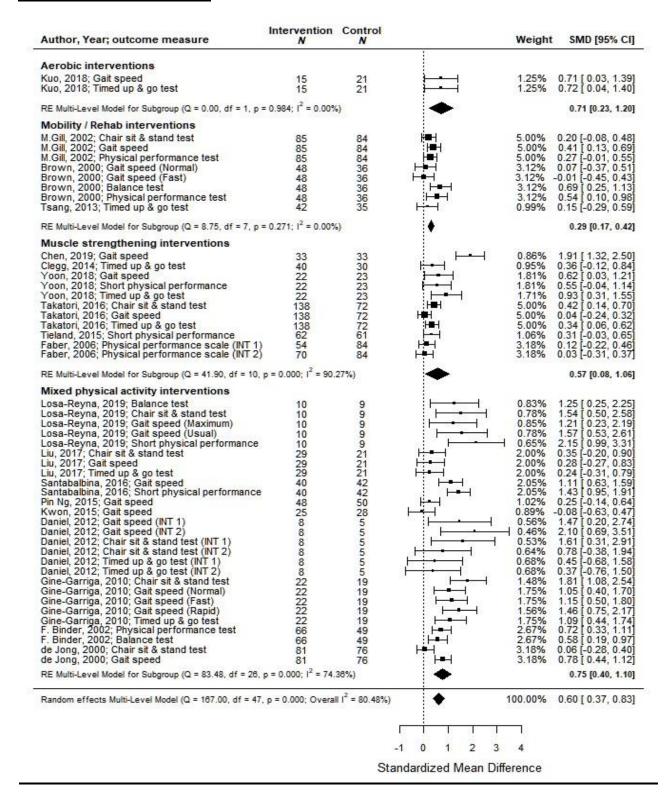
## **CFN** – Physical activity interventions

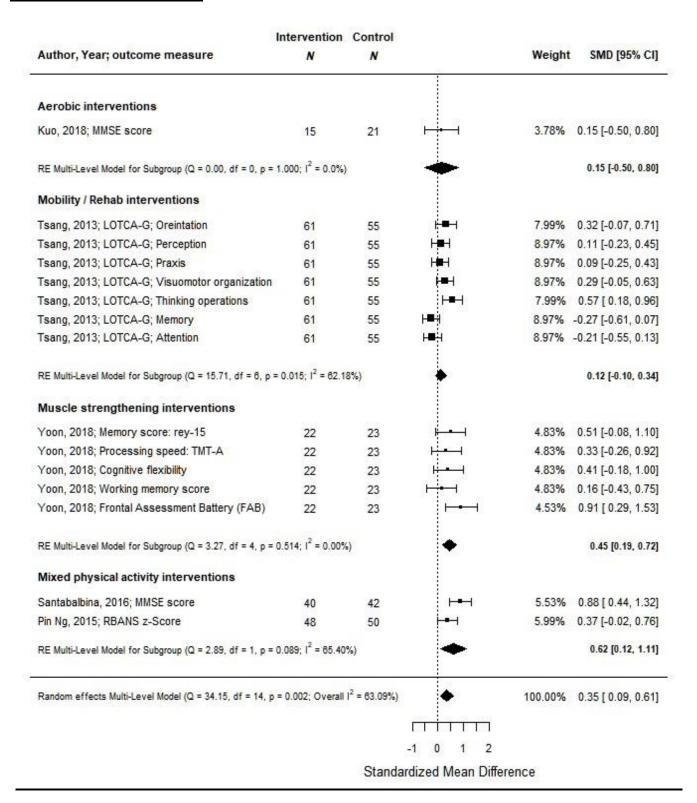
### **Effect on Mobility outcomes**



# Effect on Activities of daily living

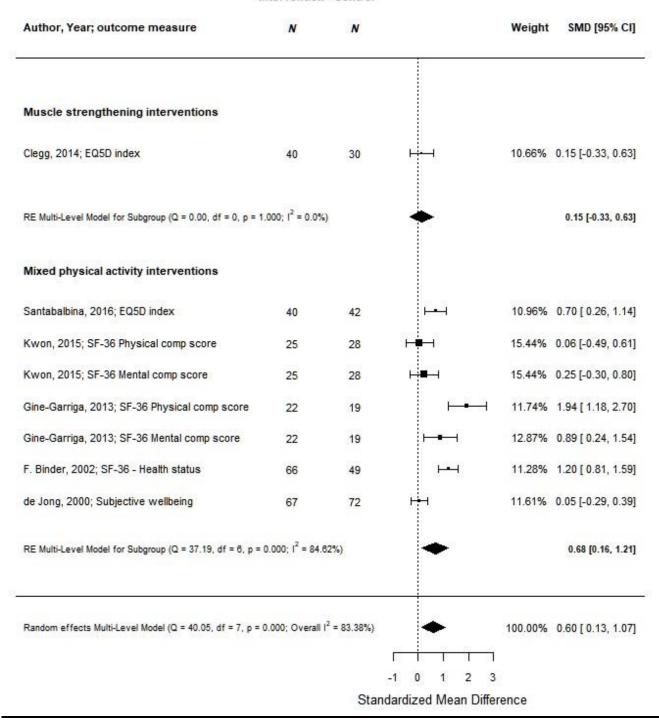
I I	ntervention	Control			
Author, Year; outcome measure	N	N		Weight	SMD [95% CI]
Aerobic interventions					
Kuo, 2018; ADL - Barthel index	15	21	<del>  •  </del>	3.74%	0.34 [-0.34, 1.02
Kuo, 2018; ADL - Lawton index	15	21	-	3.74%	0.57 [-0.11, 1.25
RE Multi-Level Model for Subgroup (Q = 0.22, df = 1, p = 0	.639; I <sup>2</sup> = 0.00	)%)	•		0.46 [-0.03, 0.94
Mobility / Rehab interventions					
M.Gill, 2002; IADL instrument	91	91	ŀ■·I	19.35%	0.39 [ 0.11, 0.67
M.Gill, 2002; ADL instrument	88	90	<del> ■</del>	19.35%	0.56 [ 0.28, 0.84
RE Multi-Level Model for Subgroup (Q = 0.72, df = 1, p = 0	).395; 1 <sup>2</sup> = 0.00	%)	•		0.48 [0.28, 0.67
Muscle strengthening interventions					
Clegg, 2014; ADL - Barthel index	40	30	<del> -</del>	2.60%	0.18 [-0.30, 0.66
Faber, 2006; ADL - GARS scale (INT1)	54	84	H <del>≡</del> -I	13.15%	0.17 [-0.17, 0.51
Faber, 2006; ADL - GARS scale (INT2)	70	84	} <del>=</del> -1	13.15%	0.14 [-0.20, 0.48
RE Multi-Level Model for Subgroup (Q = 0.02, df = 2, p = 0	).988; I <sup>2</sup> = 0.00	1%)	•		0.16 [-0.05, 0.37
Mixed physical activity interventions					
Santabalbina, 2016; ADL - Barthel index	40	42	<b>⊢•</b> -1	6.91%	1.28 [ 0.80, 1.76
Santabalbina, 2016; ADL - Lawton index	40	42	<b>⊢</b> •−1	6.91%	1.17 [ 0.69, 1.65
Daniel, 2012; ADL - LLFDI index (INT 1)	8	5 ⊢	<del>- i</del> -r	1.59%	-0.46 [-1.59, 0.67
Daniel, 2012; ADL - LLFDI index (INT 2)	8	5	<del>-    </del>	1.57%	-0.47 [-1.61, 0.67
Gine-Garriga, 2010; ADL - Barthel index	22	19	<b>⊢•</b> −1	2.21%	1.08 [ 0.43, 1.73
F. Binder, 2002; ADL - Functional Status (FSQ)	66	49	⊢	2.80%	1.12 [ 0.73, 1.51
de Jong, 2000; ADL instrument	81	74	$\vdash$	2.91%	0.06 [-0.28, 0.40
RE Multi-Level Model for Subgroup (Q = 38.67, df = 6, p =	0.000; I <sup>2</sup> = 88.	45%)	•		0.64 [0.00, 1.27
Random effects Multi-Level Model (Q = 52.84, df = 13, p =	0.000; Overa		•	100.00%	0.50 [ 0.15, 0.84
		ű –			
		-2	-1 0 1 2		
		Standardiz	zed Mean Differe	nce	

## **Effect on Cognitive function**

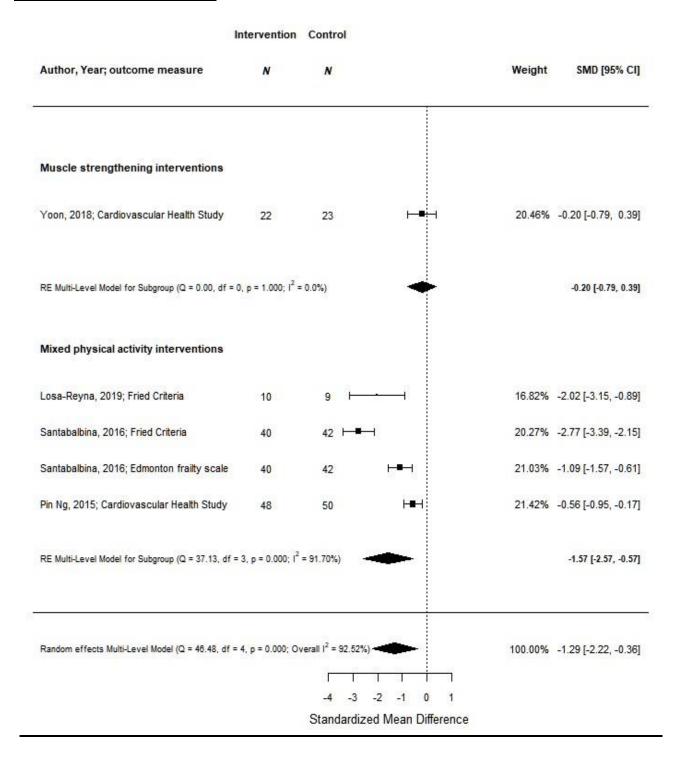


### **Effect on Quality of life**

#### Intervention Control



## **Effect on Frailty (continuous)**



# **Effect on Frailty prevalence (Binary: # Frail at post-intervention)**

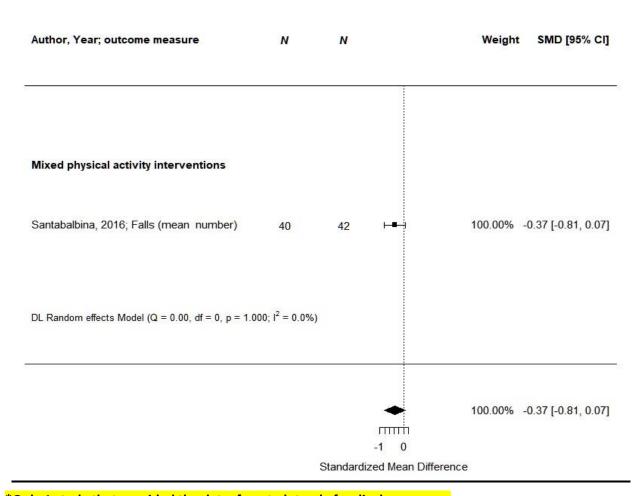
Intervention		Control				
Frail	Total	Frail	Total		Weight	RR [95% CI]
ntions						
itions						
6	33	29	33 ⊢	<b>-</b> →	17.35%	0.21 [0.10, 0.43]
o (Q = 0.0	0, df = 0, p	o = 1.00; Γ	<sup>2</sup> = 0.0%) ·			0.21 [0.10, 0.43]
entions						
106	644	136	654	⊦ <del>∎</del> -	27.72%	0.79 [0.63, 1.00]
27	40	42	42	<del>=</del>	27.91%	0.68 [0.55, 0.84]
27	46	39	46	ŀ■H	27.02%	0.69 [0.53, 0.91]
o (Q = 1.0	2, df = 2, ş	o = 0.60; f <sup>2</sup>	<sup>2</sup> = 0.0%)	٠		0.72 [0.63, 0.83]
if = 3, p =	0.01; Ove	era <mark>l</mark> l f <sup>2</sup> = 90	0.6%)	•	100.00%	0.58 [0.36, 0.93]
			0.05	1 1		
	Frail  ntions  6  (Q = 0.0  entions  106  27  27  (Q = 1.0	Frail Total  ntions  6 33  0 (Q = 0.00, df = 0, grain or contions)  106 644  27 40  27 46  0 (Q = 1.02, df = 2, grain or contions)	Frail Total Frail  Intions  6 33 29  In (Q = 0.00, df = 0, p = 1.00; for the property of the p	Frail Total Frail Total  ntions  6 33 29 33   □  0 (Q = 0.00, df = 0, p = 1.00; l² = 0.0%)   entions  106 644 136 654  27 40 42 42  27 46 39 46  □ (Q = 1.02, df = 2, p = 0.60; l² = 0.0%)  ff = 3, p = 0.01; Overall l² = 90.6%)  0.05 (0.05)	ntions  6 33 29 33 → ■ →  a (Q = 0.00, df = 0, p = 1.00; l² = 0.0%) →  entions  106 644 136 654 →  27 40 42 42 →  27 46 39 46 →  a (Q = 1.02, df = 2, p = 0.60; l² = 0.0%) →  b (Q = 1.02, df = 2, p = 0.60; l² = 0.0%) →	Prail Total Frail Total  Weight  17.35%  6 33 29 33 → 1 17.35%  10 (Q = 0.00, df = 0, p = 1.00; f² = 0.0%)  Potitions  106 644 136 654 → 27.72%  27 40 42 42 → 27.91%  27 46 39 46 → 27.02%  10 (Q = 1.02, df = 2, p = 0.60; f² = 0.0%)  10 (Q = 1.02, df = 2, p = 0.60; f² = 0.0%)  10 (Q = 1.02, df = 2, p = 0.60; f² = 0.0%)  10 (Q = 1.02, df = 2, p = 0.60; f² = 0.0%)  10 (Q = 1.02, df = 2, p = 0.60; f² = 0.0%)  10 (Q = 1.02, df = 2, p = 0.60; f² = 0.0%)

# Effect on Incidence of Falls (Binary: # Falls at post-intervention)

Falle	ention Total					Weight	RR [95% CI]
ons							
51	92	58	92	<del>=</del>		25.20%	0.88 [0.69, 1.12
group (Q = 0.0	0, df = 0, <sub> </sub>	o = 1.00; ſ <sup>2</sup>	= 0.0%)	•			0.88 [0.69, 1.12]
ventions							
17	138	26	72			19.62%	0.34 [0.20, 0.59
40	64	24	45	⊢ <del>=</del>	Н	23.68%	1.17 [0.84, 1.63
45	78	24	45	ļ.	+	23.68%	1.08 [0.78, 1.51
group (Q = 15.	85, df = 2,	p = 0.00;	<sup>2</sup> = 91.1%	)	<u> </u>		0.78 [0.37, 1.65
erventions							
3	48	5	50	<del>-</del>		7.82%	0.62 [0.16, 2.47
group (Q = 0.0	0, df = 0, p	o = 1.00; i <sup>2</sup>	= 0.0%)		<del></del>		0.62 [0.16, 2.47
25, df = 4, p =	0.00; Ove	erall I <sup>2</sup> = 83.	.9%)	•		100.00%	0.80 [0.51, 1.26
			Г	ı i			
					2.5		
	sure Falls  fons  51  group (Q = 0.06  rventions  17  40  45  group (Q = 15.6  erventions  3  group (Q = 0.06	sure  51 92  51 92  51 92  52  53  54 95  55 97  56 97  57  57  58 97  58 97  59 97  59 97  50 97  5	Falls Total Falls  Fons  51 92 58  Group (Q = 0.00, df = 0, p = 1.00; f  TVENTIONS  17 138 26 40 64 24 45 78 24  Group (Q = 15.85, df = 2, p = 0.00; f  EVENTIONS  3 48 5  Group (Q = 0.00, df = 0, p = 1.00; f  Group (Q = 0.00, df = 0, p = 1.00; f	Falls Total Falls Total  Forms  51 92 58 92  Group (Q = 0.00, df = 0, p = 1.00; f² = 0.0%)  Frentions  17 138 26 72 40 64 24 45 45 78 24 45  Group (Q = 15.85, df = 2, p = 0.00; f² = 91.1%)  Forms  3 48 5 50  Group (Q = 0.00, df = 0, p = 1.00; f² = 0.0%)  25, df = 4, p = 0.00; Overall f² = 83.9%)	sure Falls Total Falls Total  fons  51 92 58 92 Feb  group (Q = 0.00, df = 0, p = 1.00; f² = 0.0%)  rventions  17 138 26 72 Feb  40 64 24 45 Feb  45 78 24 45 Feb  group (Q = 15.85, df = 2, p = 0.00; f² = 91.1%)  erventions  3 48 5 50 Feb  group (Q = 0.00, df = 0, p = 1.00; f² = 0.0%)  25, df = 4, p = 0.00; Overall f² = 83.9%)	sure Falls Total Falls Total  fons  51 92 58 92 H  group (Q = 0.00, df = 0, p = 1.00; f² = 0.0%)  rventions  17 138 26 72 H  40 64 24 45 H  45 78 24 45 H  group (Q = 15.85, df = 2, p = 0.00; f² = 91.1%)  erventions  3 48 5 50 H  group (Q = 0.00, df = 0, p = 1.00; f² = 0.0%)  25, df = 4, p = 0.00; Overall f² = 83.9%)	Weight  Falls Total Falls Total  Weight  Total  Weight  Total  Weight  Weight  Total  Weight  Weight  Weight  Total  Total  Weight  Total  Total  Weight  Total  To

## Effect on mean number of falls (continuous)\*

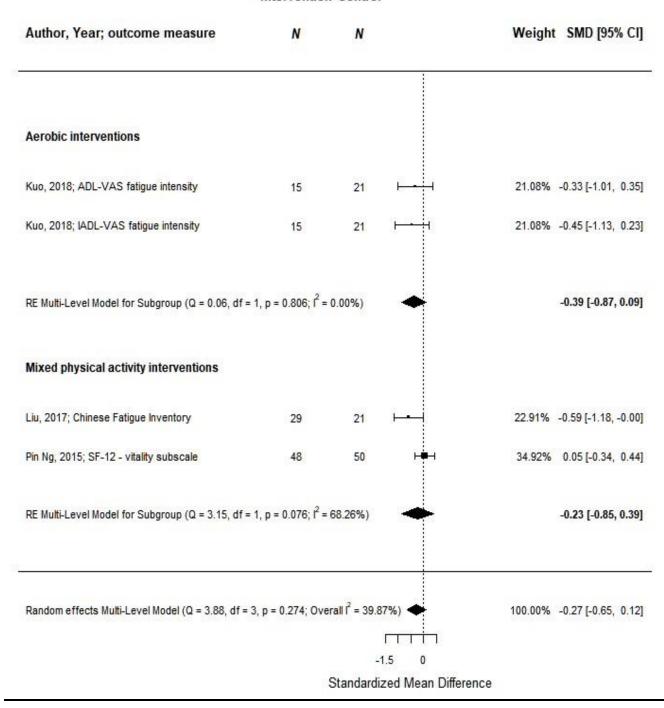
#### Intervention Control



\*Only 1 study that provided the data, forest plot only for display purpose

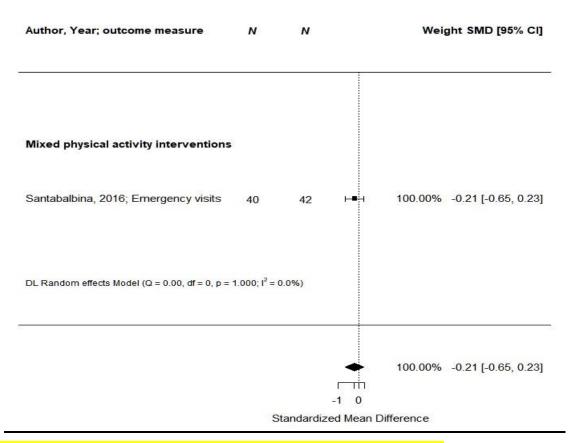
## **Effect on Fatigue level**

### Intervention Control



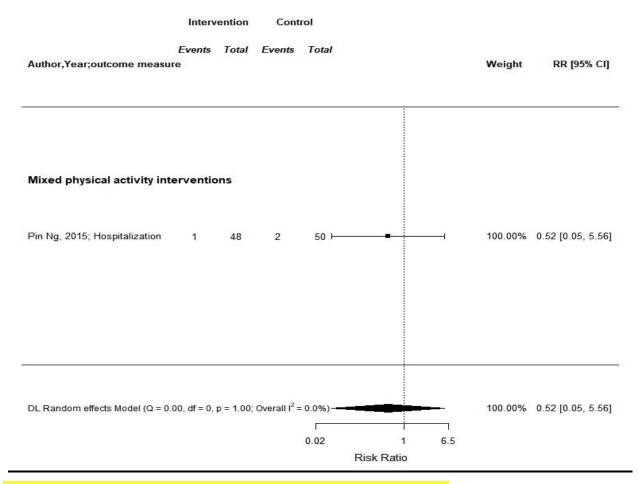
## Effect on Health services use (# of Emergency visits - continuous)\*

#### InterventiorControl



\*Only 1 study that provided the data, forest plot only for display purpose

## Effect on Health services use (Hospitalization - Binary)\*



\*Only 1 study that provided the data, forest plot only for display purpose