

Supplemental Digital Content - Appendix 1: Frailty criteria and definitions

Adapted from Fried et al.¹⁷ and Önen et al.¹⁰

Criteria	Definition			
Unintentional weight loss	>10 pounds weight loss documented in last year or ≥5% of previous year's body weight			
Low physical activity*	Participants answering 3 when asked whether their health limits vigorous activities such as running, lifting heavy objects 1= not at all, 2 = yes, limited a little or 3 = yes, limited a lot			
Exhaustion	Participants answering 2 or 3 to either one of two statements – “How often have you felt that:” a) Everything you did was an effort or b) I could not ‘get going’ 0 = rarely (<1 day), 1= some of the time (1-2 days), 2 = occasionally (3-4 days) or 3 = most of the time (5-7 days)			
Weak grip strength	Male BMI kg/m ²	Kg	Female BMI kg/m ²	Kg
	≤24	≤29	≤23	≤17
	24.1-26.0	≤30	23.1-26.0	≤17.3
	26.1-28.0	≤30	26.1-29	≤18
	>28	≤32	>29.0	≤21
Slow walking time	Male height (cm)	Seconds	Female height (cm)	Seconds
	≤173	≥7	≤159	≥7
	>173	≥6	>159	≥6

*Estimation of physical activity adopted from Önen et al.¹⁰; the estimation of physical activity described in the original phenotype used a weighted score of kilocalories expended