

Table G2.A1 Cardiorespiratory Health

CHD — Men

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
O'Connor (1)	1995	<76	532	LTPA	CHD incidence	PA by quartile reference = Q! Q2 0.59 (0.37-0.94) Q3 0.51 (0.32-0.83) Q4 0.50 (0.31-0.80)	P = 0.002	CC
O'Connor (1)	1995	<76	532	MV sports	CHD incidence	MV sports by quartile reference = Q1 Q2 1.06 (0.67-1.66) Q3 0.54 (0.33-0.91) Q4 0.39 (0.23-0.69)	P < 0.001	CC
Folsom (2)	1997	45-64	6166	LTPA	CHD incidence	Q2 vs Q1 0.96 (0.67-1.37) Q3 vs Q1 0.70 (0.44-1.13) Q4 vs Q1 0.76 (0.51-1.13)	P = 0.08	PCS
Folsom (2)	1997	45-64	6166	Sports	CHD incidence	Q2 vs Q1 1.04 (0.72-1.49) Q3 vs Q1 0.93 (0.63-1.39) Q4 vs Q1 0.70 (0.48-1.03)	P = 0.08	PCS
Haapanen (3)	1997	35-63	1340	LTPA	CHD M&M	Total energy high = reference Moderate 1.33 (0.78-2.27) Low 1.98 (1.22-3.23) Intensity Vig 1/week reference. <1/week 1.42 (0.92-2.17)	P = 0.01	PCS
Leon (4)	1997	46.4	12,138	LTPA	CHD death	Decile 1 of LTPA = reference 2-4 0.75 (0.54-0.96) 5-7 0.81 (0.64-1.04) 8-10 0.75 (0.59-0.86)	NS	PCS
Rosengren (5)	1997	47-55	7142	LTPA	CHD death	M vs S 0.84 (0.71-1.00) V vs S 0.84 (0.73-0.96)	NA	PCS
Sarne (6)	1997	≥20	2613	Athletic	CHD death	Healthy age-match men = reference End Athletes 0.35 (0.17-0.69) Team games 0.44 (0.27-0.71) Power sport 0.67 (0.45-0.99)	NA	CC
Hakim (7)	1998	61-81	707	Walking	CHD death	Miles walked/day <1.0 vs 1-2 1.1 (0.4-2.5) <1.0 vs 2-8 2.6 (0.7-10.3) 1-2 vs 2-8 2.5 (0.7-8.6)	P = 0.32	PCS

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Men (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Dorn (8)	1999	15-96	698	TPA	CHD death	$\Delta 1 \text{ kcal/kg/hour}$	NA	PCS
Dorn (8)	1999	15-96	698	TPA	non-obese	0.40 (0.19-0.88)	NA	
Dorn (8)	1999	15-96	698	TPA	obese	1.86 (0.86-4.03)	NA	PCS
Dorn (8)	1999	15-96	698	TPA	<60 years	0.42 (0.11-1.52)	NA	PCS
Dorn (8)	1999	15-96	698	TPA	≥ 60 years	1.78 (0.77-4.09)	NA	PCS
Sherman (9)	1999	63	962	LTPA	CHD death	T3 vs T1 0.58 (0.43-0.79)	NA	PCS
Haapanen-Niemi (10)	2000	35-63	1090	TPA	CHD mortality	<i>LTPA AEE kcal/week high = reference</i> Mod 0.88 (0.44-1.76) Low 1.70 (0.90-3.21)	P = 0.066	PCS
Kaprio (11)	2000	25-69	8205	LTPA	CHD M&M	O vs S 0.84 (0.70-1.01) A vs S 0.68 (0.50-0.92)	P = 0.01	PCS
Lee (12)	2000	66.1	7307	LTPA	CHD M&M	<i>KJ/week <4200 = reference</i> 4200-8399 0.80 (0.57-1.12) 8400-12,599 0.80 (0.55-1.18) 12600-16799 0.74 (0.47-1.17) ≥ 16800 0.62 (0.41-0.96) <i>Longest episode adj AEE</i> <i>no sports or rec = reference</i> 1-15 minutes 1.15 (0.70-1.87) 16-30 minutes 1.01 (0.68-1.51) 31-45 minutes 1.11 (0.67-1.84) 46-60 minutes 1.18 (0.77-1.80) >60 1.25 (0.83-1.87)	P = 0.046	PCS
Sesso (13)	2000	39-88	12,516	LTPA	CHD incidence	<i>LTPA <2100 KJ/week = reference</i> 2100-4199 0.90 (0.79-1.03) 4200-8399 0.81 (0.71-0.92) 8400-12599 0.80 (0.69-0.93) ≥ 12600 0.81 (0.71-0.94)	P = 0.003	PCS

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Men (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Davey Smith (14)	2000	40-64	6,702	LTPA	CHD death	<i>Walk pace faster = reference</i> Same 1.30 (1.1-1.6) Slower 1.45 (0.9-2.2)	P < 0.01	PCS
Davey Smith (14)	2000	40-64	6,702	LTPA	CHD death	<i>LTPA Active = reference</i> Mod 0.94 (0.8-1.2) Inactive 1.24 (1.0-1.5)	< 0.05	PCS
Talbot (15)	2002	≥40	689	–	CHD incidence	<i>LTPA total not related</i> LTPA high intensity yes ≥65 LTPA high no <65 <i>No RR values provided</i>	NA	PCS
Tanasescu (16)	2002	40-75	44,452	LTPA	CHD M&M	<i>MET-hours/week 0-6.32 = reference</i> 6.33-14.40 0.90 (0.78-1.04) 14.50-25.08 0.88 (0.76-1.01) 25.09-41.98 0.84 (0.72-0.98) ≥41.99 0.72 (0.61-0.85)	P < 0.001	PCS
Tanasescu (16)	2002	40-75	44,452	LTPA	CHD M&M	<i>Average intensity METS < 3.9 reference</i> 4.0-5.9 0.94 (0.83-1.04) ≥6.0 0.83 (0.74-0.97)	P = 0.02	PCS
Tanasescu (16)	2002	40-75	44,452	LTPA	CHD M&M	<i>Running hours/week 0 = reference</i> <0.5 0.87 (0.70-1.07) 0.5-1.0 0.79 (0.52-1.21) ≥1.0 0.58 (0.44-0.77)	P < 0.001	PCS
Tanasescu (16)	2002	40-75	44,452	LTPA	CHD M&M	<i>Weight train. 0 hours/week = 0</i> <0.5 0.99 (0.78-1.25) ≥0.5 0.77 (0.61-0.98)	P = 0.03	PCS
Batty (17)	2003	40-64	6474	LTPA	CHD mortality	<i>Active as reference = 1.0 (no agnia)</i> Moderate 0.94 (0.8-1.1) Sedentary 1.14 (0.9-1.4)	NS	PCS

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Men (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Lee (18)	2003	66	7337	LTPA	CHD M&M	<i>AEE <1000 kcal/week = reference</i> 1000-2499 0.87 (0.70-1.08) ≥2500 0.92 (0.75-1.14)	P = 0.29	PCS
Lee (18)	2003	66	7337	LTPA	CHD M&M	<i>Absolute int 0/light = reference</i> Moderate 1.07 (0.87-1.32) Vigorous 0.89 (0.69-1.15)	P = 0.44	PCS
Lee (18)	2003	66	7337	LTPA	CHD M&M	<i>Relative int 0/week = reference</i> Moderate 0.86 (0.66-1.13) SW strong 0.69 (0.51-0.94) Strong 0.72 (0.52-1.00)	P = 0.02	PCS
Yu (19)	2003	49-64	1975	LTPA	CHD death	<i>TAE T1 161.6 kcal/day = reference</i> T2 0.74 (0.44-1.25) T3 0.55 (0.31-0.98)	P = 0.039	PCS
Yu (19)	2003	49-64	1975	LTPA	CHD death	<i>Lt.AEE T1 <133 kcal/day = reference</i> T2 1.12 (0.66-1.12) T3 0.93 (0.52-1.66)	P = 0.83	PCS
Yu (19)	2003	49-64	1975	LTPA	CHD death	<i>Vig AEE T1 reference <0.6 kcal/day</i> T2 1.13 (0.69-1.85) T3 0.36 (0.18-0.73)	P = 0.009	PCS
Barengo (20)	2004	30-59	15,863	LTPA	CE — low BMI	Q2-4 vs Q1 0.93 (0.68-1.26)	NA	PCS
Barengo (20)	2004	30-59	15,863	LTPA	CE — high BMI	Q2-4 vs Q1 0.75 (0.39-0.66)	NA	PCS
Fransson (21)	2004	45-70	1220	LTPA	AMI — all	<i>Seldom = reference</i> Sometimes 0.76 (0.61-0.95) 1/week 0.67 (0.51-0.88) 2-3/week 0.63 (0.49-0.83) >3/week 0.53 (0.38-0.73)	NA	CC
Fransson (21)	2004	45-70	1220	TPA	AMI — all	<i>Passive = reference</i> Somewhat 0.66 (0.47-0.94) Active 0.46 (0.31-0.69)	NA	CC

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Men (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Lam (22)	2004	>35	–	LTPA	IHD	≥1 vs <1/w 0.67 (0.58-0.77)	NA	CC
Lopes (23)	2005	>39	607	TPA	CHD incidence	<i>Quintile MET-hour/day reference = Q1 31.4</i> Q2 32.6 0.58 (0.30-1.06) Q3 34.1 0.43 (0.22-0.86) Q4 38.7 0.56 (0.29-1.05) Q5 40.4 0.80 (0.42-1.50)	P = 0.44	CC
Fransson (24)	2006	45-70	2742	LTPA	AMI — all	M vs S 0.70 (0.58-0.84) A vs S 0.57 (0.46-0.710)	NA	CC

CHD — Women

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Lemaitre (25)	1995	67	1,193	LTPA	CHD incidence	<i>Total LTPA kcal/week reference = Q1 71</i> Q2 472 0.52 (0.34-0.80) Q3 1183 0.40 (0.26-0.63) Q4 0.40 (0.25-0.63)	P < 0.001	CC
Lemaitre (25)	1995	67	1,193	LTPA	CHD incidence	<i>Nonstrenuous PA kcal/week reference = Q1</i> Q2 346 0.44 (0.27-0.71) Q3 916 0.36 (0.22-0.59) Q4 2926 0.35 (0.21-0.57)	P < 0.001	CC
O'Connor (1)	1995	<76	140	LTPA	CHD incidence	<i>PA by quartile reference = Q1</i> Q2 0.95 (0.38-2.35) Q3 0.84 (0.34-2.12) Q4 1.00 (0.41-2.43)	P = 0.94	CC
O'Connor (1)	1995	<76	140	MV sports	CHD incidence	<i>MV sports by quartile reference = Q1</i> Q2 1.08 (0.45-2.59) Q3 0.65 (0.25-1.70) Q4 0.43 (0.15-1.26)	P = 0.11	CC
Lissner (26)	1996	38060	1405	TPA	CHD death	<i>Inactive = reference</i> Active 0.36 (0.08-1.59)	NA	PCS

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Women (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Folsom (2)	1997	45-64	7833	LTPA	CHD incidence	Q2 vs Q1 0.74 (0.43-1.27) Q3 vs Q1 0.85 (0.44-1.64) Q4 vs Q1 0.56 (0.30-1.06)	P = 0.12	PCS
Folsom (2)	1997	45-64	7833	Sports	CHD incidence	Q2 vs Q1 0.88 (0.53-1.45) Q3 vs Q1 0.65 (0.35-1.24) Q4 vs Q1 0.61 (0.32-1.16)	P = 0.09	PCS
Haapanen (3)	1997	35-63	1500	LTPA	CHD M&M	<i>Total energy high = reference</i> Moderate 0.73 (0.38-1.39) Low 1.25 (0.72-2.15) <i>Intensity Vig 1/week = reference</i> <1/week 1.13 (0.62-2.07)	P = 0.18	PCS
Weller (27)	1998	≥30	6,620	TPA	Fatal MI	<i>Leisure kcal/kg/day Quartiles</i> Q2 vs Q1 0.61 (0.7-1.19) Q3 vs Q1 0.84 (0.52-1.37) Q4 vs Q1 0.63 (0.36-1.09)	NA	PCS
Weller (27)	1998	≥30	6,620	TPA	Fatal MI	<i>Nonleisure kcal/kg/d Quartile</i> Q2 vs Q1 0.71 (0.44-1.16) Q3 vs Q1 0.57 (0.33-0.97) Q4 vs Q1 0.49 (26-0.92)	NA	
Dorn (8)	1999	15-96	763	TPA	CHD death <60 years	Δ 1 kcal/kg/hour 0.42 (0.11-1.52)	NA	PCS
Manson (28)	1999	40-65	72,488	LTPA	CHD M&M	<i>MET-hs/week ≤2 = reference</i> 2.1-4.6 0.85 (0.69-1.06) 4.7-10.4 0.78 (0.62-0.99) 10.5-21.7 0.69 (0.54-0.88) ≥21.8 0.60 (0.46-0.77)	P < 0.001	PCS
Manson (28)	1999	40-65	72,488	Walk-no Vig	CHD M&M	<i>MET-hours/week <0.5 = reference</i> 0.6-2.0 0.78 (0.57-1.06) 2.1-3.8 0.88 (0.65-1.21) 3.9-9.9 0.70 (0.51-0.93) ≥10 0.65 (0.47-0.91)	P = 0.02	PCS
Sherman (9)	1999	30-62	1410	LTPA	CHD death	T3 vs T1 0.61 (0.45-0.82)	NA	PCS

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Women (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Haapanen-Niemi (10)	2000	64	1090	PTPA	CHD death	<i>LTPA AEE kcal/week high = reference</i> Mod 0.88 (0.44-1.76) Low 1.70 (0.90-3.21)	P = 0.07	PCS
Lee (29)	2001	≥45	39,372	LTPA	CHD incidence	<i>EE all activities <200/w = reference</i> 200-599 0.79 (0.56-1.12) 600-1499 0.55 (0.37-0.82) ≥1500 0.75 (0.50-1.120)	P = 0.03	PCS
Lee (29)	2001	≥45	39,372	LTPA	CHD incidence	<i>EE vig act. 0+<200 other act</i> 0≥200 0.65 (0.46-0.91) 1-199 1.18 (0.79-1.78) 200-499 0.96 (0.60-1.55) ≥500 0.63 (0.38-1.04)	P = 0.45	PCS
Lee (29)	2001	≥45	39,372	LTPA	CHD incidence	<i>Walk m/w not reg. = reference</i> 1-59 0.86 (0.57-1.29) 60-90 0.49 (0.28-0.86) >120 0.48 (0.29-0.78)	P < 0.001	PCS
Lee (29)	2001	≥45	39,372	LTPA	CHD incidence	<i>Walk pace no walk reg = reference</i> <3.2 km/hour 0.56 (0.32-0.97) 3.2-4.7 0.71 (0.47-1.05)	P = 0.02	PCS
Barengo (20)	2004	30-59	11	LTPA	CE — low BMI	Q2-4 vs Q1 0.74 (0.44-1.24)	NA	PCS
Barengo (20)	2004	30-59	11	LTPA	CE — high BMI	Q2-4 vs Q1 0.66 (0.49-0.91)	NA	PCS
Fransson (21)	2004	45-70	1327	LTPA	AMI — all	<i>Seldom = reference</i> Sometimes 0.69 (0.49-0.98) 1/week 0.38 (0.25-0.58) 2-3/week 0.62 (0.38-1.01) >3/week 0.31 (0.15-0.66)	NA	CC
Fransson (21)	2004	45-70	1327	TPA	AMI — all	<i>Passive = reference</i> Somewhat 0.34 (0.22-0.53) Active 0.16 (0.07-0.37)	NA	CC
Lam (22)	2004	>35	19437	LTPA	IHD	≤1 vs >1/w 0.77 (0.66-0.89)	NA	CC

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Women (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Conroy (30)	2005	≥45	39,876	LTPA	CHD M&M	<i>Baseline PA kcal/week</i> L2 vs L1 0.62 (0.48-0.80) L3 vs L1 0.61 (0.48-0.79) L4 vs L1 0.48 (0.37-0.63)	P < 0.001	PCS
Conroy (30)	2005	≥45	39,876	LTPA	CHD M&M	<i>Past Activity months/yr</i> L2 vs L1 0.76 (0.57-1.02) L3 vs L1 0.95 (0.72-1.24) L4 vs L1 1.04 (0.78-1.39) L5 vs L1 0.81 (0.58-1.14)	P = 0.89	PCS
Lopes(23)	2005	>39	510	TPA	CHD incidence	<i>Quartile MET-hour/day reference = Q1 32.0</i> Q2 33.4 0.75 (0.32-1.78) Q3 35.4 0.64 (0.25-1.62) Q4 37.8 0.47 (0.15-1.42)	P = 0.16	CC
Fransson (24)	2006	45-70	1327	LTPA	AMI — all	M vs S 0.52 (0.40-0.68) A vs S 0.44 (0.30-0.65)	NA	CC
Li (31)	2006	34-59	88,393	LTPA	CHD incidence All participants	<i>Hour/week reference ≥3.5 hour/week</i> 1.0-3.49 1.43 (1.27-1.61) <1.0 1.58 (1.39-1.80)	P < 0.001	PCS
Wisloff (32)	2006	≥20	2486	LTPA	IHD	<i>No activity = reference</i> 1/week ≤30 minutes L 0.88 (0.70-1.11) 1/week ≤30 minutes H 0.22 (0.05-0.88) 2-3/week ≤30 minutes L 0.78 (0.61-0.99)	–	PCS
Wisloff (32)	2006	≥20	2486	LTPA	IHD	2-3/week ≤30 minutes H 0.72 (0.34-1.53) ≥4/week ≤30 minutes L 0.96 (0.76-1.21) ≥4/week ≤30 minutes H 0.94 (0.42-2.12)	–	PCS

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Men & Women

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Eaton (33)	1995	≥40	8463	LTPA	CHD death	<i>Sedentary = reference</i> Light 0.79 (0.63-0.99) Light daily 0.73 (0.59-0.89) Heavy 0.71 (0.52-0.98)	NA	PCS
Chen (34)	1999	≥20	15,670	LTPA	CHD events	<i>Reference = moderate (1.0)</i> active 1.3 (0.41-3.89) Light 3.7 (1.26-10.67) Sedentary 5.0 (1.84-13.59)	NA	PCS
Wagner (35)	2002	50-59	9758	LTPA	CHD events	<i>Hard events AEE light = reference</i> M vs L 0.73 (0.51-1.05) H vs L 0.66 (0.46-0.96)	P = 0.04	PCS
Wagner (35)	2002	50-59	9758	LTPA	CHD events	<i>Angina AEE</i> M vs L 0.83 (0.55-1.25) H vs L 1.28 (0.88-1.86)	P = 0.10	PCS
Hillsdon (36)	2003	35-64	11090	Vig PA	CHD death	<i>Vig Act reference = <1/month</i> 1-3/month 1.15 (0.42-3.17) 1/week 0.37 (0.12-1.17) ≥2/week 0.50 (0.20-1.23)	NA	PCS
Rothenbacher (37)	2003	40-68	791	TPA	Nonfatal CHD	<i>LTPA winter 0 hour/week = reference</i> <1 0.48 (0.27-0.84) 1-2 0.54 (0.36-0.82) >2 0.27 (0.19-0.47)	NA	CC
Rothenbacher (37)	2003	40-68	791	TPA	Nonfatal CHD	<i>LTPA summer 0 hour/week = reference</i> <1 0.85 (0.47-1.53) 1-2 0.60 (0.38-0.95) >2 0.39 (0.26-0.59)	NA	CC
Rothenbacher (37)	2003	40-68	791	TPA	Nonfatal CHD	<i>Work bike/foot <15/d = reference</i> 15-30 0.53 (0.30-0.93) 30-60 0.36 (0.21-0.62) >60 0.58 (0.36-0.94)	NA	CC

Table G2.A1 Cardiorespiratory Health (continued)

CHD — Men & Women (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Altieri (38)	2004	<79	975	Occupat	Nonfatal MI	<i>Activity @ 50-59 years</i> Q2 vs Q1 0.54 (0.33-0.89) Q3 vs Q1 0.59 (0.35-0.99) Q4 vs Q1 0.51 (0.29-0.90)	P = 0.07	CC
Altieri (38)	2004	<79	975	LTPA	Nonfatal MI	<i>Activity @50-59 years</i> T2 vs T1 0.69 (0.46-1.03) T3 vs T1 1.00 (0.57-1.74)	P = 0.35	CC
Rastogi (39)	2004	21-74	1050	TPA	Nonfatal MI	<i>LTPA MET-minutes/d 0 = reference</i> >0-145 0.96 (0.59-1.55) ≥145 0.44 (0.27-0.71)	P = 0.001	CC
Rastogi (39)	2004	21-74	1050	TPA	Nonfatal MI	<i>Sed Non-work <70 minutes/d reference</i> 70-130 1.15 (0.68-1.95) 130-215 1.04 (0.61-1.76) ≥215 1.88 (1.09-3.21)	P = 0.001	CC
Sundquist (40)	2005	35-74	5196	LTPA	CHD M&M	<i>LTPA none = reference</i> Occ. 0.76 (0.55-1.07) 1-2/week 0.74 (0.53-1.04) Vig 2x/week 0.59 (0.37-0.95)	NA	PCS
Lovasi (41)	2007	64±9	4094	LTPA	Nonfatal MI	<i>No LTPA = reference</i> Q1 vs no 0.88 (0.66-1.17) Q2 vs no 0.62 (0.46-0.82) Q3 vs no 0.61 (0.45-0.82) Q4 vs no 0.59 (0.44-0.80)	–	CC

CC, case-control study; NA, not available; PCS, prospective cohort study

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