

Appendix

Table 1: Pre- and post-assessment results – intervention vs. control group

Indicator	Intervention Group	Control Group	Significant Difference Between the Groups
IC Impairment Index	↓44.4%	↓17.1%	✓
Mobility	↑17.6%	↑1.7%	✓
Cardiopulmonary Function	↑9.6%	↓3.0%	✓
Skeletal Muscle Mass Index	↑0.9%	↓3.3%	✓

Table 2: Four health profile groups

Group	Name	Key characteristics	Proportion
1	Multi-domain impairment	Impairment in all IC domains, with chronic pain, urinary issues and sleep problems	10.3%
2	Functional decline with preserved mobility	Functional decline but mobility preserved	19.7%
3	Cognitive and sensory impairment	Sensory impairment (especially visual impairment) and cognitive decline, often with chronic pain	46.6% (most common)
4	Preserved intrinsic capacity	Good overall function, best health for age profile	23.4%