Appendix

Supplemental Table 1
Activities examined and assigned MET values, NHANES 1999–2006

Activities	Moderate intensity	Vigorous intensity
Walking	3.5	5.0
Bicycling	4.0	8.0
Running	7.0	10.0
Dance	4.5	6.0
Golf	3.5	4.5
Stretching	2.5	2.5
Weightlifting	3.0	6.0

METs were defined by the NHANES Physical Activity Codebook.

Supplemental Table 2
Associations of participating in <60 min or ≥60 min of leisure-time activities with all-cause mortality (n = 17,938),* NHANES 1999–2006

Activity (min/wk)	Number of deaths	HR (95% CI)
Walking		
0	3012	1.00
<60	173	0.64 (0.53, 0.79)
≥60	614	0.76 (0.68, 0.85)
Bicycling		
0	3622	1.00
<60	75	0.65 (0.50, 0.84)
≥60	102	0.83 (0.63, 1.08)
Running		
0	3635	1.00
<60	72	0.80 (0.60, 1.07)
≥60	92	0.63 (0.49, 0.81)
Dance		
0	3688	1.00
<60	74	0.99 (0.76, 1.28)
	37	1.02 (0.62, 1.68)
Golf		
0	3689	1.00
<60	19	0.83 (0.48, 1.45)
≥60	91	0.84 (0.66, 1.07)
Stretching		
0	3697	1.00
<60	40	0.76 (0.50, 1.15)
≥60	62	0.83 (0.58, 1.19)
Weightlifting		
0	3709	1.00
<60	33	0.75 (0.49, 1.16)
≥60	57	0.98 (0.68, 1.40)

* Typical participation in the specific leisure-time activity <60 min or ≥60 min compared with participation in the activity (referent). Weighted estimates, adjusted for age, gender, race, education, cigarette use, heavy alcohol consumption, body mass index, leisure-time MET*minutes/week minus the MET*minutes/week spent in the specific activity under study, household MET*minutes/week and transportation MET*minutes/week, and history of pre-existing conditions including diabetes, arthritis, cancer, disability, and CVD.

Supplemental Table 3
Sensitivity analyses of associations of leisure-time activities with CVD and cancer mortality, NHANES 1999–2006

Activity*	Number of deaths	HR (95% CI)
CVD mortality†		
Walking	130	0.64 (0.45, 0.90)
Bicycling	34	0.84 (0.50, 1.43)
Running	22	0.67 (0.36, 1.24)
Dancing	23	1.34 (0.67, 2.68)
Golf	20	1.19 (0.67, 2.12)
Stretching	11	0.69 (0.30, 1.59)
Weightlifting	9	0.58 (0.19, 1.76)
Cancer mortality‡		
Walking	199	0.92 (0.72, 1.18)
Bicycling	47	0.72 (0.47, 1.08)
Running	45	0.78 (0.51, 1.21)
Dancing	29	1.08 (0.71, 1.65)
Golf	34	1.04 (0.62, 1.75)
Stretching	23	0.87 (0.43, 1.74)
Weightlifting	20	0.87 (0.45, 1.70)

* Self-reported participation in the specific leisure-time activity at a moderate-to-vigorous intensity for at least 10 min in the past 30 d, any participation versus none (referent).

† Excludes participants with a history of CVD (n = 1968); final n = 15,971. Weighted estimates, adjusted for age, gender, race, education, cigarette use, heavy alcohol consumption, body mass index, leisure-time MET × minutes/week minus the MET × minutes/week spent in the specific activity under study, household MET × minutes/week, transportation MET × minutes/week, and history of pre-existing conditions including diabetes, arthritis, cancer, and disability.

‡ Excludes participants with a history of cancer (n = 1633); final n = 16,305. Weighted estimates, adjusted for age, gender, race, education, cigarette use, heavy alcohol consumption, body mass index, leisure-time MET × minutes/week minus the MET × minutes/week spent in the specific activity under study, household MET × minutes/week, transportation MET × minutes/week, and history of pre-existing conditions including diabetes, arthritis, disability, and CVD.

Please cite this article as: Porter AK et al., Participation in specific leisure-time activities and mortality risk among U.S. adults, Annals of Epidemiology, https://doi.org/10.1016/j.annepidem.2020.06.006