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## Appendix

**Supplemental Table 1:** The Fried Frailty Index (Cardiovascular Health Study Frailty Index)\*

<b>Weight loss:</b> “In the last year, have you lost more than 10 pounds unintentionally (i.e., not due to dieting or exercise)?” If yes, then frail for weight loss criterion. At follow-up, weight loss was calculated as: $(\text{Weight in previous year} - \text{current measured weight}) / (\text{weight in previous year}) = K$ . If $K \geq 0.05$ and the subject does not report that he/she was trying to lose weight (i.e., unintentional weight loss of at least 5% of previous year’s body weight), then frail for weight loss = Yes	
<b>Exhaustion:</b> Using the CES–D Depression Scale, the following two statements are read. (a) I felt that everything I did was an effort; (b) I could not get going. The question is asked “How often in the last week did you feel this way?” 0 = rarely or none of the time (<1 day), 1 = some or a little of the time (1–2 days), 2 = a moderate amount of the time (3–4 days), or 3 = most of the time. Subjects answering “2” or “3” to either of these questions are categorized as frail by the exhaustion criterion.	
<b>Physical Activity:</b> Based on the short version of the Minnesota Leisure Time Activity questionnaire, asking about walking, chores (moderately strenuous), mowing the lawn, raking, gardening, hiking, jogging, biking, exercise cycling, dancing, aerobics, bowling, golf, singles tennis, doubles tennis, racquetball, calisthenics, swimming. Kcals per week expended are calculated using standardized algorithm. This variable is stratified by gender. Men: Those with Kcals of physical activity per week , <383 are frail. Women: Those with Kcals per week , <270 are frail.	
<b>Walk Time</b> , stratified by gender and height (gender-specific cutoff a medium height):	
<i>Men</i>	<i>Cutoff for Time to Walk 15 feet criterion for frailty</i>
Height $\leq 173\text{cm}$	$\geq 7$ seconds
Height $> 173\text{cm}$	$\geq 6$ seconds
<i>Women</i>	
Height $\leq 159\text{cm}$	$\geq 7$ seconds
Height $> 159\text{cm}$	$\geq 6$ seconds
<b>Grip Strength</b> , stratified by gender and body mass index (BMI) quartiles:	
<i>Men</i>	<i>Cutoff for grip strength (Kg) criterion for frailty</i>
BMI $\leq 24$	$\leq 29$
BMI 24.1 – 26	$\leq 30$
BMI 26.1 – 28	$\leq 30$
BMI $> 28$	$\leq 32$
<i>Women</i>	
BMI $\leq 23$	$\leq 17$
BMI 23.1 – 26	$\leq 17.3$
BMI 26.1 – 29	$\leq 18$
BMI $> 29$	$\leq 21$

\*Reproduced with permission, Fried et al., 2001.<sup>12</sup>