Results on interpretation or writing up of results. There are no plans to disseminate the results of the research to study participants or the relevant patient community.

Baseline characteristics by commuting category. Values are numbers (percentages) unless stated otherwise.

Discussion

with CVD outcomes were observed for mixed mode commuting. Cycle commuting (0.60, 0.40 to 0.90, P=0.01) and mixed mode commuting including cycling (0.64, 0.45 to 0.91, P=0.01) were both associated with a lower risk of death compared to commuting by car only.

The risk reductions associated with active commuting are likely to be related to their contribution to overall daily physical activity, and potentially to cardiorespiratory fitness, for which the associations with CVD outcomes were observed for mixed mode commuting. Cycle commuting (0.60, 0.40 to 0.90, P=0.01) and mixed mode commuting including cycling (0.64, 0.45 to 0.91, P=0.01) were both associated with a lower risk of death compared to commuting by car only.

The proportional hazard assumption was checked by tests based on Schoenfeld residuals. All analyses were performed using STATA 14.

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