)	0.01	1.11 (0.63 – 1.97)	0.71	1.07 (0.60 – 1.92)	0.82
Physical activity (low/normal as ref.)						
Inactive	1.61 (1.10 – 2.37)	0.02	1.38 (0.92 – 2.07)	0.12	1.39 (0.92 – 2.11)	0.12
High level	1.30 (0.88 – 1.94)	0.19	1.20 (0.80 – 1.81)	0.38	1.20 (0.79 – 1.81)	0.39
Diabetes	1.24 (0.74 – 2.08)	0.41	-	-	0.68 (0.39 – 1.20)	0.19
Daily smoking	0.72 (0.44 – 1.19)	0.20	-	-	0.94 (0.55 – 1.59)	0.81
High alcohol consumption	0.81 (0.45 – 2.78)	0.81	-	-	0.87 (0.34 – 2.24)	0.78

Variables with $p < 0.20$ in univariate logistic regression analysis were included in the original multivariate analysis ('original model'). Bold font indicates a significant association in multivariate analysis. Hypertension: Mean systolic blood pressure ≥ 140 mmHg, or mean diastolic blood pressure ≥ 90 mmHg, or current use of any antihypertensive medication. TIA: Transient ischemic attack. Familial AF: Self-report of at least one 1st degree relative with known AF. OSA: Obstructive sleep apnoea. Physical activity (PA) level: Inactive and high level of PA compared to low/medium PA (combined to one group) as the reference group. High alcohol consumption: >14 standard drinks/week (both sexes).

Supplementary Table 3: Stroke risk and use of medication in individuals with atrial fibrillation

	Total AF (n=165)	Men with AF (n=121)	Women with AF (n=44)	<i>p</i>
CHA ₂ DS ₂ -VASc score, mean ±SD	1.7 ±1.1	1.4 ±1.0	2.2 ±0.9	<0.001
CHA ₂ DS ₂ -VASc score, median [IQR; total range]	2 [1-2; 0-6]	1 [1-2; 0-5]	2 [2-2; 1-6]	<0.001
CHA ₂ DS ₂ -VASc ≥2 (men) or ≥3 (women) (%)	52 (31.5)	45 (37.2)	7 (15.9)	<0.01
Elevated blood pressure, (%)	67 (41.1)	46 (38.7)	21 (47.7)	0.30
Anticoagulation, (%)	77 (46.7)	56 (46.3)	21 (47.7)	0.87
Platelet inhibitors, (%)	46 (27.9)	38 (31.4)	8 (18.2)	0.09
Beta-blockers, (%)	97 (58.8)	69 (57.0)	28 (63.6)	0.45
Calcium antagonists, (%)	25 (15.2)	20 (16.5)	5 (11.4)	0.41
Antiarrhythmic drugs, (%)	28 (17.0)	22 (18.2)	6 (13.6)	0.49
Class Ic, (%)	19 (11.5)	14 (11.6)	5 (11.4)	0.97
Class III, (%)	9 (5.5)	8 (6.6)	1 (2.3)	0.45
Digoxin, (%)	4 (2.4%)	3 (2.5)	1 (2.3)	1.00
ACE inhibitors or ATII antagonists, (%)	63 (38.2)	51 (42.1)	12 (27.3)	0.08
Statins, (%)	63 (38.2)	51 (42.1)	12 (27.3)	0.08
Thyroid hormone therapy, (%)	7 (4.2)	1 (0.8)	6 (13.6)	<0.01

Categorical variables are reported as counts with percentages in parentheses. Continuous variables are reported as mean ±SD. P-values indicate difference between sexes. CHA₂DS₂-VASc score reported both as mean ±SD and median, including range. IQR: Inter-quartile range. Elevated blood pressure: ≥140 mmHg (systolic) or ≥90 mmHg diastolic regardless of treatment. ACE: Angiotensin converting enzyme. ATII: Angiotensin type 2.

Supplementary Table 4: Stroke risk and comorbidity in screen-detected AF

	New AF at screening (n=12)
Male sex, (%)	11 (91.7)
CHA ₂ DS ₂ -VASc score, mean \pm SD	1.1 \pm 0.8
CHA ₂ DS ₂ -VASc score, median [total range]	1 [0-2]
CHA ₂ DS ₂ -VASc 0, (%)	3 (25.0)
CHA ₂ DS ₂ -VASc 1, (%)	5 (41.7)
CHA ₂ DS ₂ -VASc 2, (%)	4 (33.3)
Overweight, (%)	9 (75.0)
Hypertension, (%)	8 (66.7)
Elevated blood pressure, (%)	5 (41.7)
Heart failure, (%)	0 (0)
Diabetes, (%)	2 (16.7)
History of stroke, (%)	0 (0)
Myocardial infarction, (%)	1 (8.3)
Reduced eGFR, (%)	0 (0)
Obstructive sleep apnoea, (%)	1 (8.3)
Daily smoking, (%)	0 (0)

Categorical variables are reported as counts with percentages in parentheses. CHA₂DS₂-VASc score is reported both as mean \pm SD and median. Hypertension: Mean systolic blood pressure \geq 140 mmHg, or mean diastolic blood pressure \geq 90 mmHg, or current use of any antihypertensive medication. Elevated blood pressure: \geq 140 mmHg (systolic) or \geq 90 mmHg diastolic regardless of treatment. TIA: Transient ischemic attack.