

Supplementary Table 1. Baseline Characteristics participants by Fish oil Use and Treatment Arm

	FO Users PA (n=227)	FO Users HE (n=229)	Nonusers PA (n=590)	Nonusers HE (n=587)
Age	78.4 (5.0)	78.6 (5.1)	78.8 (5.3)	79.3 (5.3)
Sex ^a				
Male	70 (30.8)	65 (28.4)	201 (34.1)	201 (34.2)
Female	157 (69.2)	164 (71.6)	389 (65.9)	386 (65.8)
3 MSE Score	92.2 (5.1)	91.9 (5.2)	91.3 (5.6)	91.6 (5.4)
Body Mass Index	30.6 (6.1)	31.1 (6.2)	29.9 (5.6)	30.0 (6.2)
Race/Ethnicity ^a				
White	173 (76.2)	183 (79.9)	431 (73.1)	451 (76.8)
African American/Black	37 (16.3)	35 (15.3)	125 (21.2)	90 (15.3)
Hispanic	9 (4.0)	5 (2.2)	22 (3.7)	25 (4.3)
Other	8 (3.5)	6 (2.6)	12 (2.0)	21 (3.6)
Income (<\$75,000/year) ^a	165/200 (82.5)	174/200 (87.0)	437/523 (83.6)	427/519 (82.3)
College education ^a	161/227 (70.9)	157/228 (68.9)	385/589 (65.4)	392/584 (67.1)
Physical Function				
SPPB total score	7.5 (1.5)	7.4 (1.5)	7.4 (1.6)	7.3 (1.7)
400m walking speed (m/s)	0.83 (0.17)	0.83 (0.15)	0.83 (0.16)	0.81 (0.17)
Walking/weight training (min/week)	71.89 (124.33)	86.40 (122.88)	76.50 (126.30)	86.55 (138.80)
Conditions, No./total (%)				
Hypertension ^a	159/226 (70.4)	167/228 (73.2)	413/586 (70.5)	410/579 (70.8)
Diabetes ^a	48/226 (21.2)	61/228 (26.8)	151/588 (25.7)	154/584 (26.4)
Myocardial infarction ^a	16/227 (7.0)	16/226 (7.1)	44/587 (7.5)	53/585 (9.1)
Stroke ^a	15/226 (6.6)	8/227 (3.5)	42/587 (7.2)	44/586 (7.5)
Cancer ^a	50/227 (22.0)	51/228 (22.4)	128/586 (21.8)	141/586 (24.1)
Chronic pulmonary disease ^a	35/227 (15.4)	31/228 (13.6)	95/587 (16.2)	92/583 (15.8)
Depression (CESD 16 or higher) ^a	28/214 (13.1)	42/221 (19.0)	83/564 (14.7)	100/553 (18.1)

Abbreviations: 3MSE, Modified Mini-Mental State Examination; BMI, body mass index (calculated as weight in kilograms divided by height in meters squared); SPPB, Short Performance Physical Battery. ^a Self-reported