**Supplementary Tables: Norm-referenced values per test of the ID-fitscan, from the general population and adults with ID.**

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| Supplementary Table 1. Norm-referenced values for body mass index (BMI) for adults from the general population and adults with ID. |
| **BMI** (kg/m2) | **Age** | ***N*** | ***M*** | ***SD*** | **25th** | **50th** | **75th** | **Underweight % \*** | **Normal % \*** | **Overweight % \*** | **Obese % \*** |
| **Females** |  |  |  |  |  |  |  |  |  |  |  |
| **General population**1,2 | 20-29 | - | - | - | - | - | - | 6.2 | 67.6 | 19.9 | 6.3 |
| 30-39 | - | - | - | - | - | - | 2.7 | 58.9 | 28.4 | 10.1 |
| 40-49 | - | - | - | - | - | - | 2.0 | 51.1 | 28.4 | 18.5 |
| 50-54 | - | - | - | - | - | - | 2.4 | 44.2 | 34.2 | 19.2 |
| 55-59 | - | - | - | - | - | - | 0.6 | 45.8 | 36.4 | 17.2 |
| 60-64 | 572 | 26.3 | 5.2 | 22.8 | 26.3 | 29.8 | 0.6 | 45.8 | 36.4 | 17.2 |
| 65-69 | 1016 | 26.5 | 5.2 | 23.0 | 26.5 | 30.0 | 0.4 | 43.0 | 37.9 | 18.6 |
| 70-74 | 1213 | 26.1 | 4.5 | 23.1 | 26.1 | 29.1 | 0.4 | 43.0 | 37.9 | 18.6 |
| 75-79 | 916 | 25.4 | 4.4 | 22.5 | 25.4 | 28.3 | 3.3 | 40.0 | 37.9 | 18.7 |
| 80-84 | 504 | 24.7 | 4.1 | 22.0 | 24.7 | 27.4 | 3.3 | 40.0 | 37.9 | 18.7 |
| 85-89 | 337 | 24.3 | 3.7 | 21.8 | 24.3 | 26.8 | 3.3 | 40.0 | 37.9 | 18.7 |
| 90-94 | 149 | 24.1 | 4.5 | 21.1 | 24.1 | 27.1 | 3.3 | 40.0 | 37.9 | 18.7 |
| **Borderline – mild ID** | 50-59 | 53 | 28.7 | 5.9 | 24.8 | 28.7 | 31.8 | 3.3 | 18.3 | 28.3 | 38.3 |
| 60-69 | 33 | 30.8 | 6.8 | 26.2 | 29.2 | 33.2 | 0 | 16.2 | 32.4 | 40.5 |
| 70+ | 28 | 30.1 | 4.6 | 26.0 | 30.8 | 33.7 | 0 | 5.9 | 32.4 | 44.1 |
| **Moderate ID** | 50-59 | 113 | 29.3 | 5.4 | 25.0 | 28.5 | 32.8 | 0 | 21.9 | 27.3 | 39.1 |
| 60-69 | 74 | 29.1 | 5.1 | 25.1 | 29.0 | 32.9 | 0 | 21.4 | 35.7 | 31.0 |
| 70+ | 44 | 28.6 | 4.5 | 26.0 | 27.8 | 30.8 | 0 | 15.1 | 37.7 | 30.2 |
| **Males** |  |  |  |  |  |  |  |  |  |  |  |
| **General population**1,2 | 20-29 | - | - | - | - | - | - | 2.5 | 66.3 | 26.2 | 5.0 |
| 30-39 | - | - | - | - | - | - | 0.6 | 54.2 | 36.9 | 8.4 |
| 40-49 | - | - | - | - | - | - | 0.2 | 41.5 | 42.8 | 15.4 |
| 50-54 | - | - | - | - | - | - | 0.4 | 37.7 | 48.4 | 13.5 |
| 55-59 | - | - | - | - | - | - | 0.1 | 35.2 | 49.6 | 15.0 |
| 60-64 | 228 | 27.4 | 4.2 | 24.6 | 27.4 | 30.2 | 0.1 | 35.2 | 49.6 | 15.0 |
| 65-69 | 460 | 27.5 | 4.2 | 24.7 | 27.5 | 30.3 | 0.0 | 33.7 | 49.5 | 16.8 |
| 70-74 | 491 | 26.6 | 3.9 | 24.0 | 26.6 | 29.2 | 0.0 | 33.7 | 49.5 | 16.8 |
| 75-79 | 429 | 26.1 | 3.4 | 23.8 | 26.4 | 29.0 | 0.4 | 39.2 | 49.1 | 11.2 |
| 80-84 | 230 | 24.9 | 2.4 | 23.8 | 26.1 | 28.4 | 0.4 | 39.2 | 49.1 | 11.2 |
| 85-89 | 114 | 24.9 | 3.7 | 23.3 | 24.9 | 26.5 | 0.4 | 39.2 | 49.1 | 11.2 |
| 90-94 | 69 | 26.6 | 4.0 | 22.4 | 24.9 | 27.4 | 0.4 | 39.2 | 49.1 | 11.2 |
| **Borderline – mild ID** | 50-59 | 45 | 27.2 | 6.0 | 23.2 | 25.7 | 29.3 | 0 | 34.7 | 36.7 | 20.4 |
| 60-69 | 48 | 27.1 | 5.2 | 23.7 | 26.6 | 30.2 | 5.8 | 23.1 | 40.4 | 23.1 |
| 70+ | 19 | 27.8 | 5.6 | 24.4 | 27.4 | 30.0 | 4.5 | 27.3 | 31.8 | 22.7 |
| **Moderate ID** | 50-59 | 97 | 25.3 | 4.0 | 23.0 | 24.7 | 27.0 | 1.7 | 44.3 | 30.4 | 7.8 |
| 60-69 | 73 | 25.6 | 4.0 | 22.2 | 26.2 | 27.9 | 2.4 | 31.0 | 45.2 | 8.3 |
|  | 70+ | 33 | 26.0 | 4.6 | 21.5 | 26.3 | 29.5 | 4.8 | 26.2 | 31.0 | 16.7 |
| ID = intellectual disability; *N* = number of participants; *M* = mean; *SD* = standard deviation; 25th,50th, 75th = percentiles; - = not available.1 Rikli RE, Jones CJ. Functional fitness normative scores for community-residing older adults, ages 60-94. J Aging Phys Act 1999;7:162-81.2 Centraal Bureau voor de statistiek. Open data Statline, data from 2015. Retrieved from <http://statline.cbs.nl/Statweb/publication/?DM=SLNL&PA=81565ned&D1=a&D2=1-2&D3=5-12&D4=a&D5=29-34&HDR=T&STB=G1,G2,G3,G4&VW=T> (17-02-2017).\* The data from the general population with regard to the BMI categories are from the Statline database, based on a large population health questionnaire (exact *N* unkown). |

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| Supplementary Table 2. Norm-referenced values for waist circumference for adults from the general population and adults with ID. |
| **Waist circumference** (cm) | **Age** | ***N*** | ***M*** | ***SD*** | **25th** | **50th** | **75th** |
| **Females** |  |  |  |  |  |  |  |
| **General population**3 | 20-39 | 355 | 82.8 | - | - | - | - |
| 40-59 | 284 | 87.4 | - | - | - | - |
| 60-79 | 269 | 93.7 | - | - | - | - |
| **Borderline – mild ID** | 50-59 | 54 | 93.8 | 12.5 | 84.0 | 94.0 | 102.0 |
| 60-69 | 34 | 97.7 | 16.2 | 87.9 | 98.0 | 105.3 |
| 70+ | 30 | 98.8 | 12.2 | 88.4 | 100.5 | 106.7 |
| **Moderate ID** | 50-59 | 113 | 92.5 | 14.2 | 82.3 | 91.0 | 101.0 |
| 60-69 | 72 | 94.2 | 12.7 | 85.1 | 94.0 | 104.0 |
| 70+ | 38 | 96.1 | 12.2 | 90.4 | 96.5 | 103.6 |
| **Males** |  |  |  |  |  |  |  |
| **General population**3 | 20-39 | 270 | 87.5 | - | - | - | - |
| 40-59 | 303 | 96.4 | - | - | - | - |
| 60-79 | 251 | 103.3 | - | - | - | - |
| **Borderline – mild ID** | 50-59 | 45 | 99.0 | 16.3 | 90.0 | 99.0 | 106.4 |
| 60-69 | 47 | 101.2 | 14.6 | 92.0 | 100.0 | 111.0 |
| 70+ | 19 | 102.1 | 17.9 | 89.5 | 99.0 | 113.0 |
| **Moderate ID** | 50-59 | 95 | 90.9 | 10.8 | 83.5 | 89.0 | 97.0 |
| 60-69 | 75 | 94.2 | 10.9 | 88.5 | 94.0 | 101.0 |
|  | 70+ | 35 | 100.0 | 14.2 | 91.5 | 102.0 | 109.5 |
| ID = intellectual disability; *N* = number of participants; *M* = mean; *SD* = standard deviation; 25th,50th, 75th = percentiles; - = not available.3 Party-Parisien J, Shields M, Bryan S. Comparison of waist circumference using the World Health Organization and National Institutes of Health protocols. Health Rep 2012;23:53-60. |
| Supplementary Table 3. Norm-referenced values for the 30s chair stand test for adults from the general population and adults with ID. |
| **30s chair stand**(no. of reps) | **Age** | ***N*** | ***M*** | ***SD*** | **25th** | **50th** | **75th** |
| **Females** |  |  |  |  |  |  |  |
| **General population**1 | 60-64 | 595 | 14.5 | 4.0 | 12 | 15 | 17 |
| 65-69 | 1027 | 13.5 | 3.5 | 11 | 14 | 16 |
| 70-74 | 1240 | 12.9 | 3.6 | 10 | 13 | 15 |
| 75-79 | 937 | 12.5 | 3.8 | 10 | 12 | 15 |
| 80-84 | 502 | 11.3 | 4.2 | 9 | 11 | 14 |
| 85-89 | 305 | 10.3 | 4.0 | 8 | 10 | 13 |
| 90-94 | 141 | 8.0 | 5.1 | 4 | 8 | 11 |
| **Borderline – mild ID** | 50-59 | 48 | 11.3 | 2.8 | 10.0 | 11.0 | 13.0 |
| 60-69 | 20 | 8.8 | 3.3 | 6.3 | 10.0 | 11.0 |
| 70+ | 18 | 8.8 | 4.2 | 5.8 | 8.0 | 11.3 |
| **Moderate ID** | 50-59 | 85 | 8.6 | 2.5 | 7.0 | 9.0 | 10.0 |
| 60-69 | 42 | 9.1 | 3.6 | 7.0 | 8.0 | 11.0 |
| 70+ | 19 | 8.7 | 2.7 | 7.0 | 8.0 | 10.0 |
| **Males** |  |  |  |  |  |  |  |
| **General population**1 | 60-64 | 230 | 16.4 | 4.3 | 14 | 16 | 19 |
| 65-69 | 460 | 15.2 | 4.5 | 12 | 15 | 18 |
| 70-74 | 498 | 14.5 | 4.2 | 12 | 15 | 17 |
| 75-79 | 434 | 14.0 | 4.3 | 11 | 14 | 17 |
| 80-84 | 226 | 12.4 | 3.9 | 10 | 12 | 15 |
| 85-89 | 108 | 11.1 | 4.6 | 8 | 11 | 14 |
| 90-94 | 71 | 9.7 | 3.8 | 7 | 10 | 12 |
| **Borderline – mild ID** | 50-59 | 40 | 11.9 | 2.9 | 10.3 | 12.0 | 13.0 |
| 60-69 | 36 | 11.2 | 3.1 | 9.3 | 11.0 | 13.0 |
| 70+ | 13 | 10.2 | 6.7 | 6.0 | 9.0 | 11.5 |
| **Moderate ID** | 50-59 | 67 | 9.5 | 2.8 | 8.0 | 9.0 | 12.0 |
| 60-69 | 54 | 9.2 | 3.3 | 7.0 | 9.0 | 11.3 |
|  | 70+ | 15 | 7.9 | 3.4 | 5.0 | 7.0 | 9.0 |
| ID = intellectual disability; *N* = number of participants; *M* = mean; *SD* = standard deviation; 25th,50th, 75th = percentiles.1 Rikli RE, Jones CJ. Functional fitness normative scores for community-residing older adults, ages 60-94. J Aging Phys Act 1999;7:162-81. |

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| Supplementary Table 4. Norm-referenced values for grip strength for adults from the general population and adults with ID. |
|  | **Right** | **Left** |
| **Grip strength**(kg) | **Age** | ***N*** | ***M*** | ***SD*** | **25th** | **50th** | **75th** | **95% CI** | ***N*** | ***M*** | ***SD*** | **25th** | **50th** | **75th** | **95% CI** |
| **Females** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **General population**4,5 | 20-24 | 133 | 30.6 | - | - | - | - | 26.7-34.4 | 133 | 27.9 | - | - | - | - | 23.1-32.6 |
| 25-29 | 142 | 33.8 | - | - | - | - | 29.5-38.1 | 142 | 30.8 | - | - | - | - | 27.2-34.5 |
| 30-34 | 141 | 33.8 | - | - | - | - | 28.9-38.6 | 141 | 31.8 | - | - | - | - | 29.0-34.4 |
| 35-39 | 142 | 33.2 | - | - | - | - | 28.6-37.8 | 142 | 30.2 | - | - | - | - | 25.8-34.5 |
| 40-44 | 133 | 32.8 | - | - | - | - | 28.0-37.6 | 133 | 29.3 | - | - | - | - | 24.5-34.0 |
| 45-49 | 133 | 33.9 | - | - | - | - | 28.9-39.0 | 133 | 30.8 | - | - | - | - | 25.8-35.7 |
| 50-54 | 116 | 30.9 | - | - | - | - | 26.7-35.2 | 116 | 28.8 | - | - | - | - | 24.0-33.5 |
| 55-59 | 123 | 29.9 | - | - | - | - | 26.4-33.6 | 123 | 27.2 | - | - | - | - | 24.6-29.5 |
| 60-64 | 132 | 25.9 | - | - | - | - | 22.2-29.6 | 132 | 23.0 | - | - | - | - | 18.6-27.3 |
| 65-69 | 119 | 25.6 | - | - | - | - | 22.5-28.8 | 119 | 22.9 | - | - | - | - | 19.6-26.2 |
| 70-74 | 166 | 24.2 | - | - | - | - | 20.7-27.8 | 166 | 22.5 | - | - | - | - | 19.1-25.8 |
| 75-79 | 207 | 21.6 | - | - | - | - | 18.6-24.6 | 207 | 19.3 | - | - | - | - | 16.1-22.4 |
| 80-84 | 166 | 17.3 | - | - | - | - | 14.8-19.9 | 166 | 17.1 | - | - | - | - | 14.5-19.6 |
| 85-89 | 75 | 17.1 | - | - | - | - | 12.8-21.4 | 75 | 15.7 | - | - | - | - | 12.2-19.2 |
| 90-99 | 21 | 15.2 | - | - | - | - | 11.5-19.1 | 21 | 14.8 | - | - | - | - | 11.2-18.4 |
| **Borderline – mild ID** | 50-59 | 52 | 23.9 | 7.6 | 20.0 | 23.5 | 28.8 | 21.8-26.0 | 51 | 24.0 | 7.5 | 18.0 | 24.0 | 28.0 | 21.8-26.1 |
| 60-69 | 32 | 20.7 | 8.5 | 15.8 | 21.0 | 26.0 | 17.6-23.7 | 32 | 20.8 | 7.2 | 15.3 | 20.5 | 27.5 | 18.2-23.3 |
| 70+ | 28 | 18.4 | 6.6 | 14.0 | 18.0 | 24.0 | 15.8-20.9 | 28 | 18.5 | 5.5 | 14.0 | 18.0 | 23.5 | 16.4-20.6 |
| **Moderate ID** | 50-59 | 97 | 18.4 | 7.9 | 13.5 | 17.0 | 24.0 | 16.8-20.0 | 99 | 17.6 | 7.3 | 12.0 | 18.0 | 22.0 | 16.1-19.0 |
| 60-69 | 66 | 18.5 | 6.3 | 13.8 | 18.5 | 24.0 | 17.0-20.0 | 65 | 18.2 | 5.6 | 14.0 | 18.0 | 22.0 | 16.8-19.5 |
| 70+ | 38 | 15.5 | 7.5 | 9.8 | 16.0 | 22.0 | 13.1-18.0 | 37 | 16.4 | 6.4 | 11.0 | 16.0 | 22.0 | 14.3-18.5 |
| **Males** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **General population**4,5 | 20-24 | 143 | 53.3 | - | - | - | - | 45.2-61.5 | 143 | 47.4 | - | - | - | - | 38.8-56.1 |
| 25-29 | 149 | 53.9 | - | - | - | - | 44.3-63.6 | 149 | 50.0 | - | - | - | - | 41.1-58.9 |
| 30-34 | 120 | 52.8 | - | - | - | - | 44.1-61.5 | 120 | 49.2 | - | - | - | - | 40.4-57.9 |
| 35-39 | 117 | 53.3 | - | - | - | - | 44.0-62.6 | 117 | 51.6 | - | - | - | - | 44.0-59.3 |
| 40-44 | 111 | 54.1 | - | - | - | - | 47.1-61.2 | 111 | 49.8 | - | - | - | - | 42.5-57.1 |
| 45-49 | 110 | 50.4 | - | - | - | - | 42.5-58.3 | 110 | 48.7 | - | - | - | - | 40.3-57.2 |
| 50-54 | 100 | 50.6 | - | - | - | - | 44.2-56.9 | 100 | 45.2 | - | - | - | - | 39.4-51.1 |
| 55-59 | 100 | 41.1 | - | - | - | - | 36.7-51.4 | 100 | 41.0 | - | - | - | - | 33.7-48.4 |
| 60-64 | 120 | 41.7 | - | - | - | - | 36.8-46.7 | 120 | 38.7 | - | - | - | - | 33.4-44.0 |
| 65-69 | 82 | 41.7 | - | - | - | - | 35.4-47.9 | 82 | 38.2 | - | - | - | - | 32.0-44.4 |
| 70-74 | 120 | 38.2 | - | - | - | - | 32.0-44.5 | 120 | 36.2 | - | - | - | - | 30.3-42.1 |
| 75-79 | 114 | 33.0 | - | - | - | - | 27.1-38.9 | 114 | 31.1 | - | - | - | - | 25.6-36.6 |
| 80-84 | 107 | 30.1 | - | - | - | - | 24.3-35.9 | 107 | 27.0 | - | - | - | - | 22.2-31.8 |
| 85-89 | 35 | 25.8 | - | - | - | - | 22.8-28.8 | 35 | 25.1 | - | - | - | - | 20.5-29.7 |
|  | 90-99 | 14 | 18.8 | - | - | - | - | 14.1-23.5 | 14 | 18.9 | - | - | - | - | 17.4-20.3 |
| **Borderline – mild ID** | 50-59 | 43 | 36.1 | 12.5 | 28.0 | 36.0 | 46.0 | 32.3-40.0 | 43 | 35.4 | 11.5 | 27.0 | 34.0 | 42.0 | 31.9-38.9 |
| 60-69 | 46 | 32.2 | 9.7 | 26.3 | 33.0 | 38.0 | 29.4-35.1 | 47 | 31.3 | 10.2 | 26.0 | 32.0 | 38.0 | 28.3-34.3 |
| 70+ | 18 | 28.0 | 7.4 | 23.3 | 28.0 | 32.0 | 24.3-31.7 | 18 | 27.7 | 6.8 | 21.5 | 27.0 | 32.0 | 24.3-31.1 |
| **Moderate ID** | 50-59 | 91 | 24.9 | 8.8 | 20.0 | 24.0 | 32.0 | 23.1-26.8 | 92 | 24.9 | 9.0 | 18.3 | 24.0 | 30.0 | 23.0-26.7 |
| 60-69 | 70 | 27.3 | 9.2 | 18.8 | 28.0 | 34.0 | 25.4-29.5 | 69 | 26.1 | 9.3 | 20.0 | 25.0 | 32.0 | 23.9-28.4 |
| 70+ | 30 | 25.1 | 8.9 | 18.8 | 25.5 | 30.3 | 21.8-28.4 | 31 | 24.6 | 8.2 | 20.0 | 24.0 | 29.0 | 21.6-27.6 |
| ID = intellectual disability; *N* = number of participants; *M* = mean; *SD* = standard deviation; 25th,50th, 75th = percentiles; 95% CI = 95% confidence interval; - = not available.4 Bohannon RW, Peolsson A, Massy-Westropp N, Desrosiers J, Bear-Lehman J. Reference values for adult grip strength measured with a Jamar dynamometer: a descriptive meta-analysis. Physiotherapy 2006;92:11-15.5 Bohannon RW, Bear-Lehman J, Desrosier J, Massy-Westropp N, Mathiowetz V. Average grip strength: a meta-analysis of data obtained with a Jamar dynamometer from individuals 75 years or more of age. J Geriatr Phys Ther 2007;30:28-30. |
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| Supplementary Table 5. Norm-referenced values for static balance for adults from the general population and adults with ID. |
| **Static balance**(s) | **Age** | ***N*** | **Side by side stand 10s** | **Semi-tandem stand 10s** | **Tandem stand 10s** | **One leg stand 10s****Right Left** |
| **Females** |  |  |  |  |  |  |  |
| **General population**6,a | 71-79 | 2030 | 12.0 | 28.0 | 54.3 | - | - |
| 80+ | 1290 | 23.9 | 30.4 | 28.0 | - | - |
| **Borderline – mild ID** | 50-59 | - | - | - | - | 30.0 | 31.7 |
| 60-69 | - | - | - | - | 8.1 | 10.8 |
| 70+ | - | - | - | - | 5.9 | 2.9 |
| **Moderate ID** | 50-59 | - | - | - | - | 7.0 | 7.8 |
| 60-69 | - | - | - | - | 7.1 | 6.0 |
| 70+ | - | - | - | - | 1.9 | 1.9 |
| **Males** |  |  |  |  |  |  |  |
| **General population**6,a | 71-79 | 1238 | 7.2 | 20.7 | 66.2 | - | - |
| 80+ | 546 | 18.0 | 27.3 | 42.3 | - | - |
| **Borderline – mild ID** | 50-59 | - | - | - | - | 40.8 | 38.8 |
| 60-69 | - | - | - | - | 19.2 | 23.1 |
| 70+ | - | - | - | - | 13.6 | 4.5 |
| **Moderate ID** | 50-59 | - | - | - | - | 10.4 | 8.7 |
| 60-69 | - | - | - | - | 9.5 | 9.5 |
| 70+ | - | - | - | - | 4.8 | 2.4 |
| ID = intellectual disability; *N* = number of participants; - = not available.a = Distribution of scores (in percentages) for different stances of the static balance test.6 Guralnik, JM, Seeman, TE, Tinetti ME, Nevitt MC, Berkman LF. Validation and use of performance measures of functioning in a non-disabled older population: MacArthur studies of successful aging. Aging 1994;6:410-19. |

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| Supplementary Table 6. Norm-referenced values for comfortable gait speed for adults from the general population and adults with ID. |
| **Comfortable gait speed** (m/s) | **Age** | ***N*** | ***M*** | ***SD*** | **25th** | **50th** | **75th** | **95% CI** |
| **Females** |  |  |  |  |  |  |  |  |
| **General population**7 | 20-29 | 155 | 1.34 | - | - | - | - | 1.24-1.44 |
| 30-39 | 83 | 1.34 | - | - | - | - | 1.19-1.48 |
| 40-49 | 96 | 1.39 | - | - | - | - | 1.34-1.41 |
|  | 50-59 | 436 | 1.31 | - | - | - | - | 1.22-1.41 |
|  | 60-69 | 941 | 1.24 | - | - | - | - | 1.18-1.30 |
|  | 70-79 | 3671 | 1.13 | - | - | - | - | 1.07-1.19 |
|  | 80-99 | 1091 | 0.94 | - | - | - | - | 0.85-1.03 |
| **Borderline – mild ID** | 50-59 | 50 | 1.15 | 0.29 | 1.05 | 1.18 | 1.30 | 1.07-1.24 |
| 60-69 | 29 | 0.82 | 0.26 | 0.65 | 0.79 | 0.97 | 0.72-0.92 |
| 70+ | 23 | 0.93 | 0.32 | 0.61 | 0.97 | 1.20 | 0.79-1.07 |
| **Moderate ID** | 50-59 | 102 | 0.96 | 0.34 | 0.76 | 0.96 | 1.20 | 0.89-1.02 |
| 60-69 | 58 | 0.90 | 0.30 | 0.60 | 0.93 | 1.09 | 0.82-0.97 |
| 70+ | 33 | 0.78 | 0.31 | 0.57 | 0.78 | 1.04 | 0.67-0.89 |
| **Males** |  |  |  |  |  |  |  |  |
| **General population**7 | 20-29 | 155 | 1.36 | - | - | - | - | 1.27-1.45 |
| 30-39 | 83 | 1.43 | - | - | - | - | 1.32-1.55 |
| 40-49 | 96 | 1.43 | - | - | - | - | 1.35-1.51 |
|  | 50-59 | 436 | 1.43 | - | - | - | - | 1.38-1.49 |
|  | 60-69 | 941 | 1.34 | - | - | - | - | 1.27-1.41 |
|  | 70-79 | 3671 | 1.26 | - | - | - | - | 1.21-1.32 |
|  | 80-99 | 1091 | 0.97 | - | - | - | - | 0.83-1.10 |
| **Borderline – mild ID** | 50-59 | 42 | 1.25 | 0.35 | 0.95 | 1.33 | 1.50 | 1.14-1.36 |
| 60-69 | 44 | 1.16 | 0.25 | 1.01 | 1.15 | 1.34 | 1.08-1.23 |
| 70+ | 17 | 0.93 | 0.26 | 0.70 | 0.97 | 1.09 | 0.79-1.06 |
| **Moderate ID** | 50-59 | 85 | 1.07 | 0.36 | 0.79 | 1.07 | 1.29 | 0.99-1.15 |
| 60-69 | 68 | 1.02 | 0.34 | 0.83 | 1.04 | 1.25 | 0.94-1.10 |
|  | 70+ | 23 | 0.76 | 0.37 | 0.43 | 0.69 | 1.03 | 0.61-0.92 |
| ID = intellectual disability; *N* = number of participants; *M* = mean; *SD* = standard deviation; 25th,50th, 75th = percentiles; 95% CI = 95% confidence interval; - = not available.7 Bohannon RW, Andrews A. Normal walking speed: a descriptive meta-analysis. Physiotherapy 2011;97:182-9. |

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| Supplementary Table 7. Norm-referenced values for the 5x chair stand test for adults from the general population and adults with ID. |
| **5x chair stand**(s) | **Age** | ***N*** | ***M*** | **25th** | **50th** | **75th** |
| **Females** |  |  |  |  |  |  |
| **General population**6 | 71-79 | 2033 | 14.4 | 16.6 | 13.7 | 11.1 |
| 80+ | 1287 | 16.1 | 18.7 | 15.0 | 12.3 |
| **Borderline – mild ID** | - | - | - | - | - | - |
| **Moderate ID** | - | - | - | - | - | - |
| **Males** |  |  |  |  |  |  |
| **General population**6 | 71-79 | 1239 | 13.2 | 15.0 | 12.6 | 10.6 |
| 80+ | 547 | 15.0 | 17.3 | 14.0 | 11.5 |
| **Borderline – mild ID** | - | - | - | - | - | - |
| **Moderate ID** | - | - | - | - | - | - |
| ID = intellectual disability; *N* = number of participants; *M* = mean; 25th,50th, 75th = percentiles; - = not available.6 Guralnik,JM, Seeman TE, Tinetti ME, Nevitt MC, Berkman LF. Validation and use of performance measures of functioning in a non-disabled older population: MacArthur studies of successful aging. Aging 1994;6:410-19. |