# Appendix 1

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| **Table 1. Demographics for participants with at least one follow-up and in the subsequent outcomes analyses**  |
|  | **ALL**  | **Arizona**  | **Massachusetts**  | ***P* value**  |
|   | (n=75)  | (n=33)  | (n=42)  |   |
| Age (years),  |  |   |   | <0.001  |
|  Mean (SD)  | 68.9 (9.2)  | 73.4 (9.6)  | 65.4 (7.2)  |   |
|  Median (IQR)  | 68 (63, 76)  | 76 (66, 79)  | 65.5 (62, 70)  |   |
| Female, n (%)  | 66 (88%)  | 25 (76%)  | 41 (98%)  | 0.009  |
| Yoga  Current, n (%)  | 16 (21%)  |  1 (3%)  |  15 (36%)  |  <0.001  |
|  Ever, n (%)  | 37 (49%)  | 15 (45%)  | 22 (52%)  | 0.64  |
|  Years, median (IQR)  | 2 (0.75, 5)  | 5 (1, 15)  | 2 (0.58, 4)  |   |
| TaiChi/ Martial Arts  Current, n (%)  | 8 (11%)  |  2 (6%)  |  6 (14%)  |  0.45  |
|  Ever, n (%)  | 14 (19%)  | 7 (21%)  | 7 (17%)  | 0.77  |
|  Years, median (IQR)  | 0.79 (0.25, 2)  | 1.25 (0.17, 2)  | 0.79 (0.25, 2.5)  |   |
| Meditation  Current, n (%)  | 20 (27%)  |  4 (12%)  |  16 (38%)  |  0.017  |
|  Ever, n (%)  | 11 (15%)  | 7 (21%)  | 4 (10%)  | 0.20  |
|  Years, median (IQR)  | 7.5 (2, 20)  | 2 (2, 5)  | 15 (4, 25)  |   |
| Balance training  Current, n (%)  | 9 (12%)  |  5 (15%)  |  4 (10%)  |  0.49  |
|  Ever, n (%)  | 9 (12%)  | 5 (15%)  | 4 (10%)  | 0.49  |
|  Years, median (IQR)  | 0.38 (0.21, 3)  | 0.21 (0.13, 0.5)  | 2 (0.25, 5)  |   |
| Gait training  Current, n (%)  | 6 (8%)  |  2 (6%)  |  4 (10%)  |  0.69  |
|  Ever, n (%)  | 14 (19%)  | 6 (18%)  | 8 (19%)  | 1  |
| Assistive device, n (%)  |  |   |   | 0.002  |
|  No  | 68 (91%)  | 26 (79%)  | 42 (100%)  |   |
|  Sometimes  | 7 (9%)  |  7 (21%)  |  0 ( 0%)  |   |
|  Yes  | 0 (0%)  |  0 ( 0%)  |  0 ( 0%)  |   |
| Current Med Dx re: mobility, n (%)  | 8 (11%)  | 8 (24%)  | 0 (0%)  | <0.001  |
| Current Neurologic Dx re: balance, n (%)  | 9 (12%)  | 7 (21%)  | 2 (5%)  | 0.038  |
| Injury within 1 yr. re: balance/mobility, n (%)  | 13 (17%)  | 7 (21%)  | 6 (14%)  | 0.54  |
| Falls within 12mos, n (%)  | 27 (36%)  | 12 (36%)  | 15 (36%)  | 1  |
|  # falls, median (IQR)  | 2 (1, 2)  | 2 (1.5, 3)  | 2 (1, 2)  |   |
| Median Income ($K), median (IQR)  | 61 (46, 103)  | 46 (46, 50)  | 86 (61, 103)  | <0.001  |
| %HS or higher (%), median (IQR)  | 0.95 (0.91, 0.95)  | 0.95 (0.93, 0.95)  | 0.95 (0.9, 0.97)  | 0.58  |
| Baseline ABC, median (IQR)  | 85 (79, 95)  | 82 (75, 88)  | 90 (83, 96)  | 0.003  |
| Baseline CBMS, median (IQR)  | 41 (31, 56)  | 37 (31, 59)  | 41 (32, 54)  | 0.39  |

SD indicates standard deviation; IQR, interquartile range (25%-75%); ABC, Activities-Specific Balance Confidence scale; CBMS, Community Balance and Mobility Scale

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| Table 2. Demographics for each group  |
|  | **Arizona** |  | **Massachusetts** |  | ***ANOVA P* value**  |
|   | Immediate (n=24) | Wait Start (n=18) | Immediate (n=28) | Wait Start (n=25) |   |
| Age (years),  |  |  |   |  |  |
|  Mean (SD)\*ns within location  | 73.7 | 73.2 | 64.1 | 66.1 | <.0001  |
|  Median (IQR)  | 74 | 76 | 64 | 67 |   |
| Female, n (%)  | 65.4 | 86.4 | 92.4 | 86.7 | <.0001  |
| Yoga  Current, n (%)  | 6.1 | 0 | 45 | 25 | <0.001  |
|  Ever, n (%)  | 50 | 56.4 | 73.7 | 67.2 | ns  |
|  Years, median (IQR)  | 20( 1-30) | 3(1-10) | 2(.6-4) | 1.5(.5-5) |   |
| TaiChi/ Martial Arts  Current, n (%)  | 13.3 | 0 | 19 | 9.4 |  0.03  |
|  Ever, n (%)  | 33.3 | 34.8 | 29.4 | 29.8 | ns |
|  Years, median (IQR)  | 1.1(.1-11.8) | 1.25(.5-2) | 1(.6-3) | .25(.17-1) |   |
| Meditation  Current, n (%)  | 20.5 | 5.7 | 47 | 37.3 |  <.0001  |
|  Ever, n (%)  | 31 | 26.1 | 18.2 | 57.1 | 0.07  |
|  Years, median (IQR)  | 3.5(2-20) | 1(1-1) | 19(4-30) | 1(.6-4) |   |
| Gait and Balance training  Current, n (%)  | 8 | 7.3 | 7.6 | 19.4 |  ns  |
|  Ever, n (%)  | 6.7 | 38.9 | 13.9 | 45.6 | <.0001  |
|  Years, median (IQR)  | 1(1-1) | .17(.12-.5) | 3(.8-5.8) | .25(.25-.25) |   |
| Assistive device, n (%)  |  |  |  |  | <0.001  |
|  No  | 84.6 | 70.5 | 100 | 98.4 |   |
|  Sometimes  | 15.4 | 29.5 | 0 | 0 |   |
|  Yes  | 0 | 0 | 0 | 1.6 |   |
| Current Med Dx re: mobility, n (%)  | 22.4 | 25 | 1.5 | 0 | <.001  |
| Current Neurologic Dx re: balance, n (%)  | 17.6 | 25 | 3 | 9.5 | 0.08 |
| Injury within 1 yr. re: balance/mobility, n (%)  | 17.3 | 20.5 | 19.7 | 11.5 | .6 |
| Falls within 12mos, n (%)  | 28.9 | 50 | 31.8 | 31.3 | 0..12  |
|  # falls, median (IQR)  | 2(1-2) | 2(2-5) | 2(1-4) | 2(1-2) |   |
| Median Income ($K), median (IQR)  | 46 K(46-67) | 46(46-46) | 103(61-103) | 80(61-103) | <0.001  |
| %HS or higher (%), median (IQR)  | .95(.91-.95) | .95(.91-.95) | .97(.9-.97) | .9(.91-.95) | 0.79  |
| Baseline ABC, median (IQR)  | 82.8(72-87.3) | 76.9(66.3-86.6) | 93.7(83.3-97.5) | 87.5(82.6-96.4) | <0.001  |
| Baseline CBMS, median (IQR)  | 47.6(31.6-57.9) | 33.6(30.6-64.1) | 48.9(33.1-59.7) | 38.9(29.4-57.3) | 0.2  |

SD indicates standard deviation; IQR, interquartile range (25%-75%); ABC, Activities-Specific Balance

**Table 3a. Change in scores compared with baseline for outcomes ABC and CBMS\*†**

|  |  |  |  |
| --- | --- | --- | --- |
|    | Baseline (t0) | Evaluation (t1) | Evaluation (t2) |
| Overall Mean(SE) | Mean change in score compared with baseline (SE) | *P* value | Mean change in score compared with baseline (SE) | *P* value |
|   | (n = 75)  | (n = 75)  |   | (n = 57)  |   |
| ABC  | 84.8 (1.4)  | -1.5 (1.1)  | 0.19  | 0.9 (1.2)  | 0.48  |
| CBMS  | 43.3 (1.7)  | 5.3 (0.8)  | **<0.001**  | 11.9 (0.9)  | **<0.001**  |

\*Scores are adjusted for age, gender, current TaiChi/ Martial Arts, current meditation, current gait training, group, baseline score (for ABC and CBMS), and location.

†Seventy-five participants who had at least one follow-up were in the outcome analysis with the use of mixed-effects longitudinal regression model.

SE indicates standard error; ABC, Activities-Specific Balance Confidence Scale; CBMS, Community Balance and Mobility Scale.

**Table 3b. Change scores and their differences ('group 1' minus 'group 2') for outcomes ABC and CBMS, according to group\*†**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Baseline (t0) | Evaluation (t1) | Evaluation (t2) |  |
| Overall Mean | Mean change in score compared with baseline(SE) | Mean change in score compared with baseline(SE) |
|  | Group 1 | Group 2 | *P* value | Group 1 | Group 2 | *P* value |
|   | (n = 75) | (n = 37) | (n = 38) |  | (n = 29) | (n = 28) |  |
| ABC  | 84.8 (1.4) | -2 (1.6) | -0.9 (1.6) | 0.64 | 1.3 (1.7) | 0.4 (1.9) | 0.75 |
| CBMS  | 43.3 (1.7) | 3.5 (1.2) | 7.2 (1.2) | **0.035** | 9.8 (1.3) | 14 (1.3) | **0.026** |

\*Scores are adjusted for age, gender, current TaiChi/ Martial Arts, current meditation, current gait training, group, baseline score (for ABC and CBMS), and location.

†Seventy-five participants who had at least one follow-up were in the outcome analysis with the use of mixed-effects longitudinal regression model.

SE indicates standard error; ABC, Activities-Specific Balance Confidence Scale; CBMS, Community Balance and Mobility Scale.

**Table 3c. Change scores and their differences ("Arizona" minus "Massachusetts") for outcomes ABC and CBMS, according to location\*†**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|     |  Baseline overall mean (SE) | Evaluation 2  |  | Evaluation 3  |  |
| Mean change in score compared with baseline (SE) |  Difference (95% CI)  |  *P* value  | Mean change in score compared with baseline (SE) |  Difference (95% CI)  |  *P* value  |
| AZ | MA | AZ | MA  |
|   | (n = 75) | (n = 33) | (n = 42) |  |  | (n = 21) | (n = 36) |  |   |
| ABC  | 84.8 (1.4)  | -1.4 (2.1)  | -1.5 (1.6)  | 0.1 (-5.6, 5.7)  | 0.99  | 2.1 (2.4)  | 0.2 (1.7)  | 1.9 (-4.4, 8.1)  | 0.56  |
| CBMS  | 43.3 (1.7)  | 4.3 (1.6)  | 5.8 (1.2)  | -1.5 (-5.9, 2.9)  | 0.50  | 8.9 (1.8)  | 13.3 (1.2)  | -4.4 (-9.1, 0.3)  | 0.073  |

\*Scores are adjusted for age, gender, current TaiChi/ Martial Arts, current meditation, current gait training, group, baseline score (for ABC and CBMS), and location.

†Seventy-five participants who had at least one follow-up were in the outcome analysis with the use of mixed-effects longitudinal regression model.

SE indicates standard error; ABC, Activities-Specific Balance Confidence Scale; CBMS, Community Balance and Mobility Scale.