

Supplementary Data 2. Subgroup Analysis for the Effects of Non-pharmacological Exposures (K=8)

Outcomes	Total		
	k	RR (95% CI, <i>p</i>)	I ² (<i>p</i>)
CVD incidence^a			
Physical activity	3	0.85 (0.82, 0.88, <.001)	92.3% (<.001)
All-cause mortality^a			
Physical activity	4	0.77 (0.73, 0.81, <.001)	92.4% (<.001)
High-intensity	3	0.77 (0.75, 0.79, <.001)	70.4% (.005)
Moderate-intensity	3	0.74 (0.64, 0.86, <.001)	78.2% (.003)
Light-intensity	3	0.81 (0.73, 0.90, <.001)	45.3% (.140)

Note. CI = Confidence interval; RR = Risk ratio; K = Number of included studies; PA = Physical activity.

^a Covariates: Age, alcohol consumption, body mass index, educational level, income, marital status, sex, smoking and other covariates