

**Table 1.** Baseline participant socio-demographic, general health and mobility characteristics for participants that completed the 18-month follow-up measurement (POST, 12-months after CTM ended) and participants that completed the intervention but did not return for the 18-month follow-up (No POST). Values are n (%) or mean (SD).

|  | <b>Completed POST<br/>(n=235)</b> | <b>No POST (but finished intervention)<br/>(n=171)</b> | <b>p-value</b> |
|--|-----------------------------------|--|----------------|
| Participants, n (men/women)              | 54 / 181                          | 41 / 130   | 0.815          |
| % (men)                                  | 23%                               | 24%  |                |
| Completed 6-month measurement            | 223 (95%)                         |  |                |
| Comprehensive subset participants, n (%) |                                   |  |                |
| Yes                                      | 117 (50%)                         | 78 (46%)   |                |
| No                                       | 118 (50%)                         | 93 (54%)   | 0.406          |
| Age group, n (%)                         |                                   |  |                |
| 60-74 years                              | 166 (71%)                         | 122 (71%)  |                |
| ≥ 75 years                               | 69 (29%)                          | 49 (29%)   | 0.877          |
| BMI (kg/m <sup>2</sup> )                 |                                   |  |                |
| Men                                      | 28.8 (4.4)                        | 29.3 (4.8)   | 0.566          |
| Women                                    | 29.5 (7.5)                        | 29.8 (7.1)   | 0.735          |
| Ethnicity, n (%)                         |                                   |  |                |
| White                                    | 203 (86%)                         | 148 (87%)  |                |
| Asian                                    | 17 (7%)                           | 14 (8%)  |                |
| Other                                    | 15 (6%)                           | 9 (5%)   | 0.849          |
| Educational attainment, n (%)            |                                   |  |                |
| Secondary or less                        | 50 (21%)                          | 39 (23%)   |                |
| Some trade, technical school or college  | 77 (33%)                          | 55 (32%)   |                |
| Some university                          | 108 (46%)                         | 77 (45%)   | 0.934          |
| Chronic conditions, n (%)                |                                   |  |                |
| 0  | 31 (13%)                          | 21 (12%)   |                |
| 1  | 87 (37%)                          | 71 (42%)   |                |
| >2                                       | 117 (50%)                         | 79 (46%)   | 0.656          |

|   |           |          |              |
|---|-----------|----------|--------------|
| Mobility limitations (walk or stairs), n (%) <sup>a</sup> |           |          |              |
| Yes   | 95 (41%)  | 83 (49%) |              |
| No  | 136 (59%) | 87 (51%) | 0.125        |
| Self-rated health at baseline, n (%) <sup>b</sup>         |           |          |              |
| Very poor, poor or fair for age                           | 95 (41%)  | 93 (54%) |              |
| Good or excellent for age                                 | 137 (59%) | 77 (45%) | <b>0.040</b> |

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BMI – body mass index; PA – physical activity

<sup>a</sup> n=231 POST, 170 no-POST; <sup>b</sup> n=232 POST, 170 no-POST

**Table 2.** Adjusted means (95% confidence intervals) for outcome measures by time point and age group in the province-wide assessment cohort. Results are presented for the linear mixed model adjusted for age, sex, delivery organization, baseline mobility, number of chronic conditions, education and body mass index.

| Adjusted Means (95% CI)                            |               |                   |                   |                 |                   |                  |
|--|---------------|-------------------|-------------------|-----------------|-------------------|------------------|
|  | Month         | 60-74 y           | ≥ 75 y            | Comparison      | p-value (60-74 y) | p-value (≥ 75 y) |
| <b>Physical activity</b><br>(# days/week > 30 min) | 0<br>(n=444)  | 2.1 (1.9, 2.3)    | 2.7 (2.4, 3.0)    |                 |                   |                  |
|  | 6<br>(n=362)  | 3.5 (3.3, 3.7)    | 3.1 (2.7, 3.5)    | 6 vs. 18 months | 0.007             | > 0.99           |
|  | 18<br>(n=228) | 3.0 (2.8, 3.3)    | 2.9 (2.4, 3.3)    | 0 vs. 18 months | <0.001            | > 0.99           |
| <b>Social isolation</b><br>(score, 0–15)           | 0<br>(n=445)  | 11.2 (10.8, 11.5) | 12.8 (12.3, 13.3) |                 |                   |                  |
|  | 6<br>(n=362)  | 11.6 (11.2, 11.9) | 12.6 (12.1, 13.1) | 6 vs. 18 months | 0.684             | 0.158            |
|  | 18<br>(n=227) | 11.8 (11.4, 12.2) | 12.0 (11.4, 12.7) | 0 vs. 18 months | 0.001             | 0.033            |
| <b>Loneliness</b><br>(score, 3–9)                  | 0<br>(n=441)  | 4.7 (4.5, 4.9)    | 4.2 (3.9, 4.5)    |                 |                   |                  |
|  | 6<br>(n=358)  | 4.4 (4.2, 4.6)    | 3.9 (3.6, 4.2)    | 6 vs. 18 months | 0.247             | 0.161            |
|  | 18<br>(n=226) | 4.5 (4.3, 4.7)    | 4.2 (3.8, 4.5)    | 0 vs. 18 months | 0.263             | > 0.99           |

**Table 3.** Adjusted means (95% confidence intervals) for outcome measures by time point and age group in the comprehensive assessment subset. Results are presented for the linear mixed model adjusted for age, sex, delivery organization, baseline mobility, number of chronic conditions, education and body mass index.

| <b>Adjusted Means (95% CI)</b>                                |               |                   |                   |                   |                              |                             |
|---|---------------|-------------------|-------------------|-------------------|------------------------------|-----------------------------|
|   | <b>Month</b>  | <b>60-74 y</b>    | <b>≥ 75 y</b>     | <b>Comparison</b> | <b>p-value<br/>(60-74 y)</b> | <b>p-value<br/>(≥ 75 y)</b> |
| <b>Physical activity<br/>(kcal/wk, all exercise)</b>          | 0<br>(n=191)  | 2469 (2132, 2806) | 3001 (2423, 3578) |                   |                              |                             |
|   | 6<br>(n=168)  | 3145 (2775, 3515) | 3105 (2482, 3728) | 6 vs. 18 months   | 0.225                        | 0.639                       |
|   | 18<br>(n=103) | 2686 (2193, 3179) | 2619 (1865, 3374) | 0 vs. 18 months   | >0.99                        | >0.99                       |
| <b>Physical activity<br/>(kcal/wk, moderate<br/>exercise)</b> | 0<br>(n=191)  | 1096 (856, 1337)  | 1427 (1016, 1838) |                   |                              |                             |
|   | 6<br>(n=168)  | 1522 (1265, 1779) | 1701 (1270, 2131) | 6 vs. 18 months   | 0.738                        | 0.285                       |
|   | 18<br>(n=103) | 1301 (969, 1632)  | 1214 (714, 1714)  | 0 vs. 18 months   | 0.832                        | >0.99                       |
| <b>Physical activity<br/>(freq/wk, all exercise)</b>          | 0<br>(n=191)  | 14.1 (12.5, 15.8) | 19.0 (16.1, 21.8) |                   |                              |                             |
|   | 6<br>(n=168)  | 19.1 (17.4, 20.9) | 19.5 (16.6, 22.5) | 6 vs. 18 months   | 0.001                        | 0.711                       |
|   | 18<br>(n=102) | 15.1 (13.0, 17.3) | 17.5 (14.2, 20.9) | 0 vs. 18 months   | >0.99                        | >0.99                       |
| <b>Physical activity</b>                                      | 0<br>(n=191)  | 4.5 (3.6, 5.4)    | 6.3 (4.7, 7.8)    |                   |                              |                             |

**(freq/wk, moderate exercise)**

|               |                |                |                 |       |       |
|---------------|----------------|----------------|-----------------|-------|-------|
| 6<br>(n=168)  | 6.9 (5.9, 7.8) | 7.1 (5.5, 8.7) | 6 vs. 18 months | 0.028 | 0.761 |
| 18<br>(n=102) | 5.3 (4.1, 6.4) | 6.0 (4.2, 7.9) | 0 vs. 18 months | 0.544 | >0.99 |

**Mobility (SPPB score, 1-12)**

|              |                   |                  |                 |       |       |
|--------------|-------------------|------------------|-----------------|-------|-------|
| 0<br>(n=192) | 10.2 (9.8, 10.5)  | 9.5 (8.9, 10.1)  |                 |       |       |
| 6<br>(n=157) | 10.6 (10.2, 11.0) | 10.1 (9.5, 10.7) | 6 vs. 18 months | >0.99 | >0.99 |
| 18<br>(n=81) | 10.7 (10.3, 11.2) | 10.1 (9.4, 10.8) | 0 vs. 18 months | 0.005 | 0.06  |

**Muscle strength (grip strength, kg)**

|              |                   |                   |                 |       |       |
|--------------|-------------------|-------------------|-----------------|-------|-------|
| 0<br>(n=189) | 51.2 (49.2, 53.2) | 43.2 (39.7, 46.6) |                 |       |       |
| 6<br>(n=154) | 53.6 (51.6, 55.7) | 46.3 (42.9, 49.7) | 6 vs. 18 months | 0.744 | 0.188 |
| 18<br>(n=75) | 52.5 (50.1, 55.0) | 43.9 (40.1, 47.6) | 0 vs. 18 months | 0.547 | >0.99 |

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kcal/wk: kilocalories/week, SPPB: Short Physical Performance Battery