

The longitudinal associations between cycling and the risk of mortality and morbidity: results of 5 sensitivity meta-analyses  
of hazard ratios for any participation or the highest reported dose of activity

| Health outcome           | <i>n</i> <sup>*</sup> | <i>n</i> <sub>events</sub> <sup>†</sup> | HR <sup>‡</sup> | 95% CI <sup>§</sup> | <i>p</i> <sub>d</sub> <sup>  </sup> | <i>I</i> <sup>2</sup> (%) <sup>¶</sup> | $\tau^2$ <sup>¶</sup> | <i>Q</i> <sup>**</sup> | <i>p</i> <sup>††</sup> | 95% PI <sup>‡‡</sup> |
|--------------------------|-----------------------|-----------------------------------------|-----------------|---------------------|-------------------------------------|----------------------------------------|-----------------------|------------------------|------------------------|----------------------|
| All-cause mortality      | ~631,000 (8)          | 41,890                                  | 0.78            | 0.71, 0.85          | <0.001                              | 81.0                                   | 0.01                  | 34.61                  | <0.001                 | 0.61, 0.98           |
| Cancer mortality         | ~545,500 (6)          | 12,959                                  | 0.90            | 0.85, 0.95          | <0.001                              | 0.0                                    | 0.00                  | 4.46                   | 0.485                  | 0.85, 0.95           |
| Cardiovascular mortality | ~620,600 (7)          | 9,409                                   | 0.78            | 0.71, 0.85          | <0.001                              | 34.9                                   | 0.01                  | 9.07                   | 0.170                  | 0.66, 0.92           |
| Cardiovascular disease   | ~56,500 (4)           | ~7,700                                  | 0.88            | 0.76, 1.03          | 0.107                               | 67.7                                   | 0.01                  | 10.17                  | 0.017                  | 0.67, 1.17           |
| Coronary heart disease   | ~498,800 (3)          | 21,497                                  | 0.84            | 0.79, 0.89          | <0.001                              | 0.0                                    | 0.00                  | 1.09                   | 0.581                  | 0.79, 0.89           |

\* Pooled sample size (number of studies)

† Pooled number of mortality or morbidity events

‡ Pooled hazard ratio. A value below one indicates a lower risk of the given mortality or morbidity outcome over the follow-up periods among individuals who participated in the given sport.

§ 95% confidence interval for HR

|| *p*-value for HR

¶ Tau-squared measure of heterogeneity between studies

\*\* Cochran's *Q*

†† *p*-value from the Cochran's *Q* test of heterogeneity between studies

‡‡ 95% prediction interval for HR