| Study | N Baseline | Mean Age and Range (years) | % Female | % Non-White | % Current Smoker | BMI (kg/m2) | % Diabetics | % Previous Stroke or MI | BL Exercise | Baseline Cancer History, n (%) |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| AMIS, 198075Fair | 4524 | 54.8 (range, 30-69) | 11.1 | 8.4 | 27.3 | NR | 10.6 | 1.39100 | Sedentary, n (%), 814 (18.0) | Malignant neoplasm, 86 (1.9) |
| Baron, 2003 (AFPPS)77Good (KQ1), Fair (KQ2, KQ6) | 1121 | 57.5 (range, 21-80) | 36.5 | 14.5 | 14.9 | 27.4 | NR | 00 | NR | CRC in first degree relative, 341 (30.4) |
| Becattini, 2012 (WARFASA)78Fair | 402 | 62.0 (range, ≥ 18) | 36.07 | 1 | NR | 27.3 | NR | NRNR | NR | NR |
| Belch, 2008 (POPADAD)57Fair | 1276 | 60.3 (range, ≥ 40) | 55.9 | NR | 31.1 | 29.2 | 100 | NRNR | NR | Cancer, 0 (0) |
| Brighton, 2012 (ASPIRE)58Good | 822 | 54.5 (range, ≥ 18) | 45.6 | NR | NR | NR | NR | NRNR | NR | Active cancer (with NMSC not included), 16 (2) |
| CDPRG, 1980 (CDPA)59Good | 1529 | NR (range, NR) | 0 | 6.1 | NR | NR | NR | 3.0100 | Light physical activity during leisure time, 917 (60.0) | Cancer, 0 (0) |
| Cook, 2005 (WHS) 273 60Good | 39879 | 54.6 (range, ≥ 45) | 100 | 5.2 | 13.1 | 26.0 | 2.6 | 00 | ≥ 1000 kcal/wk, n (%), 13383 (34.0) | Family history (parent, sibling) of cancer (breast, colorectal, or ovarian), 7046 (17.7) |
| *Cook, 2013 (companion publication to Cook, 2005)88**Good* | *33682* | *NR (range, ≥ 45)* | *100* | *NR* | *11.6* | *NR* | *NR* | *NR**NR* | *≥ 1000 kcal/week, n (%), 11423 (31.1)* | *Family history of cancer, 5923 (17.6)* |
| Cote, 1995 (ACBS)79Fair | 372 | 66.7 (range, NR) | 53 | NR | 36.8 | NR | 23.7 | NRNR | NR | NR |
| DAMAD, 198951Fair | 314 | 46.7 (range, 17-67) | 35.4 | NR | NR | 24.6 | 100 | NR0 | NR | NR |
| de Berardis, 201285Good | 372850 | 69.4 (range, 30-95) | 53.1 | NR | NR | NR | 15 | NRNR | NR | NR |
| de Gaetano, 2001 (PPP)61Fair | 4495 | 64.4 (range, ≥ 50) | 57.5 | NR | 14.8 | 27.6 | 16.5 | 00 | NR | NR |
| Diener, 1997 (ESPS-2)62Good | 3298 | 66.7 (range, ≥ 18) | 42.2 | NR | 23.5 | NR | 14.5 | 76.6NR | NR | NR |
| EAFT, 199363Fair | 782 | 73 (range, > 25) | 44 | NR | 19.1 | NR | 13 | 78.47.9 | NR | NR |
| Ekstrom, 2013 (SNDR)86Fair | 18646 | 62.3 (range, 30-80) | 44.7 | NR | 15.4 | 29.6 | 100 | 00 | NR | NR |
| ETDRS, 199264Good | 3711 | NR (range, 18-70) | 43.5 | 24 | NR | NR | 100 | 1.85.7 | NR | Cancer, 0 (0) |
| Farrell, 1991 (UK-TIA)65Fair | 2435 | 59.8 (range, ≥ 40) | 26.9 | NR | 53.1 | 25.3 | 4.4 | 3.39.9 | NR | NR |
| Fowkes, 2010 (AAA)66Good | 3350 | 62.0 (range, 50-75) | 71.5 | NR | 32.4 | NR | 2.6 | NRNR | NR | NR |
| Hansson, 1998 (HOT)67Fair | 18790 | 61.5 (range, 50-80) | 47 | NR | 15.9 | 28.4 | 8 | 1.21.5 | NR | NR |
| Huang, 2010 (HPS)83Fair | 32989 | 60.9 (range, NR) | 0 | NR | 5.2 | 26.0 | 5.4 | NRNR | Metabolic equivalent of physical activity (hrs/week), mean, 36.7 (NR) | Cancer, 0 (0) |
| *Strate, 2011 (companion publication to Huang, 2010)126**Fair* | *47210* | *53.9 (range, 40-75)* | *0* | *NR* | *9.3* | *25.0* | *NR* | *NR**NR* | *Metabolic equivalent of physical activity (hrs/week), mean, 21 (NR)* | *Cancer (excluding NMSC), 0 (0)* |
| Huang, 2011 (NHS)84Fair | 87680 | 56.6 (range, 30-55) | 100 | NR | 17.6 | 25.2 | 5 | NRNR | Physical actvitiy (mets/week), mean, 15.4 (NR) | Cancer, 0 (0) |
| *Iso, 1999 (Companion publication to Huang, 2011)94**Fair* | *79319* | *NR (range, 34-59)* | *100* | *2* | *NR* | *NR* | *NR* | *00* | *NR* | *Cancer (except NMSC), 0 (0)* |
| *Manson, 1991 (Companion publication to Huang, 2011)127**Fair* | *87678* | *46.0 (range, 30-55)* | *100* | *2* | *28.8* | *NR* | *2.1* | *00* | *Vigorous exercise ≥ 1/week, n (%), 39497 (45.0)* | *Cancer, 0 (0)* |
| Juul-Moller, 1992 (SAPAT)54Fair | 2035 | 67 (range, 30-80) | 48 | NR | 16 | NR | NR | NR0 | NR | NR |
| Logan, 2008 (ukCAP)68Fair | 939 | 57.8 (range, 27.6-74.6) | 43.1 | NR | NR | NR | NR | NRNR | NR | CRC in first-degree relative, 132 (14.1) |
| MRC, 1998 (TPT)69Good | 2540 | 57.5 (range, 45-69) | 0 | NR | 41.3 | 27.4 | NR | 00 | NR | Malignant disease, 0 (0) |
| Nelson, 2008 (ASPREE)53Fair | 209 | 76.2 (range, ≥ 70) | 59.3 | NR | 4.3 | NR | 0 | 00 | Physically active in past 2 weeks, 147 (70.3) | NR |
| Ogawa, 2008 (JPAD)70Fair | 2539 | 64.5 (range, 30-80) | 45.4 | 100 | 21.2 | 24 | 100 | 00 | NR | NR |
| PARIS, 198071Good | 1216 | 56.3 (range, 30-74) | 13.2 | 2.6 | 26.8 | 25.8 | NR | 2.9100 | Sedentary, n (%), 357 (29.4) | Malignancy, 0 (0) |
| Petersen, 1989 (Copenhagen AFASAK)77Fair | 672 | 74.9 (range, 38-91) | 45.8 | NR | 35.9 | NR | 8.8 | 4.07.4 | NR | NR |
| Peto, 1988 (BMD)72Fair | 5139 | NR (range, NR) | 0 | NR | 12.9 | NR | 2 | 00 | NR | NR |
| PHS, 198973Good | 22071 | NR (range, 40-84) | 0 | NR | 11 | NR | 2.4 | 00 | Vigorous exercise ≥ 1/week, 15957 (72.3) | Cancer, 0 (0) |
| SALT, 199174Good | 1360 | 67 (range, 50-79) | 34.2 | NR | 25.4 | NR | 12.9 | 9.111.3 | NR | NR |
| Sato, 2006 (JAST)81Fair | 871 | 65.1 (range, NR) | 29.6 | 100 | 30.4 | NR | 14 | NRNR | NR | NR |
| Silagy, 199352Fair | 400 | 73 (range, 70-90) | 51 | NR | 5.8 | NR | NR | 00 | NR | NR |
| SPAF, 199176Good | 1120 | 67 (range, NR) | 29.5 | NR | 16 | NR | 17.5 | 6.57.5 | NR | Metastatic cancer, 0 (0) |

**Abbreviations**: BL = baseline; BMI = body mass index; CRC = colorectal cancer; hr = hour(s); kcal = kilocalorie(s); kg = kilogram(s); m = meter(s); MI = myocardial infarction; NMSC = non-melanoma skin cancer; NR = not reported; wk = week(s)