

Supplemental Appendix

Table S1. Changes in Physical Conditioning and Mobility Since the Start of the COVID-19 Pandemic among Respondent Ages 65-80, by Physical Activity and Daily Time Spent on Feet

	Physical Conditioning Change ^a				Mobility Change ^a			
	Improved	Worsened	No change	<i>p</i>	Improved	Worsened	No change	<i>p</i>
Total (n=1,013)	8.8	27.7	63.5		6.9	21.1	72.0	
Physical activity ^b				***				***
More active (n=119)	53.7	5.9	40.4		36.2	5.4	58.3	
Less active (n=405)	1.9	54.2	43.9		2.8	39.6	57.7	
No change (n=489)	4.4	11.4	84.2		3.7	10.0	86.4	
Time spent on feet ^c				***				***
More time (n=126)	42.1	13.2	44.7		32.4	11.4	56.2	
Less time (n=381)	3.3	53.4	43.3		4.2	41.0	54.8	
No change (n=506)	5.2	11.6	83.3		2.9	8.4	88.8	
Physical activity or time on feet decreased				***				***
Yes (n=490)	3.3	49.2	47.5		4.0	36.8	59.2	
No (n=523)	14.0	7.7	78.3		9.6	6.6	83.9	

^a Changes measured since the start of the pandemic in March 2020.

^b Moderate or vigorous physical activity

^c Time spent on feet standing or walking

Note: Significance based on Pearson's Chi Squared. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Table S2. Falls and Changes in Fear of Falling Since the Start of the COVID-19 Pandemic among Respondent Ages 65-80, by Respondent Characteristics

	<u>Fall History</u>				<u>More Fearful of Falling</u>			
	<i>n</i>	0 times	≥1 time	<i>p</i>	<i>n</i>	No	Yes	<i>p</i>
Total	1,013	71.7	28.3		1,013	77.8	22.2	
Physical activity ^a (<i>n</i> , %)				*				***
More active	119	66.3	33.7		55	83.5	16.5	
Less active	405	67.5	32.5		212	66.2	31.8	
No change	489	76.3	23.7		194	86.4	13.6	
Time spent on feet ^b (<i>n</i> , %)				*				***
More time	126	66.3	33.7		57	83.8	16.2	
Less time	381	67.9	32.1		207	67.2	32.8	
No change	506	76.0	24.0		197	87.8	12.2	
Physical conditioning (<i>n</i> , %)				***				***
Improved	93	61.3	38.7		40	93.4	6.6	
Worsened	288	59.6	40.4		176	58.8	41.2	
No change	632	78.5	21.5		245	88.5	11.5	
Mobility (<i>n</i> , %)				***				***
Improved	72	62.7	37.3		30	83.4	16.6	
Worsened	218	54.4	45.6		143	50.7	49.3	
No change	723	77.7	22.3		288	90.2	9.8	

^a Moderate or vigorous physical activity

^b Time spent on feet standing or walking

Note: Changes measured since the start of the pandemic in March 2020. Significance based on Pearson's Chi Squared. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$. Sample sizes for fall history and fear of falling change differ because only those 741 individuals who indicated any fear of falling were asked if their fear of falling changed since March 2020, the start of the pandemic.

Table S3. Associations Between Physical Activity, Time on Feet, and Social Isolation and Measures of Physical Function and Fall Outcomes for Adults Ages 65 and Older

	<u>Worsened physical conditioning</u>	<u>Worsened mobility</u>
Reduced physical activity	2.70 (2.03, 3.61)	2.12 (1.52, 2.94)
Reduced time on feet	2.03 (1.56, 2.63)	2.35 (1.68, 3.27)
Social isolation	1.49 (1.23, 1.82)	1.46 (1.15, 1.85)
	<u>Any falls</u>	<u>Worsened fear of falling</u>
Worsened physical conditioning	1.14 (0.82, 1.58)	1.28 (0.67, 2.44)
Worsened mobility	1.53 (1.09, 2.16)	3.78 (1.89, 7.55)
Social isolation	1.31 (1.05, 1.63)	1.17 (0.84, 1.64)