|  |
| --- |
| *Appendix S1*. Demographics of study participants |
| Code | Gender | Age | District | Marital Status | Children | Education | Interview |
| E 1 | Female | 68 | Kwun Tong, Kowloon | Married | 1 | Middle School | 35.23 mins |
| E 2 | Male | 75 | Eastern District, Hong Kong Island | Married | 5 | High School | 30.77 mins |
| E 3 | Male | 85 | Sai Kung, New Territories | Married | 7 | Primary School | 32.60 mins |
| E 4 | Female | 83 | Eastern District, Hong Kong Island | Widowed | 3 | Primary School | 32.60 mins |
| E 5 | Female | 72 | Kwun Tong, Kowloon | Divorced | 2 | No Formal Education | 36.08 mins |
| E 6 | Female | 88 | Tin Shui Wai, New Territories  | Widowed | 2 | College | 34.80 mins |
| E 7 | Female | 70 | Kowloon City, Kowloon | Widowed | 2 | High School | 31.23 mins |
| E 8 | Female | 91 | Eastern District, Hong Kong Island | Widowed | 6 | Primary School | 37.15 mins |
| E 9 | Female | 73 | Sham Shui Po, Kowloon  | Widowed | 1 | Primary School | 32.80 mins |
| E 10 | Female | 70 | Kwun Tong, Kowloon | Married | 4 | No Formal Education | 32.07 mins |
| E 11 | Female | 86 | Eastern District, Hong Kong Island | Widowed | 6 | No Formal Education | 31.85 mins |
| E 12 | Male | 76 | Sham Shui Po, Kowloon  | Married | 2 | Middle School | 40.80 mins |
| E 13 | Female | 85 | Eastern District, Hong Kong Island | Widowed | 5 | Primary School | 32.78 mins |
| E 14 | Female | 87 | Eastern District, Hong Kong Island | Widowed | 3 | Middle School | 32.47 mins |
| E 15 | Male | 70 | Kwun Tong, Kowloon | Married | 1 | No Formal Education | 40.68 mins |
| E 16 | Female | 83 | Kwun Tong, Kowloon | Widowed | 3 | No Formal Education | 37.22 mins |
| E 17 | Female | 78 | Eastern District, Hong Kong Island | Widowed | 3 | Primary School | 32.80 mins |
| E 18 | Male | 84 | Tuen Mun, New Territories  | Married | 2 | Middle School | 31.38 mins |
| E 19 | Female | 70 | Tin Shui Wai, New Territories  | Separated | 3 | Primary School | 35.75 mins |
| E 20 | Male | 70 | Tuen Mun, New Territories  | Married | 4 | Primary School | 32.02 mins |
| E 21 | Female | 69 | Tin Shui Wai, New Territories  | Married | 4 | Primary School | 35.77 mins |
| E 22 | Female | 89 | Sham Shui Po, Kowloon  | Widowed | 2 | No Formal Education | 32.37 mins |
| E 23 | Female | 84 | Kwun Tong, Kowloon | Widowed | 5 | Primary School | 32.08 mins |
| E 24 | Female | 81 | Kwun Tong, Kowloon | Widowed | 2 | Primary School | 33.52 mins |
| E 25 | Male | 91 | Kowloon City, Kowloon | Married | 8 | Middle School | 30.58 mins |
| E 26 | Female | 73 | Kwun Tong, Kowloon | Divorced | 2 | Primary School | 32.97 mins |
| E 27 | Female | 69 | Kwun Tong, Kowloon | Married | 0 | Middle School | 30.98 mins |
| E 28 | Male | 72 | Tuen Mun, New Territories  | Married | 0 | Middle School | 30.67 mins |
| E 29 | Female | 74 | Tuen Mun, New Territories  | Married | 0 | No Formal Education | 33.90 mins |
| E 30 | Female | 84 | Sham Shui Po, Kowloon  | Widowed | 4 | Primary School | 31.82 mins |
| E 31 | Female | 78 | Eastern District, Hong Kong Island | Married | 0 | Primary School | 31.52 mins |
| E 32 | Female | 93 | Kwun Tong, Kowloon | Widowed | 4 | No Formal Education | 40.77 mins |
| E 33 | Female | 90 | Sai Kung, New Territories | Widowed | 4 | No Formal Education | 31.43 mins |
| E 34 | Female | 81 | Sai Kung, New Territories | Widowed | 2 | Primary School | 31.97 mins |
| E 35 | Female | 69 | Eastern District, Hong Kong Island | Married | 2 | College | 35.42 mins |
| E 36 | Female | 82 | Eastern District, Hong Kong Island | Married | 5 | Primary School | 30.90 mins |
| E 37 | Female | 72 | Sham Shui Po, Kowloon  | Married | 2 | Middle School | 32.48 mins |
| E 38 | Female | 78 | Eastern District, Hong Kong Island | Single | 0 | High School | 30.55 mins |
| E 39 | Female | 79 | Eastern District, Hong Kong Island | Divorced | 2 | No Formal Education | 30.13 mins |
| E 40 | Female | 75 | Sham Shui Po, Kowloon  | Widowed | 6 | Primary School | 31.22 mins |
| E 41 | Female | 84 | Kwun Tong, Kowloon | Widowed | 4 | High School | 36.55 mins |
| E 42 | Female | 70 | Sai Kung, New Territories | Married | 4 | Middle School | 31.53 mins |
| E 43 | Female | 84 | Sham Shui Po, Kowloon  | Widowed | 3 | Middle School | 37.33 mins |
| E 44 | Male | 69 | Tuen Mun, New Territories  | Married | 1 | Middle School | 37.00 mins |
| E 45 | Female | 80 | Sham Shui Po, Kowloon  | Widowed | 2 | Primary School | 30.70 mins |
| E 46 | Female | 82 | Tin Shui Wai, New Territories  | Widowed | 2 | Primary School | 32.92 mins |
| E 47 | Female | 85 | Kwun Tong, Kowloon | Widowed | 3 | No Formal Education | 38.27 mins |
| E 48 | Female | 77 | Sham Shui Po, Kowloon  | Widowed | 4 | Primary School | 36.75 mins |
| E 49 | Female | 72 | Sham Shui Po, Kowloon  | Widowed | 2 | Primary School | 32.25 mins |
| E 50 | Female | 84 | Kwun Tong, Kowloon | Widowed | 5 | No Formal Education | 34.78 mins |

*Appendix S2*. **Interview Guide**

**Beliefs of falling risks, fear of falling, and fall prevention behaviors**

1. Talk about your previous experiences of falls. [*Follow-up questions:* Did you fall before? How do you feel about it?]

2. Do you feel any risks of falling? [*Follow-up questions:* Do you have any strategies or behaviors to reduce the risks of falling?]

3. Do you fear of falling? [*Follow-up questions:* why do you fear or not fear of falling?]

4. Do you apply or know any fall prevention behaviors? [*Follow-up questions:* In terms of fall prevention behaviors, do you have any intentions in the near future? What are your expectancies of maintaining the fall prevention behaviors?]

5. Do you feel confident that you can do fall prevention exercises for a certain amount of time each day? [*Follow-up questions:* Are you confident to maintain your fall prevention behaviors? If your fall prevention behaviors stopped for a while, are you confident to continue your prevention behaviors?]

6. If you are involved with some fall prevention exercises, do you have any plans for the prevention behaviors? [*Follow-up questions:* When, where, and how you implement your fall prevention behaviors? Do you have any plans if you find difficulty to maintain your fall prevention behaviors?]

**Influence of neighborhood environments on falling risks, fear of falling and fall prevention**

We define the neighborhood as an area within perceived 15 minutes’ walking distance from home.

1. How do you think about the risks of falling when access to recreational facilities and parks in your neighborhood? [*Follow-up questions:* Do you worry that you might fall? Have you adopted any fall prevention behaviors?]

2. How do you think about the risks of falling when access to transit points in your neighborhood? [*Follow-up questions:* Do you worry that you might fall? Have you adopted any fall prevention behaviors?]

3. How do you think about the risks of falling of the pedestrian infrastructure in your neighborhood? [*Follow-up questions:* Do you worry that you might fall? Have you adopted any fall prevention behaviors?]

4. How do you think about the risks of falling when access to a variety of destinations in your neighborhood? [*Follow-up questions:* Do you worry that you might fall? Have you adopted any fall prevention behaviors?]