

Table G2.A3 Cardiorespiratory Health

Stroke — Men

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Gillum (1)	1996	25-74	2,368	LTPA	Total stroke 45-64	<i>High = reference</i> M vs. H 1.17 (0.81-2.27) L vs. H 1.24 (0.83-2.41)	NA	PCS WM
Gillum (1)	1996	25-74	2,368	LTPA	Total stroke 65-74	M vs. H 0.86 (0.56-1.28) L vs. H 1.29 (0.88-1.88)	NA	PCS WM
Bijnen (2)	1998	64-84	802	LTPA	Stroke death	2nd 0.65 (0.33-1.25) 3rd 0.55 (0.24-1.25)	P = 0.12	PCS
Lee (3)	1998	58	11,130	LTPA	Total stroke	Q2 vs. 1 0.76 (0.59-0.98) Q3 vs. 1 0.54 (0.38-0.76) Q4 vs. 1 0.78 (0.53-1.15) Q5 vs. 1 0.82 (0.58-1.14)	P = 0.05	PCS
Agnarsson (4)	1999	45-80	4,484	LTPA	Total stroke	A vs. I 0.62 (0.40-0.97)	NA	PCS
Lee (5)	1999	40-84	21,823	Vigorous activity	Total stroke	<i>Vigorous activity reference <1/week</i> 1/week 0.79 (0.61-1.03) 2-4/week 0.80 (0.65-0.99) ≥5/week 0.79 (0.61-1.03)	P = 0.04	PCS
Paganini-Hill(6)	2001	44-101	4,722	LTPA	Total stroke	<i>Exercise <0.5 hours/day = reference</i> 0.5-1.0 0.91 >1.0 0.85 (NS)	NA	PCS
Pitsavos (7)	2004	40-59	529	TPA	Total stroke	M vs. S 0.64 (0.45-0.91) H vs. S 0.72 (0.51-1.02)	NA	PCS
Hu (8)	2005	25-64	22,841	LTPA	Total stroke	M vs. L 0.84 (0.75-0.94) H vs. L 0.72 (0.60-0.87)	P <0.001	PCS
Hu (8)	2005	25-64	22,841	Occupat	Total stroke	M vs. L 0.93 (0.80-1.08) H vs. L 0.90 (0.80-1.03)	P = 0.3	PCS
Hu (8)	2005	25-64	22,841	Communt	Total stroke	<30 vs. 0 0.94 (0.83-1.06) ≥30 vs. 0 0.88 (0.77-1.02)	0.22	PCS

Table G2.A3 Cardiorespiratory Health (continued)

Stroke — Men (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Noda (9)	2005	40-79	31,023	Walking	Ischemic stroke	0.5 hours/day = reference <0.5 1.03 (0.63-1.69) 0.6-0.9 0.56 (0.35-0.91) ≥1.0 0.71 (0.49-1.02)	NA	PCS
Noda (9)	2005	40-79	31,023	Sports	Ischemic stroke	1-2 hours/week = reference <1 1.34 (0.86-2.08) 3-4 1.22 (0.66-2.25) ≥5 0.84 (0.45-1.57)	NA	PCS
Myint (10)	2006	40-79	10,080	LTPA	Total stroke	Mi vs. I 0.75 (0.52-1.09) MA vs. I 0.55 (0.35-0.86) A vs. I 0.67 (0.43-1.05)	P = 0.04	PCS
Vatten (11)	2006	≥20	32,872	TPA	Stroke death	High = reference M vs. H 0.105 (0.85-1.30) I vs. H 1.21 (0.95-1.54) N vs. H 1.35 (1.05-1.74)	P = 0.009	PCS

Stroke — Women

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Gillum (1)	1996	25-74	2,713	LTPA	Total stroke 45-64	High = reference M vs. H 1.80 (0.52-6.22) L vs. H 3.13 (0.95-10.34)	NA	PCS
Gillum (1)	1996	25-74	2,713	LTPA	Total stroke 65-74	M vs. H 1.27 (0.76-2.12) L vs. H 1.55 (0.95-2.53)	NA	PCS
Ellekjaer (12)	2000	≥50	14,101	LTPA	Total stroke	M vs. L 0.77 (0.61-0.98) H vs. L 0.52 (0.38-0.72)	P < 0.0001	PCS
Ellekjaer (12)	2000	≥50	14,101	LTPA	50-69 years	M vs. L 0.57 (0.34-0.95) H vs. L 0.42 (0.24-0.75)	P = 0.0021	PCS

Table G2.A3 Cardiorespiratory Health (continued)

Stroke — Women (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Ellekjaer (12)	2000	≥50	14,101	LTPA	70-79 years	M vs. L 0.79 (0.55-1.12) H vs. L 0.56 (0.36-0.88)	P = 0.0093	PCS
Ellekjaer (12)	2000	≥50	14,101	LTPA	80-101 years	M vs. L 0.91 (0.60-1.39) H vs. L 0.57 (0.30-1.09)	P = 0.11	PCS
Hu (13)	2000	40-65	72,488	TPA	Total stroke	Q2 vs. Q1 0.98 (0.75-1.29) Q3 vs. Q1 0.82 (0.61-1.10) Q4 vs. Q1 0.74 (0.54-1.01) Q5 vs. Q1 0.88 (0.47-0.91)	P = 0.005	PCS
Hu (13)	2000	40-65	72,488	W-Met-Hrs	Total stroke	Q2 vs. Q1 0.76 (0.56-1.04) Q3 vs. Q1 0.78 (0.56-1.07) Q4 vs. Q1 0.70 (0.52-0.95) Q5 vs. Q1 0.66 (0.48-0.91)	P = 0.01	PCS
Hu (13)	2000	40-65	72,488	W-pace	Total stroke	≤2 mph = reference 2.0-2 9 0.81 (0.63-1.03) ≥3 mph 0.49 (0.36-0.68)	P < 0.001	PCS
Hu (13)	2000	40-65	72,488	Δ TPA	Total stroke	0.81 (0.68-0.98)	–	PCS
Paganini-Hill (6)	2001	44-101	8,532	LTPA	Total stroke	exercise <0.5 hours/day = reference 0.5-1.0 0.88 >1.0 0.83 (P < 0.5)	NA	PCS
Hu (8)	2005	25-64	24,880	LTPA	Total stroke	M vs. L 0.87 (0.78-0.98) H vs. L 0.77 (0.62-0.97)	P = 0.013	PCS
Hu (8)	2005	25-64	24,880	Occupat	Total stroke	M vs. L 0.95 (0.83-1.09) H vs. L 0.89 (0.78-1.03)	P = 0.28	PCS
Hu (8)	2005	25-64	24,880	Commot	Total stroke	0 min/day = reference 1-29 0.88 (0.77-1.01) ≥30 0.87 (0.75-1.01)	P = 0.093	PCS

Table G2.A3 Cardiorespiratory Health (continued)

Stroke — Women (continued)

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Noda (9)	2005	40-79	42,242	Walking	Ischemic stroke	0.5 hours/day = reference <0.5 1.38 (0.82-2.33) 0.6-0 9 0.56 (0.32-0.97) ≥1.0 0.73 (0.48-1.13)	NA	PCS
Noda (9)	2005	40-79	42,242	Sports	Ischemic stroke	1-2 hours/week = reference <1.0 1.07 (0.64-1.77) 3-4 0.62 (0.25-1.58)	NA	PCS
Myint (10)	2006	40-79	12,523	LTPA	Total stroke	MI vs. I 0.81 (0.57-1.14) MA vs. I 0.82 (0.53-1.26) A vs. I 0.71 (0.41-1.26)	P = 0.50	PCS
Vatten (11)	2006	≥20	34,868	TPA	Stroke death	High = reference M vs. H 1.16 (0.93-1.45) L vs. H 1.45 (1.14-1.86) N vs. H 1.46 (1.14-1.83)	P < 0.001	PCS

Stroke — Men and Women Combined

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Gillum (1)	1996	25-74	–	TPA	Total stroke	High = ref M vs. H 1.33 (0.63-2.79) L vs. H 1.33 (0.67-2.63)	NA	PCS B
Shinton (14)	1997	35-74	323	VPA	Total stroke	VPA yes-no 3.0 (1.8-5.5)	NA	CC
Sacco (15)	1998	70	>39	LTPA	Ischemic stroke	Any-No 0.37 (0.25-0.55) H vs. No 0.23 (0.10-0.54) L+ M vs. No 0.39 (0.26-0.58)	Y-intensity Y-duration	PCS
Evenson (16)	1999	45-64	15,792	Sport	Ischemic stroke	Q1 vs. Q4 0.83 (0.52-1.32)	NA	PCS
Evenson (16)	1999	45-64	15,792	LTPA	Ischemic stroke	Q1 vs. Q4 0.89 (0.57-1.37)	NA	PCS
Evenson (16)	1999	45-64	15,792	Work	Ischemic stroke	Q1 vs. Q4 0.69 (0.47-1.00)	NA	PCS

Table G2.A3 Cardiorespiratory Health (continued)**Stroke — Men and Women Combined (continued)**

First Author	Year	Age	N	Activity	Outcome	Relative Risk	P for trend	Study Type
Thrift (17)	2002	18-80	662	Now vigorous activity	ICH	R vs. N 0.68 (0.36-1.27) 1/month vs. N 0.66 (0.39-1.11)	P = 0.09	CC
Thrift (17)	2002	18-80	662	Ever vigorous activity	ICH	≥1/week vs. N 0.91 (0.58-1.41)	–	CC
Thrift (17)	2002	18-80	662	PA at work	ICH	L/M vs. S 0.94 (0.59-1.48) H vs. S 1.18 (0.57-2.46)	NA	CC
Thrift (17)	2002	18-80	662	H at work	ICH	Nev vs. Ev 1.01 (0.63-1.63)	NA	CC
Schnohr (18)	2005	20-93	2,136	LTPA	Stroke death	M vs. L 0.67 (0.40-1.12) H vs. L 0.76 (0.43-1.34)	P = 0.6	PCS

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