

Supplementary Table 1: Individual-level characteristics for intervention and control buildings at baseline

| Descriptive Variables | Intervention building n=358 n (%) | Control building n=320 n (%) |
|--------------------------------------|---|--|
| Age years: mean (SD) | 73.90 (9.05) | 70.44 (7.94) |
| Female | 286 (79.9) | 229 (71.6) |
| Lives alone | 322 (90.7) | 287 (90.0) |
| Education | | |
| Some High School or lower | 160 (45.1) | 146 (45.8) |
| High School Diploma | 83 (23.4) | 75 (23.5) |
| Some College/University or Higher | 56 (15.8) | 50 (15.7) |
| College or University | 56 (15.8) | 48 (15.0) |
| Poor Health Literacy ^a | 80 (84.2) | 84 (81.6) |
| With Chronic Diseases | | |
| Heart Problems | 111 (31.1) | 80 (25.0) |
| Hypertension | 192 (53.6) | 177 (55.3) |
| High Cholesterol | 135 (37.7) | 119 (37.2) |
| Stroke | 43 (12.0) | 39 (12.2) |
| Diabetes | 96 (26.8) | 90 (28.1) |
| Risk Factors | | |
| Low Physical Activity | 148 (41.9) | 166 (51.9) |
| Low Fruits and Vegetable intake | 123 (34.6) | 106 (33.2) |
| High Alcohol Intake | 5 (1.4) | 11 (3.4) |
| Smoker | 87 (24.5) | 122 (38.4) |
| High BMI | 247 (69.6) | 221 (69.0) |
| CANRISK ^b | | |
| Moderate | 104 (39.8) | 98 (42.6) |
| High | 151 (57.9) | 123 (53.5) |
| Health Status and Quality-of-Life | | |
| Reported Poor to Fair health | 135 (38.0) | 139 (43.5) |
| With mobility problems | 218 (61.4) | 192 (60.0) |
| With self-care problems | 83 (23.4) | 59 (18.4) |
| With problems doing usual activities | 166 (46.8) | 133 (41.6) |
| With pain/discomfort | 249 (70.1) | 239 (74.9) |
| With anxiety/depression | 176 (48.5) | 154 (48.1) |
| Has a Family Doctor | 327 (91.3) | 298 (93.1) |
| EQ-5D Index Score: mean (SD) | 0.68 (0.25) | 0.70 (0.22) |

Notes: ^aFor the health literacy assessment n= 89; for intervention 143 for control in Hamilton site only; ^bOnly for participant not previously diagnosed with Diabetes