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**Supplemental Table 1: Characteristics of CanFIT participants included in the study cohort (n=386) compared to CanFIT participants excluded (n=217)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | CanFIT participants included in the current study | | CanFIT participants excluded from the current study (N=217) |
|  | Stable Advanced CKD (n=224) | Progressed to Dialysis (n=162) |
| Demographics |  |  |  |
| Age (in years) | 69 ± 13 | 61 ± 14 | 69 ± 14 |
| Male sex, n (%) | 123 (55) | 102 (64) | 129 (59) |
| Clinical measurements |  |  |  |
| Weight (kg) | 84.0 (71.1, 98.9) | 83.5 (70.0, 99.4) | 82.6 (71.0, 95.8) |
| Systolic BP (mmHg) | 134 ± 20 | 143 ± 22 | 138 ± 19 |
| Diastolic BP (mmHg) | 73 ± 11 | 77 ± 13 | 74 ± 13 |
| Laboratory measurements |  |  |  |
| Serum Hemoglobin (g/dL) | 12.1 ± 1.6 | 10.6 ± 1.3 | 11.5 ± 1.7 |
| Serum Creatinine (mg/dL) | 2.5 (2.0, 3.1) | 5.2 (4.1, 6.1) | 2.7 (2.0, 3.4) |
| Estimated GFR (CKD-Epi) (mL/min/1.73m2) | 24 ± 7 | 11 ± 4 | 20 ± 11 |
| Serum Albumin (g/dL) | 3.7 ± 0.4 | 3.5 ± 0.5 | 3.5 ± 0.5 |
| Median 5-year risk of kidney failure, % | 9.7 (3.9, 23.1) | 75.0 (54.4, 88.4) | 20.8 (4.8, 46.9) |
| Comorbidities, n (%) |  |  |  |
| Myocardial Infarction | 43 (19) | 38 (24) | 44 (20) |
| Stroke | 17 (8) | 15 (10) | 15 (7) |
| Angioplasty | 17 (8) | 15 (9) | 11 (5) |
| Cardiac Surgery | 28 (13) | 18 (11) | 29 (13) |
| Diabetes | 123 (55) | 100 (62) | 119 (55) |
| Hypertension | 189 (85) | 141 (89) | 189 (87) |
| Dyslipidemia | 146 (65) | 96 (61) | 124 (57) |
| Peripheral Vascular Disease | 30 (13) | 12 (8) | 28 (13) |
| Cerebrovascular Disease | 16 (7) | 13 (8) | 17 (8) |
| GI Disease | 53 (24) | 36 (23) | 34 (16) |
| COPD | 18 (9) | 9 (6) | 19 (9) |
| CHF | 24 (11) | 14 (9) | 29 (13) |
| Arthritis | 104 (46) | 36 (35) | 82 (38) |
| Hearing Impairment | 62 (28) | 27 (18) | 41 (20) |
| Anxiety | 32 (14) | 18 (11) | 23 (11) |
| Depression | 53 (24) | 22 (14) | 29 (13) |
| Score on the Montreal Cognitive Assessment (score out of 30 points) | 23 ± 4 | 23 ± 4 | 22 ± 5 |

*Notes.* Summary statistics given as mean ± standard deviation for normally distributed variables, median (interquartile range) for non-normally distributed variables, and percentages (N) for categorical variables. Bold values represent significance at p=0.05. Characteristics presented here are at the time of the initial study assessment. 5-year risk of kidney failure calculated using the 4-variable Kidney Failure Risk Equation.(24)

Abbreviations. CKD, Chronic Kidney Disease; BP, Blood Pressure; GFR, glomerular filtration rate.

**Supplemental table 2. Mean values for physical activity and function outcomes in a subgroup of people from the “Progressed to Dialysis” group who had at least three assessments (two pre-dialysis, and one post-dialysis)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Mean (SD) score at first assessment | Mean (SD) score at follow-up assessment | Mean Difference (95% CI) | p-value |
| **PASE** | First 2 assessments a | 95.3 (82.3) | 88.2 (80.7) | -7.1 (-26.4, 12.1) | 0.5 |
|  | Last 2 assessments b | **88.9 (81.5)** | **68.9 (64.4)** | **-20.0 (-36.5, -3.6)** | **0.02** |
| **Chair Stand Time (s)** | First 2 assessments a | 19.7 (18.4) | 19.8 (18.2) | 0.04 (-3.1, 3.2) | 1.0 |
|  | Last 2 assessments b | **18.6 (17.1)** | **28.2 (23.7)** | **9.6 (3.6, 15.6)** | **0.003** |
| **Gait Speed Time (s)** | First 2 assessments a | 3.9 (1.7) | 4.0 (1.7) | 0.1 (-0.5, 0.7) | 0.7 |
|  | Last 2 assessments b | 4.3 (1.7) | 4.8 (2.2) | 0.5 (0.002, 1.1) | 0.05 |
| **Grip Strength (kg)** | First 2 assessments a | 31.5 (12.5) | 30.8 (12.0) | -0.8 (-2.1, 0.5) | 0.2 |
|  | Last 2 assessments b | 30.3 (11.9) | 29.0 (11.1) | -1.3 (-3.0, 0.4) | 0.1 |

Abbreviations. SD, Standard Deviation; CI, Confidence Interval; PASE, Physical Activity Scale for the Elderly.

a Comparing first two pre-dialysis assessments

b Comparing most recent pre-dialysis assessment and post-dialysis assessment

**Supplemental table 3. Regression models comparing change in physical activity and physical function scores between the first two assessments (pre-dialysis) and the last two assessment (one pre-dialysis and the other post-dialysis initiation)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Beta Estimatea | Standard Error | 95% Confidence Interval | p-value |
| **PASE** |  |  |  |  |
| Unadjusted | -12.9 | 15.2 | -42.7 – 16.9 | 0.4 |
| Adjustedb | -19.9 | 16.2 | -51.6 – 11.8 | 0.2 |
| **Chair Stand Time (s)** |  |  |  |  |
| Unadjusted | **9.5** | **3.0** | **3.8 – 15.3** | **0.001** |
| Adjustedb | **10.1** | **4.0** | **2.3 – 17.9** | **0.01** |
| **Gait Time (s)** |  |  |  |  |
| Unadjusted | 0.4 | 0.5 | -0.5 – 1.3 | 0.4 |
| Adjustedb | 0.5 | 0.6 | -0.7 – 1.7 | 0.4 |
| **Grip Strength (kg)** |  |  |  |  |
| Unadjusted | -0.5 | 1.3 | -3.0 – 1.9 | 0.7 |
| Adjustedb | 1.8 | 1.2 | -0.8 – 4.1 | 0.2 |

Abbreviations. PASE, Physical Activity Scale for the Elderly.

a Reference group: Change between first two assessments

b Models adjusted for age, sex, congestive heart failure, diabetes, stroke, myocardial infarction, arthritis, eGFR, hemoglobin, serum albumin, and days between follow-up assessments