



Supplementary Materials

Table S1. Demographic characteristics of Komp users (N = 748) and distribution in the population *.

Variable	Survey		Population	
	N	%	N **	% ***
Sex:				
Women	599	80	364,532	55
Men	149	20	300,893	45
Age group:				
>90 years	218	29	44,115	6
86–90 years	234	31	71,774	11
81–85 years	185	25	113,731	17
76–80 years	51	7	176,410	27
70–75 years	42	6	259,494	33
<70 years	18	2	-	-
Accommodation:				
Home	480	64		
Institution	139	19		
Senior apartment	108	14		
Other	21	3		
Marital status				
Married/cohabiting	237	32		
Unmarried	78	10		
Widow/-er	433	58		
Place of residence				
City/town	311	42		
Settlements over 2000 pop.	240	32		
Rural areas over 200 pop.	197	26		

* Retrieved 13 October 2022 from www.ssb.no; ** Due to the age groups registered in the questionnaire, there is a slight mismatch with the age groups available from census data (i.e., 90–99 years, 85–89 years, 80–84 years, 75–79 years, and 70–74 years). *** Percentages calculated as the proportion of the total population aged 70–99 years.

Table S2. Distribution of Komp users' network and regular participation in different activities by age group. Percentages within age group; total, N = 748.

Variable	Age Group				Total N (% of 748)	p *
	≥80 Years n (%)	81–85 Yrs n (%)	86–89 Yrs n (%)	90+ Yrs n (%)		
Network **						
Contact with family/friends	75 (68)	145 (78)	191 (82)	166 (76)	577 (77)	0.033
Activities outside the home	22 (20)	40 (22)	42 (18)	38 (17)	142 (19)	ns
Small/no network	32 (29)	39 (21)	44 (19)	42 (19)	157 (21)	ns
Is mostly alone	54 (49)	62 (34)	85 (36)	108 (50)	309 (41)	0.001
Live far from others	7 (6)	16 (9)	17 (7)	16 (7)	56 (8)	ns
Meals						
Do their own shopping	32 (29)	83 (45)	79 (34)	41 (19)	235 (31)	
Get meals delivered	30 (27)	33 (18)	47 (20)	60 (27)	170 (23)	<0.001

Others shop	49 (44)	69 (37)	108 (46)	117 (54)	343 (46)	
Physical activity **						
Organized exercise	13 (12)	18 (10)	13 (6)	18 (8)	62 (8)	ns
Go for a walk	25 (23)	74 (40)	68 (29)	40 (18)	207 (28)	<0.001
Mostly sedentary	68 (61)	97 (52)	134 (57)	138 (63)	437 (58)	ns
Not active outside the home	28 (25)	34 (18)	57 (24)	73 (34)	192 (26)	0.006
Use of technology **						
Active net user	9 (8)	17 (9)	14 (6)	7 (3)	47 (6)	ns
Have smartphone	19 (17)	27 (15)	23 (10)	12 (6)	81 (11)	0.003
Not active net user	34 (31)	62 (34)	71 (30)	60 (28)	227 (30)	ns
Use only Komp	68 (61)	115 (62)	158 (68)	158 (73)	499 (67)	ns
Total	111 (15)	185 (25)	234 (31)	218 (29)	748 (100)	

* Pearson chi-square test. ** Check-all-that-apply question.