

Appendix Table 1. Standardization Subgroups and Frailty Cutoffs for Walking Speed and Grip Strength		
Walking speed	Median height (inches) subgroups	Frailty cutoff (seconds)
Men	< 67.25	≥ 4.19
	≥ 67.25	≥ 3.65
Women	< 61.88	≥ 5.31
	≥ 61.88	≥ 4.25
Grip strength	BMI quartile (kg/m²) subgroups	Frailty cutoff (kg)
Male	≤ 25.1	< 29.4
	25.2 – 27.3	< 30.5
	27.4 – 29.8	< 32.3
	> 29.8	< 29.1
Female	≤ 25.0	< 19.3
	25.1 – 28.1	< 18.5
	28.2 – 31.7	< 17.6
	> 31.7	< 17.7