

Table S3: Baseline characteristics of all 20 clusters in the physical activity vs. no physical activity comparison

Variable	Trial arm	
	Physical activity (+/- nutritional supplement intervention)	No physical activity (+/- nutritional supplement intervention)
Health centre characteristics		
Number of centers per arm	10	10
Median (range) cohort in age-range	878.5 (476, 2036)	848 (274, 1743)
Median % (range) living in poverty ^a	8.3 (2.5, 13.4)	10.2 (7.4, 16.7)
Participant characteristics		
<i>n</i> ^b	996	1006
Age (years) ^c	66.2 (0.9)	66.1 (0.9)
<i>n</i> (%) male	304 (30.5)	346 (34.4)
Level of education		
<i>n</i> (%) 0-5 years schooling	249 (26.0)	307 (32.3)
<i>n</i> (%) 6-10 years schooling	512 (53.4)	473 (49.8)
<i>n</i> (%) >10 years schooling	197 (20.6)	169 (17.8)
<i>n</i> (%) married or equivalent <i>n</i> living in the house ^c	658 (66.1)	658 (65.4)
<i>n</i> (%) community participation	3.9 (2.4)	3.7 (2.0)
<i>n</i> (%) weekly physical activity	374 (37.6)	327 (32.5)
Self-reported health status	89 (8.9)	81 (8.1)
<i>n</i> (%) Good to excellent	447 (44.9)	417 (41.4)
<i>n</i> (%) Fair to poor	549 (55.1)	589 (58.6)
MMSE short-form score^c	16.7 (2.1)	16.5 (2.1)
GDS-15 score^d	2 (1, 5)	2 (1, 6)
<i>n</i> (%) scoring ≥ 5	305 (30.8)	312 (31.5)
SF-36^c		
Physical component score	50.6 (6.7)	49.8 (12.0)
Mental component score	49.3 (7.0)	49.4 (8.5)
Distance walked in 6 minutes (m)^c	448.6 (72.7)	453.0 (78.6)
Timed up-and-go (seconds)^c	9.8 (2.0)	10.0 (2.1)
Body Mass Index (kg/m²)^c	28.3 (26.0, 31.6)	28.4 (25.8, 31.6)
Weight (kg)^d	69.8 (62.0, 78.0)	70.0 (62, 79)
Blood pressure (mmHg)		
Systolic ^c	136.0 (20.1)	135.4 (19.2)
Diastolic ^c	80.6 (11.8)	80.2 (11.4)
<i>n</i> (%) $\geq 140/90$	376 (40.0)	360 (38.1)

^aAs defined by the 2006 census (per capita income less than twice the value of a standardized basic basket of food) [57]

^bRepresents total sample per trial arm at baseline. There were small amounts of missing data (maximum 5 participants per outcome) – data available but not shown

^cMean (standard deviation)

^dMedian (inter-quartile range)

MMSE, Mini Mental State Examination; GDS-15, 15-item Geriatric Depression Scale; SF-36, 36-item Short-Form health survey. Scores calculated using an algorithm derived for Chilean older people [58]