

II).

Category	Data items to be extracted	Definition	Options	Subscale (where applicable)	Quantitative measure of PSAT (0-40)
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Appendix

I).

Database Name	Fall Prevention Search Terms	Exercise Search Terms	Sustainability Search Terms
EBSCO(CIN AHL, APA search premier, Sport Discuss)	fall* N3 (reduc* OR prevent*)	exercis* OR physical activit* OR fitness OR physical exercis* OR tai chi OR tai chi chuan OR tai ji quan OR resistance training OR strength training OR balance training OR weight training OR resistance exercise OR otago exercise program OR sail N4 (balance* or activit* or exercis*)	Sustain* OR fidelity OR durability OR institutionalization OR routine OR longitudinal OR maintenance OR continu* OR long-term OR long term OR Funding stability OR Spread OR Program Capacity OR Program adaptability OR Program maintenance OR Environmental support OR partnership* OR organization capacity OR program evaluation OR program adaptation OR communications OR strategic planning OR communit*
Embase	fall* NEAR/3 (reduc* OR prevent*)	exercis* OR (physical AND activit*) OR fitness OR (physical AND exercis*) OR (tai AND chi) OR (tai AND chi AND chuan) OR (tai AND ji AND quan) OR (resistance AND training) OR (strength AND training) OR (balance AND training) OR (weight AND training) OR (resistance AND exercise) OR (otago AND exercise AND program) OR (sail NEAR/4 (balance* OR activit* OR exercis*))	sustain* OR fidelity OR durability OR institutionalization OR routine OR longitudinal OR maintenance OR continu* OR (long AND term) OR (long AND -term) OR (funding AND stability) OR (program AND capacity) OR (program AND adaptability) OR (program AND maintenance) OR (environmental AND support) OR partnership* OR (organization AND capacity) OR (program AND evaluation) OR (program AND adaptation) OR communications OR (strategic AND planning) OR communit*
Medline @ Ovid	(fall* adj3 (reduc* or prevent*)).mp	(exercis* or physical activit* or fitness or physical exercis* or tai chi or tai chi chuan or tai ji quan or resistance training or strength training or balance training or weight training or resistance exercise or otago exercise program or (sail adj4 (balance* or activit* or exercis*))).mp	Sustain* or fidelity or durability or institutionalization or routine OR longitudinal or long-term or long term or Funding stability or Program Capacity or Program adaptability or Program maintenance or Environmental support or partnership* or organization capacity or program evaluation or program adaptation or communications or strategic planning or communitin*).mp.

Appendix I: Search terms and their corresponding databases

Description of Studies	1) Title		Open text	n/a	n/a
	2) Author		Open text	n/a	n/a
	3) Location (country)		Open text	n/a	n/a
	4) Year of publication		Open text	n/a	n/a
	5) Study design	How the study authors describe it	Randomized controlled trials, non-randomized controlled trials, before and after studies, cohort studies, evaluation studies	n/a	n/a
	6) Paper's aim/purpose	How the study authors describe it	Open text	n/a	n/a
	7) Paper's Conclusion	How the study authors describe it	Open text	n/a	n/a
	8) Length of study/program duration		Open text	n/a	n/a
Exercise program description	1) Consensus on Exercise Reporting Template (CERT)	Exercise program details as provided in the study	1) Description of the type of exercise equipment Eg, page, column, paragraph 2) Description of the qualifications, expertise and/or training 3) Description whether exercises are performed individually or in a group 4) Description whether exercises are supervised or unsupervised; how they are delivered 5) Description of how	n/a	n/a

			adherence to exercise is measured and reported 6) Description of motivation strategies 7) Description of the decision rule(s) for determining exercise progression 8) Description of each exercise to enable replication 9) Description of any home program component 10) Description there are any non-exercise components 11) Describe the type and number of adverse events that occur during exercise 12) Describe the setting in which the exercises are performed. 13) Description of the exercise intervention 14) Describe whether the exercises are generic or tailored to the individual. 15) Description decision rule for determining the starting level. 16) Describe how adherence or fidelity is assessed/measured		
	2) Exercise evidence-based?	Sherrington et al., (2017) definition	Yes/ no/ unclear	n/a	n/a

		<p>I) moderate to high levels of challenge to balances systems</p> <p>ii) provided at least three hours per week.</p> <p>III) ongoing basis</p>			
PSAT	1) PSAT: Environmental support	<p>Having a supportive internal and external climate for your program</p> <p>Did the program have an appropriate economic and political climate? Do decision-makers support the program's cause?</p>	Yes/ no/ unclear	<p>1. Champions exist who strongly support the program.</p> <p>2. The program has strong champions with the ability to garner resources.</p> <p>3. The program has leadership support from within the larger organization.</p> <p>4. The program has leadership support from outside of the organization.</p> <p>5. The program has strong public support.</p>	Open text
	2) PSAT: Funding stability	<p>Establishing a consistent financial base for the program</p> <p>Does the program rely on multiple funding sources or a single funding source?</p>	Yes/ no/ unclear	<p>1. The program exists in a supportive state economic climate.</p> <p>2. The program implements policies to help ensure sustained funding.</p> <p>3. The program is funded through a variety of sources.</p> <p>4. The program has a combination of stable and flexible funding.</p> <p>5. The program has sustained funding.</p>	Open text

	3) PSAT: Partnership	<p>Cultivating connections between your program and its stakeholders.</p> <p>Does the program have partnerships with business leaders, media representatives, similar organizations, community members, etc?</p>	Yes/ no/ unclear	<p>1. Diverse community organizations are invested in the success of the program.</p> <p>2. The program communicates with community leaders.</p> <p>3. Community leaders are involved with the program.</p> <p>4. Community members are passionately committed to the program.</p> <p>5. The community is engaged in the development of program goals.</p>	Open text
	4) PSAT: organization capacity	<p>Having the internal support and resources needed to effectively manage your program</p> <p>Does the program have enough staff and strong leadership?</p>	Yes/ no/ unclear	<p>1. The program is well integrated into the operations of the organization.</p> <p>2. Organizational systems are in place to support the various program needs.</p> <p>3. Leadership effectively articulates the vision of the program to external partners.</p> <p>4. Leadership efficiently manages staff and other resources.</p> <p>5. The program has adequate staff to complete the program's goals.</p>	Open text

	5) PSAT: program evaluation	<p>Assessing your program to inform planning and document results.</p> <p>Were evaluation and monitoring data collection during program's tenure?</p>	Yes/ no/ unclear	<p>1. The program has the capacity for quality program evaluation.</p> <p>2. The program reports short term and intermediate outcomes.</p> <p>3. Evaluation results inform program planning and implementation.</p> <p>4. Program evaluation results are used to demonstrate successes to funders and other key stakeholders.</p> <p>5. The program provides strong evidence to the public that the program works.</p>	Open text
	6)PSAT: program adaptation	<p>Taking actions that adapt your program to ensure its ongoing effectiveness.</p> <p>How did the program exhibit flexibility, adaptation to changing conditions, and quality improvement throughout the program?</p>	Yes/ no/ unclear	<p>1. The program periodically reviews the evidence base.</p> <p>2. The program adapts strategies as needed.</p> <p>3. The program adapts to new science.</p> <p>4. The program proactively adapts to changes in the environment.</p> <p>5. The program makes decisions about which components are ineffective and should not continue.</p>	Open text

	7) PSAT: communications	Strategic communication with stakeholders and the public about your program. Did the program communicate externally to stakeholders and the public?	Yes/ no/ unclear	1. The program has communication strategies to secure and maintain public support. 2. Program staff communicate the need for the program to the public. 3. The program is marketed in a way that generates interest. 4. The program increases community awareness of the issue. 5. The program demonstrates its value to the public.	Open text
	8) PSAT: strategic planning	Using processes that guide your program's directions, goals, and strategies. Did the program identify a strategic direction and or long-term goals?	Yes/ no/ unclear	1. The program plans for future resource needs. 2. The program has a long-term financial plan. 3. The program has a sustainability plan. 4. The program's goals are understood by all stakeholders. 5. The program clearly outlines roles and responsibilities for all stakeholders.	Open text

Apeendix II: Covidence extraction template table

