

Supplementary Figure S1

Eating assessment, physical activity, spiritual well-being, and happiness before and after the interventions.

Figure A

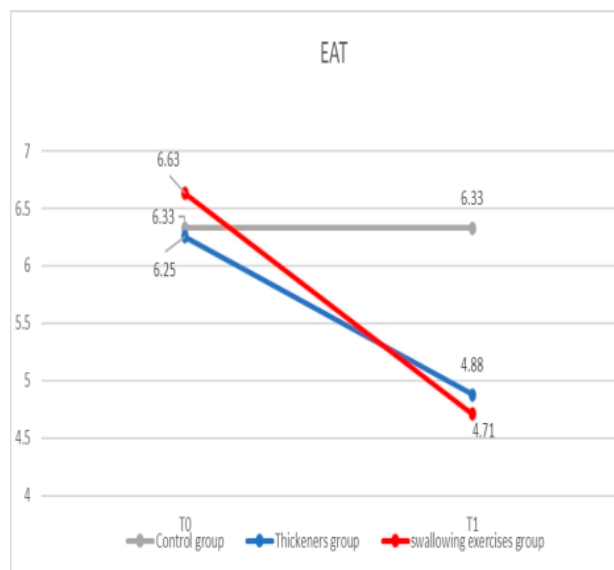
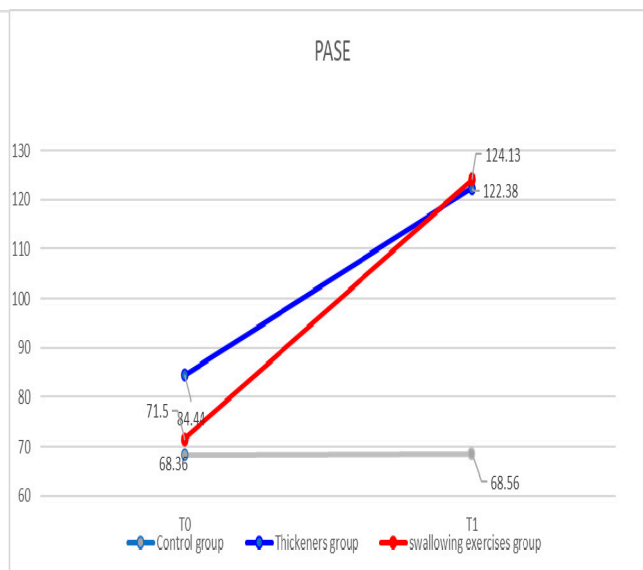


Figure B



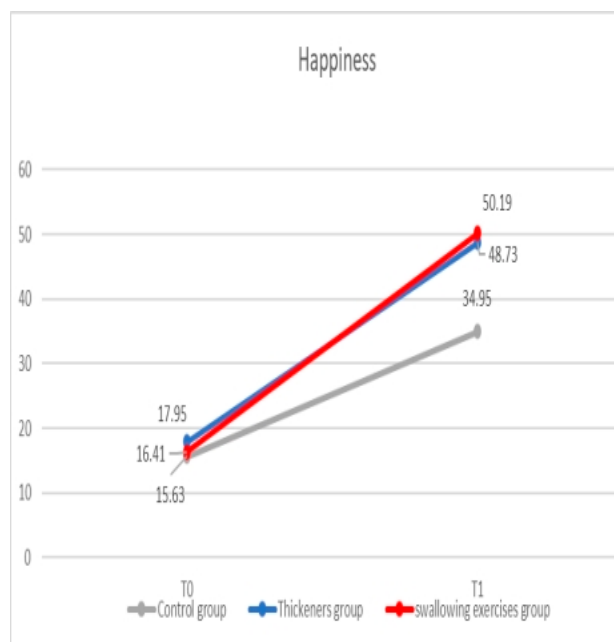
EAT, Eating Assessment Tool

T0, Before intervention; T1, After intervention

PASE, Physical Activity Scale for the Elderly

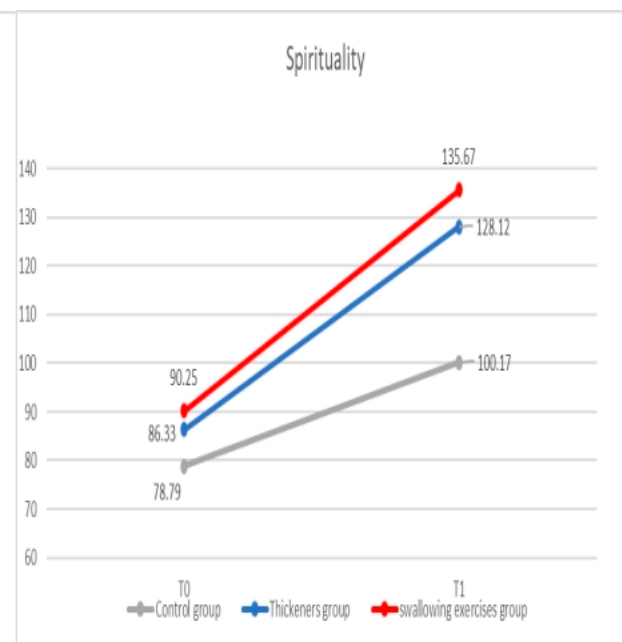
T0, Before intervention; T1, After intervention

Figure C



T0, Before intervention; T1, After intervention

Figure D



T0, Before intervention; T1, After intervention