Supplementary Table 1. Demographic and clinical characteristics of participants who underwent 6MWT (n=278)

Characteristic	
Demographics	
Mean age (years) (SD)	67.10 (8.52)/278
Female – no. (%)	182(65.5)/278
Post-secondary education – no. (%)	155(56.6)/274
Current smoking – no. (%)	17(6.2)/267
Body mass index (kg/m^2) (SD)	32.19 (6.08)/278
Social support	
Mean Lubben Social Network Score (0-30) (SD)	17.83 (5.15)/270
Knee OA characteristics	
Mean WOMAC pain (0-100) (SD)	57.22 (16.53)/278
Mean KOOS physical function short form (0-100) (SD)	52.92 (16.25)/278
Comorbidities	
Heart disease – no (%)	39 (14.5)/269
Hypertension – no (%)	134 (48.9)/274
Diabetes mellitus – no (%)	33 (12.1)/273
Lung disease – no (%)	24 (8.9)/271
Cancer – no (%)	15 (5.6)/270
Other painful disorder* – no (%)	11 (3.96)/278
Back pain – no (%)	148 (54.4)/272
Depressed mood (PHQ-8 ≥10) – no (%)	74 (26.6)/278
Liver Disease – no (%)	3 (1.13)/266
Kidney Disease – no (%)	6 (2.23)/269
Median total number troublesome joints (including index joint) (IQR)	2 (1, 3)
Number of comorbidities** – no. (%)	
0	40 (14.4)/278
1	80 (28.8)/278
2	75 (27.0)/278
≥3	26 (29.9)/278
Six-minute walk test	
Mean baseline 6MWT (m) (SD)	323.09 (104.66)/278
Mean 12 months 6MWT (m) (SD)	395.96 (111.87)/278
Mean change in 6MWT (m) (SD)	72.86 (90.98)/278

*Other painful disorders defined as: migraines, fibromyalgia and/or neurological disease

**Excluding obesity and number of troublesome joints