**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. | | | | | | |