

**Online supporting information Table S3. Baseline characteristics of the participants in per protocol analysis**

Article title: Blended home-based exercise and dietary protein in community dwelling older adults: a cluster RCT

Journal name: Journal of Cachexia, Sarcopenia and Muscle

Author names: Jantine van den Helder, Sumit Mehra, Carliene van Dronkelaar, Gerben ter Riet, Michael Tieland, Bart Visser, Ben J.A. Kröse, Raoul H.H. Engelbert, Peter J.M. Weijs

Corresponding Author: Jantine van den Helder, Faculty of Sports and Nutrition, Center of Expertise Urban Vitality, Amsterdam University of Applied Sciences, Dokter Meurerlaan 8, 1067 SM, Amsterdam, the Netherlands  
T +31621155919 | Email [j.e.m.van.den.helder@hva.nl](mailto:j.e.m.van.den.helder@hva.nl)

**Table S3** Baseline characteristics of the participants in per protocol analysis.

| Characteristics <sup>a</sup>              |                         | Per protocol analysis |             |                 |
|-------------------------------------------|-------------------------|-----------------------|-------------|-----------------|
|                                           |                         | Control (n=91)        | HBex (n=47) | HBex-Pro (n=33) |
| Age, years                                |                         | 72.8 (6.5)            | 71.9 (5.6)  | 71.0 (5.3)      |
| Female sex, n (%)                         |                         | 66 (73)               | 31 (66)     | 24 (73)         |
| Level of education <sup>b</sup> , n (%)   | Low education           | 41 (45)               | 15(32)      | 15(46)          |
|                                           | Caucasian               | 88 (97)               | 44 (94)     | 31(94)          |
| MMSE, score                               |                         | 28.3 (1.7)            | 28.5 (1.9)  | 28.4 (2.0)      |
| Sarcopenia <sup>c</sup> , n (%)           | No Sarcopenia           | 86 (94)               | 43 (92)     | 30 (91)         |
|                                           | Probable                | 4 (4)                 | 4 (9)       | 3 (9)           |
|                                           | Confirmed               | 1 (1)                 | 0 (0)       | 0 (0)           |
| <b>Physical functioning</b>               |                         |                       |             |                 |
| m-PPT, score                              |                         | 34.0 (2.5)            | 34.5 (1.6)  | 34.2 (2.4)      |
| TUG, sec                                  |                         | 7.43 (1.6)            | 6.9 (1.2)   | 7.53 (1.8)      |
| SPPB, score                               |                         | 11.20 (1.3)           | 11.5 (0.9)  | 11.3 (1.1)      |
| 6MWT, meters                              |                         | 517 (90)              | 526 (81)    | 508 (84)        |
| Physical activity level, PAL (avMETs/day) |                         | 1.52 (0.15)           | 1.52 (0.14) | 1.49 (0.13)     |
| HGS, kg                                   |                         | 30.0 (11.8)           | 30.1 (8.9)  | 28.4 (11.9)     |
| <b>Nutrition and body composition</b>     |                         |                       |             |                 |
| BMI, kg/m <sup>2</sup>                    |                         | 25.7 (3.7)            | 24.8 (3.3)  | 27.7 (4.1)      |
| Skeletal muscle mass, SMM, kg             |                         | 20.6 (4.5)            | 20.6 (4.6)  | 21.2 (4.4)      |
| Protein intake, g/kg/day                  |                         | 1.09 (0.26)           | 1.07 (0.31) | 1.09 (0.25)     |
| <b>Health status</b>                      |                         |                       |             |                 |
| RAND-36 health survey scores              | Physical Functioning    | 83.3 (17.3)           | 88.6 (14.8) | 83.0 (16.7)     |
|                                           | Social Functioning      | 88.6 (17.3)           | 92.0 (12.3) | 87.9 (16.3)     |
|                                           | Role of disability (PF) | 78.0 (23.8)           | 85.2 (18.2) | 77.5 (23.2)     |
|                                           | Role of disability (EF) | 88.2 (16.8)           | 86.5 (18.2) | 84.4 (17.3)     |
|                                           | Mental Functioning      | 82.0 (14.4)           | 80.5 (13.5) | 78.8 (12.4)     |
|                                           | Vitality                | 72.9 (16.1)           | 73.8 (11.0) | 69.7 (15.6)     |
|                                           | Pain                    | 80.7 (20.7)           | 84.9 (13.9) | 76.0 (20.4)     |
|                                           | Perceived health        | 71.3 (15.3)           | 69.9 (13.9) | 67.2 (17.4)     |
|                                           | Health change           | 53.3 (19.5)           | 56.4 (19.1) | 52.3 (15.8)     |
| GDS, score                                |                         | 2.5 (2.7)             | 2.5 (3.2)   | 3.1 (3.3)       |
| <b>Executive functioning</b>              |                         |                       |             |                 |
| Trial Making Test, part A, sec            |                         | 35.0 (11.9)           | 31.7 (9.4)  | 32.5 (12.9)     |
| part B, sec                               |                         | 74.2 (30.0)           | 66.6 (24.7) | 68.6 (35.2)     |
| Stroop Color-Word Test, part I, sec       | part I, sec             | 50.1 (7.6)            | 49.1 (7.1)  | 51.9 (10.2)     |
|                                           | part II, sec            | 61.7 (11.1)           | 61.1 (12.4) | 64.6 (12.8)     |
|                                           | part III, sec           | 103.9 (30.8)          | 99.5 (23.0) | 104.9 (25.9)    |
| Stroop interference score, sec            |                         | 48.0 (26.0)           | 44.4 (18.1) | 46.6 (17.3)     |
| Letter-fluency test, number of words      |                         | 43.1 (12.4)           | 42.6 (13.2) | 38.18 (16.4)    |

avMETs/day, average metabolic equivalent of tasks per day; BMI, body mass index; EP, emotional problem; GDS, geriatric depression scale; HGS, hand grip strength; ITT, intention to treat; MMSE, mini mental state examination; m-PPT, modified physical performance test; 6MWT, 6 minute walk test; PAL, physical activity level; PP, physical problem; SMM, skeletal muscle mass, sum of lean mass of the four limbs by DXA; SPPB, short physical performance battery; RAND-36, the RAND-36 item health survey; TUG, timed-up-and-go test.

<sup>a</sup> Values are means (SD) unless stated otherwise. <sup>b</sup> Low education defined as community college or less educated (primary and secondary education). <sup>c</sup> Sarcopenia score derived from Cruz-Jentoft 2019; based on HGS, SMM/height<sup>2</sup> and gait speed.