

Additional file 5

Table S1. Included studies' most important characteristics

First author, year	Study design	Country	Rural or urban setting	Target population	Health condition	Health condition area	Inclusion criterion in years	N°of participants*	Participants' mean age**	Participants' sex predominance***
Kim, H., 2021	Randomized controlled trial (Intervention study)	South Korea	–	Fragility or functional decline	–	–	–	913	82.9	Female predominance
Baba, Y., 2021	Randomized controlled trial (Intervention study)	Japan	Urban	Fragility or functional decline	–	–	> 65	78	83.65	Female predominance
Miller, J., 2020	Randomized controlled trial (Intervention study)	Canada	–	Multimorbidity	–	–	–	102	52.8	Female predominance
Nøst, T. H., 2018	Randomized controlled trial (Intervention study)	Norway	Urban	Single health condition	Chronic pain	Pain	> 18	121	52.7	Female predominance
Nøst, T. H., 2018	Randomized controlled trial (Intervention study)	Norway	Urban	Single health condition	Chronic pain	Pain	> 18	121	53	Female predominance
Mendoza-Núñez, V. M., 2018	Pretest-posttest (Intervention study)	Mexico	–	Fragility or functional decline	–	–	–	64	66	Female predominance
Markle-Reid, M., 2018	Randomized controlled trial (Intervention study)	Canada	–	Multimorbidity	–	–	> 65	159	–	Balanced
Lycholip, E., 2018	Randomized controlled trial (Intervention study)	Netherlands	–	Single health condition	Heart failure	Cardiovascular	> 18	118	68	Male predominance
Lachance, L., 2018	Cohort study (Observational Study)	United States of America	–	Single health condition	Diabetes	Metabolic	> 18	161	60.35	–
Wong, A. K. C., 2019	Randomized controlled trial (Intervention study)	China (Hong Kong)	–	Fragility or functional decline	–	–	> 60	457	78	Female predominance
Kamwesiga, J. T., 2018	Quasi-experimental trial (Intervention study)	Uganda	Rural	Single health condition	Stroke	Neurological	> 18	28	59.85	Female predominance
Von Storch, K., 2019	Quasi-experimental trial (Intervention study)	Germany	–	Single health condition	Diabetes	Metabolic	Other	115	58.9	Balanced
Inzitari, M., 2018	Pretest-posttest (Intervention study)	Spain	Urban	Fragility or functional decline	–	–	Other	185	81.6	Female predominance
Godtfredsen, N., 2018	Cohort study (Observational Study)	Denmark	–	Single health condition	COPD	Respiratory	–	581	68.1	Balanced
Ehde, D. M., 2018	Randomized controlled trial (Intervention study)	United States of America	–	Single health condition	Multiple sclerosis	Neurological	> 18	163	52.2	–

Nilsson B. B., 2019	Cohort study (Observational Study)	Norway	–	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	273	56	Male predominance
Dye, C., 2018	Quasi-experimental trial (Intervention study)	United States of America	Rural	Multimorbidity	–	–	> 60	53	–	–
Dean, S. G., 2018	Pilot randomized controlled trial (Intervention study)	United Kingdom	–	Single health condition	Stroke	Neurological	> 18	45	70.5	Male predominance
Clevenger, C. K., 2018	Model development (Descriptive study)	United States of America	–	Single health condition	Cognitive Impairment including dementia or aphasia	Neurological	–	119	78.6	Female predominance
Zhang, L., 2017	Randomized controlled trial (Intervention study)	China	Urban	Single health condition	Coronary heart disease	Cardiovascular	< 75	126	63.1	Male predominance
Vega-Ramírez, F. A., 2017	Cohort study (Observational Study)	Spain	–	Fragility or functional decline	–	–		473	83	Balanced
Uittenbroek, R., 2017	Randomized controlled trial (Intervention study)	Netherlands	–	Fragility or functional decline	–	–	> 75	1456	80.75	Balanced
Ru, X., 2017	Quasi-experimental trial (Intervention study)	China	–	Single health condition	Stroke	Neurological	–	964	68.95	Balanced
Whitehead, P. J., 2018	Randomized controlled trial (Intervention study)	United Kingdom	–	Fragility or functional decline	–	–	> 65	60	77	Balanced
Van Lieshout, M. R. J., 2018	Randomized controlled trial (Intervention study)	Netherlands	Rural	Fragility or functional decline	–	–	> 65	281	74	Balanced
Valdivieso, B., 2018	Randomized controlled trial (Intervention study)	Spain	Urban	Multimorbidity	–	–	> 18	472	73.08	Balanced
Taube, E., 2018	Randomized controlled trial (Intervention study)	Sweden	Rural	Fragility or functional decline	–	–	> 65	153	81.5	Female predominance
Kitzman, P., 2017	Pretest-posttest (Intervention study)	United States of America	Rural	Single health condition	Stroke	Neurological	–	30	65	Balanced
Cecins, N., 2017	Cohort study (Observational Study)	Australia	–	Single health condition	COPD	Respiratory	–	251	72	Balanced
Bleijenberg, N., 2017	Randomized controlled trial (Intervention study)	Netherlands Switzerland	–	Fragility or functional decline	–	–	Other	1791	85.05	Female predominance
Barker, R. N., 2017	Cohort study (Observational Study)	Australia	–	Fragility or functional decline	–	–	Other	206	61	Balanced
Zakrisson, A.-B., 2016	Quasi-experimental trial (Intervention study)	Sweden	Urban,Rural	Single health condition	COPD	Respiratory	–	103	67.7	Balanced

Young-Mee, K., 2016	Quasi-experimental trial (Intervention study)	Korea	–	Fragility or functional decline	–	–	> 65	20	–	Not reported/No applicable
Vorrink, S. N. W., 2016	Randomized controlled trial (Intervention study)	Netherlands	–	Single health condition	COPD	Respiratory	Other	157	62.5	Balanced
Tarazona-Santabalbina, F. J., 2016	Randomized controlled trial (Intervention study)	Spain	Rural	Fragility or functional decline	–	–	> 70	100	80	Balanced
Shinkai, S, 2016	Cohort study (Observational Study)	Japan	–	Fragility or functional decline	–	–	> 65		–	–
Ruikes, F. G. H., 2016	Cluster controlled trial (Intervention study)	Netherlands	–	Fragility or functional decline	–	–	> 70	536	81.8	Female predominance
Rosen, D., 2016	Pretest-posttest (Intervention study)	United States of America	Urban	Single health condition	Heart failure	Cardiovascular	Other	45	60	Female predominance
McNamara, R. J., 2016	Intervention study	Australia	–	Single health condition	COPD, Cardiovascular disease not specified	Cardiovascular, Respiratory	–	32	72	Male predominance
Mas, M. À., 2016	Cohort study (Observational Study)	Spain	Urban	Fragility or functional decline	–	–	> 65	270	83.5	Female predominance
Marsden, D. L., 2016	Pilot randomized controlled trial (Intervention study)	Australia	–	Single health condition	Stroke	Neurological	> 18	20	58.2	Female predominance
Looman, W. M., 2016	Quasi-experimental trial (Intervention study)	Netherlands	–	Fragility or functional decline	–	–	> 75	377	82.05	Female predominance
Littlewood, C., 2016	Randomized controlled trial (Intervention study)	United Kingdom	–	Single health condition	Rotator cuff tendinopathy	Musculoskeletal	> 18	86	54.7	Balanced
Leung, Y.-Y., 2016	Case-control study (Intervention study)	China (Hong Kong)	–	Single health condition	Inflammatory arthritis	Musculoskeletal	> 18	99	51.9	Female predominance
Kono, A., 2016	Randomized controlled trial (Intervention study)	Japan	Urban	Fragility or functional decline	–	–	> 65	360	79.2	Female predominance
Kjerstad, E., 2016	Randomized controlled trial (Intervention study)	Norway	Rural	Fragility or functional decline	–	–	> 18	46	79	Female predominance
Jones, F., 2016	Randomized controlled trial (Intervention study)	United Kingdom	–	Single health condition	Stroke	Neurological	–	78	65.25	Balanced
Cameron-Tucker, H. L., 2016	Randomized controlled trial (Intervention study)	Australia	–	Single health condition	COPD	Respiratory	> 18	65	69	Balanced
Calugi, S., 2016	Quasi-experimental trial (Intervention study)	Italy	–	Single health condition	Stroke	Respiratory	> 18	229	70.95	Male predominance

Bleijenberg, N., 2016	Randomized controlled trial (Intervention study)	Netherlands	–	Fragility or functional decline	–	–	> 60	3092	74	Balanced
Van Dijk-de Vries, A., 2015	Randomized controlled trial (Intervention study)	Netherlands	–	Single health condition	Diabetes	Metabolic	–	264	64.5	Balanced
Van der Weegen, S., 2015	Randomized controlled trial (Intervention study)	Netherlands	–	Single health condition	COPD	Respiratory	< 70	199	57.8	Balanced
Scharlach, A. E., 2015	Cohort study (Observational Study)	United States of America	Urban	Fragility or functional decline	–	–	> 60	96	76	Female predominance
Pighills, A. C., 2015	Randomized controlled trial (Intervention study)	Australia	Urban	Fragility or functional decline	–	–	> 65	153	75.6	Balanced
Mosleh, S. M., 2015	Cohort study (Observational Study)	Scotland	–	Single health condition	Cardiovascular disease not specified	Cardiovascular	–	305	61.1	Male predominance
Mays, R. J., 2015	Pilot randomized controlled trial (Intervention study)	United States of America	–	Single health condition	Peripheral artery disease	Cardiovascular	Other	20	65.35	Female predominance
Lou, P., 2015	Randomized controlled trial (Intervention study)	China	Rural	Single health condition	COPD	Respiratory		8217	61.5	Balanced
Kidd, L., 2015	Mixed methods (Intervention study)	United Kingdom	–	Single health condition	Stroke	Neurological	–	26	64	Balanced
Garvey, J., 2015	Randomized controlled trial (Intervention study)	Ireland	–	Multimorbidity	–	–	> 18	50	66.25	Female predominance
Forster, A., 2015	Randomized controlled trial (Intervention study)	United Kingdom	–	Single health condition	Stroke	Neurological	–	800	71.7	Balanced
Foley, M. P., 2015	Pretest-posttest (Intervention study)	United States of America	–	Single health condition	Cancer not specified	Cancer	> 18	59	59	Female predominance
Clark, R. A., 2015	Mixed methods (Intervention study)	Australia	Rural	Single health condition	Heart failure	Cardiovascular	> 18	5	61.6	–
Martel, D., 2018	Randomized controlled trial (Intervention study)	Canada	–	Fragility or functional decline	–	–	> 65	44	73.5	Female predominance
Hevey, D., 2020	Pretest-posttest (Intervention study)	United Kingdom	Urban	Multimorbidity	–	–	–	273	–	Female predominance
King, A. I. I., 2018	Qualitative study (Descriptive study)	New Zealand	–	Fragility or functional decline	–	–	> 75	5	–	–
De Vriendt, P., 2016	Randomized controlled trial (Intervention study)	Belgium	–	Fragility or functional decline	–	–	> 65	168	80.4	Female predominance
Langoni, C. D. S., 2019	Randomized controlled trial (Intervention study)	Brazil	Urban	Fragility or functional decline	–	–	> 60	52	72.25	Female predominance

Winkel, A., 2015	Pretest-posttest (Intervention study)	Denmark	Rural	Fragility or functional decline	–	–	> 65	91	79.6	Female predominance
Lewin, G., 2016	Model development (Descriptive study)	Australia	–	Fragility or functional decline	–	–	–	58	76.8	Female predominance
Metzelthin, S. F., 2015	Randomized controlled trial (Intervention study)	Nethelerlands	–	Fragility or functional decline	–	–	> 70	346	77.2	
Liang, C. C., 2022	Observational Study (Observational Study)	Taiwan	–	Fragility or functional decline	–	–	> 65	56	76.5	Female predominance
Stathi, A., 2022	Pragmatic, multicentre, two-arm, single-blind, parallel-group, randomised, controlled trial (Intervention study)	UK	Urban,Rural	Fragility or functional decline	–	–	> 65	777	77.6	Female predominance
Tekin, F., 2022	Randomized-controlled trial (Intervention study)	Turkey	–	Fragility or functional decline	–	–	> 65	255	69	Balanced
Otero, P., 2021	Quasi-experimental study (Intervention study)	Spain	Urban	Fragility or functional decline	–	–	Other	25	54.9	Female predominance
Kim, S., 2021	Quasi-experimental study (Intervention study)	Korea	Rural	Fragility or functional decline	–	–	> 65	224	75	Female predominance
Sun, F. C., 2021	Quasi-experimental study (Intervention study)	Taiwan	–	Fragility or functional decline	–	–	> 65	122	73.9	Female predominance
Farinha, C., 2021	Randomized controlled trial (Intervention study)	Portugal	Rural	Fragility or functional decline	–	–	> 65	102	71.4	Female predominance
Barker, K. L., 2021	Randomized controlled trial (Intervention study)	England	–	Single health condition	Osteoarthritis	Musculoskeletal	Other	621	70.4	Balanced
Meisingset, I., 2021	Longitudinal observational study (Observational Study)	Norway	–	Fragility or functional decline	–	–	> 65	603	84	Female predominance
Suikkanen, S., 2021	Randomized controlled trial (Intervention study)	Finland	Urban,Rural	Fragility or functional decline	–	–	> 65	300	82.2	Female predominance
Yi, D., 2021	Experimental study (Intervention study)	Korea	–	Single health condition	COVID-19	Respiratory, Communicable diseases	> 65	70	76.7	Female predominance
Ullrich, P., 2022	Randomized Controlled Trial (Intervention study)	Germany	–	Multimorbidity	–	–	> 65	118	82.3	Female predominance

Hosteng, K. R., 2021	Intervention study (Intervention study)	United States of America	—	Fragility or functional decline	—	—	> 65	68	81.2	Female predominance
Sen, E. I., 2021	Randomized controlled trial (Intervention study)	Turkey	—	Single health condition	Sarcopenia	Musculoskeletal	< 80	90	72.8	Female predominance
Sok, S., 2021	Quasi-experimental study (Intervention study)	Korea	—	Fragility or functional decline	—	—	> 65	65	73.7	Female predominance
Jungreitmayr, S., 2021	Intervention study	Austria,Italy	—	Fragility or functional decline	—	—	< 85	72	75.5	Female predominance
Liang, C. K., 2021	Randomized controlled trial (Intervention study)	Taiwan	Urban,Rural	Fragility or functional decline	—	—	> 65	733	74	Female predominance
Furuta, K., 2022	Pilot intervention study (Intervention study)	Japan	—	Fragility or functional decline	—	—	< 85	25	76	Female predominance
Oh, S. L., 2021	Intervention study (Intervention study)	South Korea	Rural	Single health condition	Osteoarthritis	Musculoskeletal	—	60	71.7	Female predominance
Tou, N. X., 2021	Randomized controlled trial (Intervention study)	Singapore	—	Fragility or functional decline	—	—	Other	57	71.7	Female predominance
Borges-Machado, F., 2021	Quasi-experimental study (Intervention study)	Portugal	Urban	Single health condition	Cognitive Impairment including dementia or aphasia	Neurological	> 60	43	78.2	Female predominance
Pepera, G., 2021	Randomized parallel-group study (Intervention study)	Greece	—	Fragility or functional decline	—	—	> 65	40	79.4	Female predominance
Arena, S. K., 2021	Randomized controlled trial (Intervention study)	United States of America	—	Fragility or functional decline	—	—	> 65	110	76.9	Female predominance
Mao, H. F., 2021	Pre-post intervention study (Intervention study)	Taiwan	—	Fragility or functional decline	—	—	> 65	130	78.2	Female predominance
Bagkur, M., 2021	Pre-post intervention study (Intervention study)	Cyprus	Rural	Fragility or functional decline	—	—	< 90	23	72.4	Female predominance
Woo, J., 2021	Narrative model description (Descriptive study)	China (Hong Kong)	—	Fragility or functional decline	—	—	—	102	84	Female predominance

(—) Information not provided or not applicable. * Total number of participants, including the sum of the intervention and control groups, if applicable. **Where the overall mean age of participants was reported by group only, we summed the reported age and divided by the number of groups. ***Male predominance= More than 60% of study participants were males. Female predominance= Less than 40% of study participants were males. Balanced= Males represent between 40% and 60% of study participants