

Supplementary table 1: Clinical characteristics of the study population

Basic characteristics	
Sex [female]	746 (50.2)
Age [years]	68.7 (65.8-71.3)
Weight [cm]	76.0 (67.0-85.5)
Height [cm]	169.0 (162.4-175.6)
Waist circumferences [cm]	96.0 (88.0-103.5)
HDL-C [mg/dl]	61 (50-72)
Triglycerides [mg/dL]	98 (75-132)
Glucose, fasting [mg/dL]	92 (86-101)
HbA 1c (%)	5.5 (5.3-5.8)
Systolic blood pressure [mmHg]	141 (130-154)
Diastolic blood pressure [mmHg]	83 (76-90)
TSH [mU/L]	1.8 (1.2-2.6)
CRP [mg/L]	1.1 (0.6-2.1)
Total energy intake/day [kcal]	2133.7 (1746.8-2636.6)
ALM [kg]	21.0 (16.8-25.2)
25(OH)Vitamin D < 50 [nmol/l]	675 (50.4)
Regular alcohol consumption	1335 (89.8)
Current smoking	138 (9.3)
Parameters of the metabolic syndrome (n; %)	
Elevated waist circumference	1200 (80.8)
Elevated HDL-C	166 (11.2)
Elevated fasting glucose	444 (29.9)
Elevated triglycerides	278 (18.0)

Elevated blood pressure	1348 (90.7)
Metabolic Syndrome (MetS)	558 (37.6)
Parameters of the frailty syndrome (n; %)	
weakness	113 (7.6)
Low physical activity	133 (9.0)
Slow walking speed	162 (10.9)
Exhaustion	134 (9.0)
Weight loss	35 (2.4)
Frailty-Score	
0	1012 (68.1)
1	384 (25.8)
2	77 (5.2)
3	13 (0.9)

Supplement table 2: Logistic regression models assessing the association of parameters of MetS and frailty

	OR (95% CI)	p-value
Model 3 B	1.525 (1.027 - 2.266)	0.037
Model 3 C	1.112 (0.793 - 1.558)	0.538
Model 3 D	1.626 (1.137 - 2.326)	0.008
Model 3 E	1.164 (0.844 - 1.605)	0.356
Model 3 F	1.065 (0.683 - 1.661)	0.781

Model 3 B: Model 3A with “low HDL” as an independent variable instead of MetS

Model 3 C: Model 3A with “elevated triglycerides” as an independent variable instead of MetS

Model 3 D: Model 3A with “abdominal obesity” as an independent variable instead of MetS

Model 3 E: Model 3A with “insulin resistance” as an independent variable instead of MetS

Model 3 F: Model 3A with “elevated blood pressure” as an independent variable instead of MetS

