

Table S1: Comparison of background variables between matched and unmatched samples in active and passive engagement groups

| Variables | Active engagement | | | Passive engagement | | |
|-------------------------------------|------------------------|----------------------|---------|------------------------|----------------------|---------|
| | Unmatched (n = 619) | Matched (n = 444) | P-value | Unmatched (n = 333) | Matched (n = 730) | P-value |
| Age (years) | 66.4 ± 10.6 | 61.2 ± 8.3 | <0.001 | 66.4 ± 11.1 | 63.2 ± 9.4 | <0.001 |
| Sex | | | <0.001 | | | 0.173 |
| Male | 308 (49.8) | 170 (38.3) | | 160 (48.1) | 318 (43.6) | |
| Female | 311 (50.2) | 274 (61.7) | | 173 (51.9) | 412 (56.4) | |
| Marital Status | | | 0.001 | | | 0.037 |
| Single | 147 (23.7) | 68 (15.3) | | 80 (24.0) | 135 (18.5) | |
| Married | 472 (76.3) | 376 (84.7) | | 253 (76.0) | 595 (81.5) | |
| Educational status | | | <0.001 | | | <0.001 |
| No Formal Education | 110 (17.8) | 15 (3.4) | | 57 (17.1) | 68 (9.3) | |
| Elementary school | 341 (55.1) | 210 (47.3) | | 176 (52.9) | 375 (51.4) | |
| High school or Higher | 168 (27.1) | 219 (49.3) | | 100 (30.0) | 287 (39.3) | |
| Ethnicity | | | 0.010 | | | 0.758 |
| Non-Chinese | 137 (22.1) | 70 (15.8) | | 63 (18.9) | 144 (19.7) | |
| Chinese | 482 (77.9) | 374 (84.2) | | 270 (81.1) | 586 (80.3) | |
| Religious belief | | | 0.351 | | | 0.498 |
| No religious belief | 86 (13.9) | 53 (11.9) | | 47 (14.1) | 92 (12.6) | |
| Have a religious belief | 533 (86.1) | 391 (88.1) | | 286 (85.9) | 638 (87.4) | |
| Employment status | | | <0.001 | | | 0.009 |
| Unemployed/retired | 388 (62.6) | 219 (49.3) | | 213 (64.0) | 394 (54.0) | |
| Part time employment | 61 (9.9) | 86 (19.4) | | 39 (11.7) | 108 (14.8) | |
| Full time/ self-employed | 170 (27.5) | 139 (31.3) | | 81 (24.3) | 228 (31.2) | |
| Monthly household income (SGD) | | | 0.001 | | | 0.004 |
| <1,000 | 164 (26.5) | 86 (19.4) | | 96 (28.8) | 154 (21.1) | |
| 1,000 - 2,999 | 197 (31.8) | 124 (27.9) | | 106 (31.8) | 215 (29.5) | |
| >3,000 | 258 (41.7) | 234 (52.7) | | 131 (39.4) | 361 (49.4) | |
| Housing type | | | <0.001 | | | 0.099 |
| 1-2 room HDB flat | 55 (8.9) | 14 (3.2) | | 29 (8.7) | 40 (5.5) | |
| 3-4 room HDB flat | 389 (62.8) | 226 (50.9) | | 194 (58.3) | 421 (57.7) | |
| 5 room HDB flat and others | 175 (28.3) | 204 (45.9) | | 110 (33.0) | 269 (36.8) | |
| Physical activity level (hours) | | | | | | |
| Light intensity (mean ± s.d.) | 4.1 ± 7.4 | 6.9 ± 11.3 | 0.0002 | 4.6 ± 9.4 | 5.6 ± 9.3 | 0.023 |
| Moderate intensity (mean ± s.d.) | 1.7 ± 5.7 | 2.5 ± 6.6 | 0.0001 | 1.6 ± 5.2 | 2.2 ± 6.5 | 0.005 |
| Vigorous intensity (mean ± s.d.) | 0.2 ± 0.8 | 0.3 ± 1.2 | 0.015 | 0.2 ± 0.9 | 0.3 ± 1.0 | 0.009 |
| Strength and balance (mean ± s.d.) | 0.6 ± 1.6 | 0.8 ± 1.4 | 0.010 | 0.6 ± 1.9 | 0.7 ± 1.3 | 0.105 |
| All physical activity (mean ± s.d.) | 6.6 ± 10.6 | 10.5 ± 14.4 | <0.001 | 7.1 ± 12.1 | 8.8 ± 12.6 | 0.0002 |