

# Does the intensity of daily walking matter for protecting against the development of a slow gait speed in people with or at high risk of Knee Osteoarthritis?

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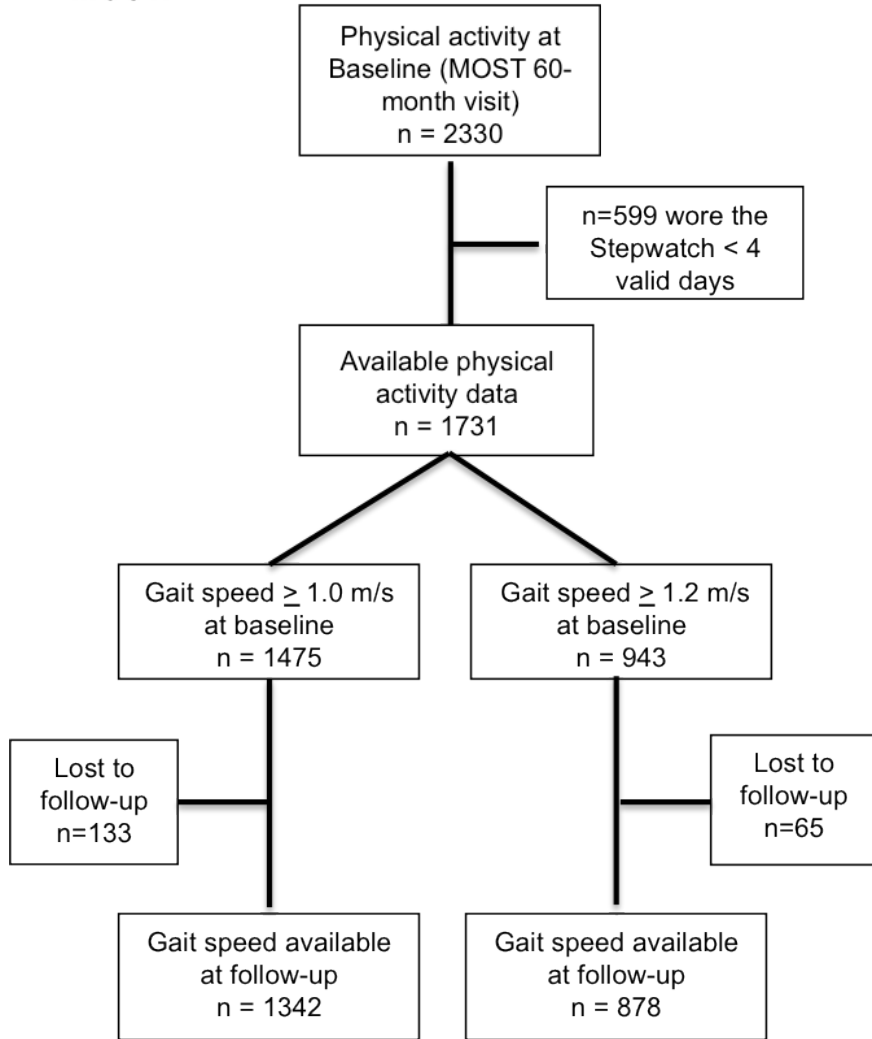
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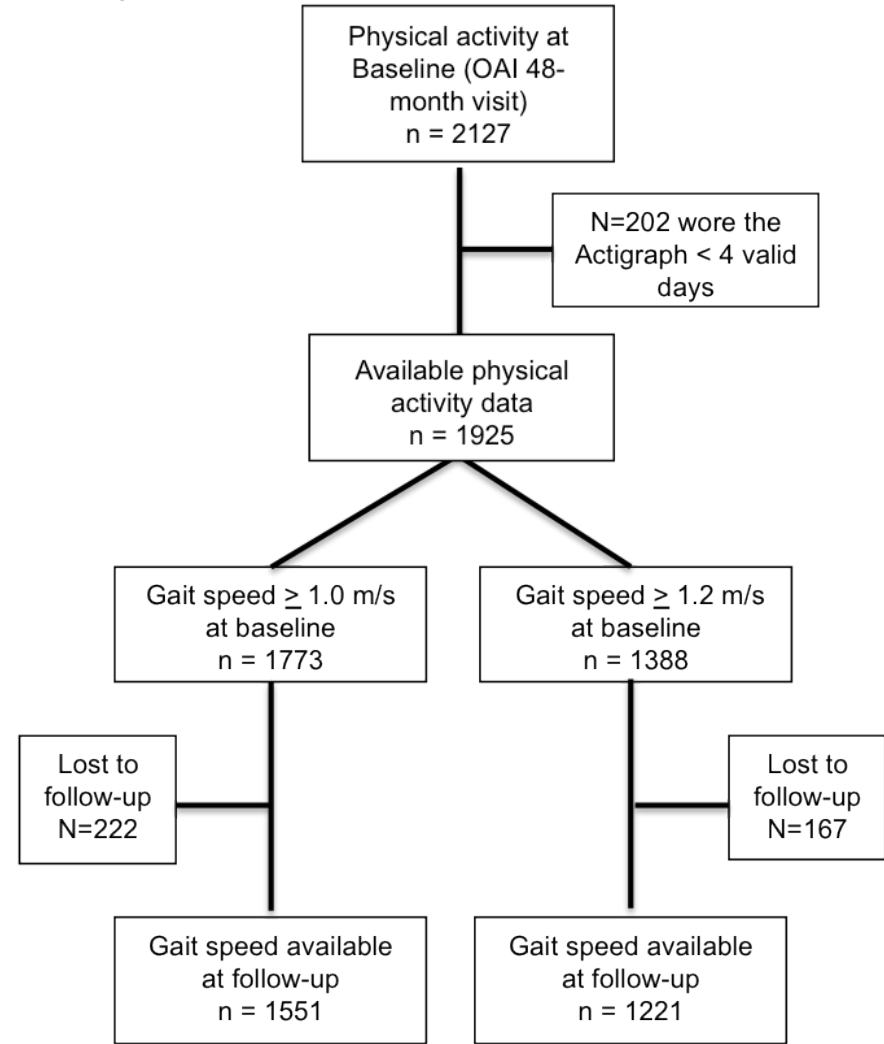
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1 **Figure 1.** Flow chart for sample size for MOST and OAI  
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**MOST:**

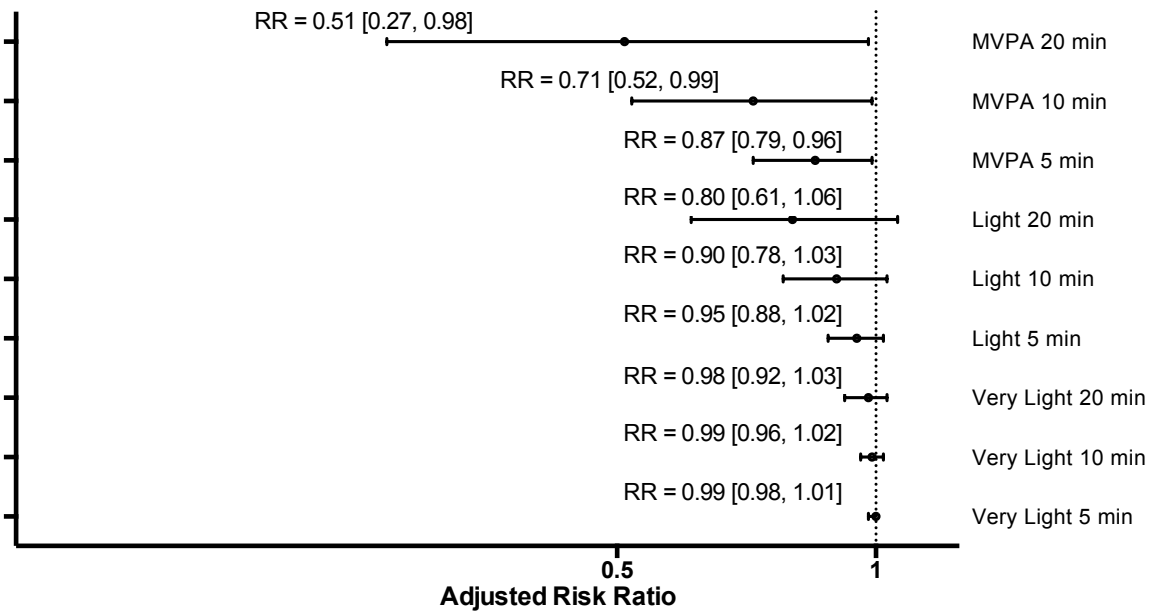


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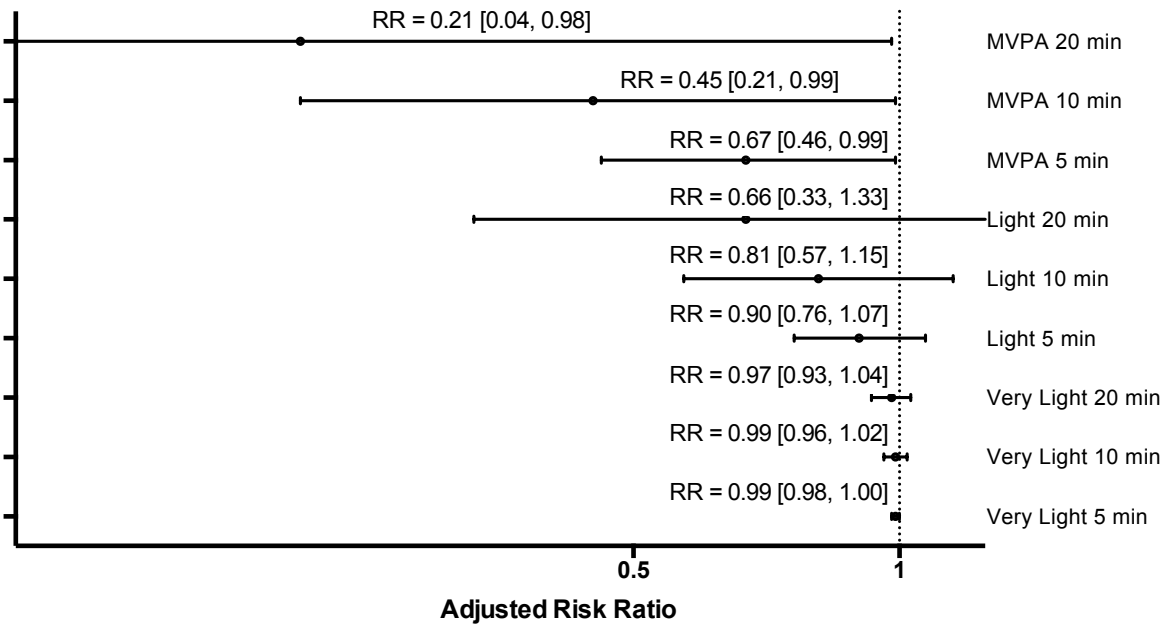


1 **Figure 2.** Associations of replacing not walking with equal periods of walking at  
 2 different intensities on incident slow gait (< 1.0 m/s).

MOST: < 1.0 m/s



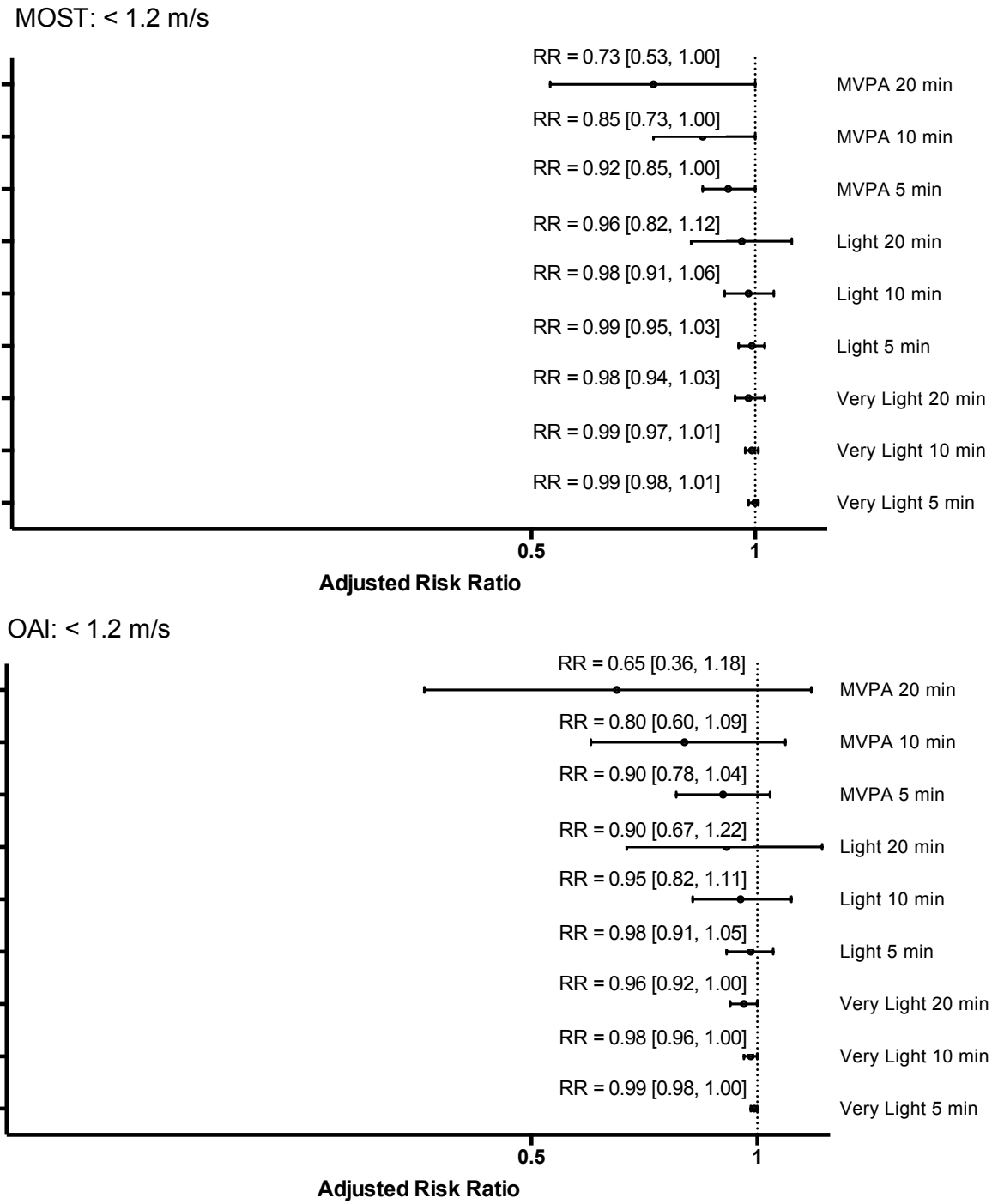
OAI: < 1.0 m/s



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**Figure 3.** Associations of replacing not walking with equal periods of walking at different intensities on incident slow gait (< 1.2 m/s).



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1 **Table 1.** Participant characteristics included in analyses in MOST and OAI datasets.  
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	<b>MOST: N=1731</b>	<b>OAI: N=1925</b>
Age [mean (sd) range]	67.2 (7.7), 55.0-84.0	65.1 (9.1), 50.0-84.0
Sex [% women]	59.8	55.2
BMI [kg/m] [mean (sd) range]	30.6 (5.9), 18.2-62.4	28.3 (4.6), 17.2-44.6
Education [% $\geq$ college degree]	47.3	86.7
Race [% White]	90.8	83.2
ROA [%]	50.0	55.8
Knee pain [MOST: 0-100] [OAI: 0-10] [mean (sd) range]	18.6 (20.7), 0-100	3.2 (2.8), 0.0-10.0
Comorbidity ( $\geq 1$ ) [%]	30.0	29.4
Pain in the lower body [%]	70.7	59.6
Depressive Symptoms [% CES-D $\geq 16$ ]	8.9	11.5

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4 *Note:* BMI = body-mass-index; ROA = radiographic knee OA

1 **Table 2:** Time spent not walking and walking at different intensities at baseline according to  
 2 incident slow gait speed two years later

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 4 **MOST:**  
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	< 1.0 m/s		<1.2 m/s	
	N=1342		N=878	
	Yes [Mean min/day (SD)] n=108	No [Mean min/day (SD)] n=1234	Yes [Mean min/day (SD)] n=156	No [Mean min/day (SD)] n=722
<b>Walking intensity at Baseline</b>				
Not walking	611.2 (111.2)	586.1 (104.6)	589.3 (109.2)	576.5 (101.4)
Very-Light	262.3 (78.7)	288.4 (74.6)	276.8 (74.4)	296.3 (73.5)
Light	38.8 (21.4)	50.9 (25.0)	45.6 (20.6)	55.0 (23.4)
Moderate-to-vigorous	4.4 (7.3)	9.4 (11.8)	6.8 (8.4)	11.7 (13.1)

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 7 **OAI:**

	< 1.0 m/s		< 1.2 m/s	
	N=1551		N=1221	
	Yes [Mean min/day (SD)] n=70	No [Mean min/day (SD)] n=1481	Yes [Mean min/day (SD)] n=163	No [Mean min/day (SD)] n=1058
<b>Walking intensity at Baseline</b>				
Not walking	459.8 (85.2)	458.1 (90.5)	468.8 (88.4)	454.4 (90.6)
Very-Light	379.3 (78.9)	408.9 (87.8)	393.4 (80.0)	414.7 (84.6)
Light	9.7 (11.6)	20.5 (16.3)	15.9 (13.7)	22.5 (16.7)
Moderate-to-vigorous	2.0 (4.2)	8.6 (11.7)	5.5 ± (10.9)	10.0 (12.3)

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