**Supplementary Table 1:**

**Changes in Weight and Rates of Combination of Frailty, Pre-Frailty and Robust**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Frail**  | **Robust/Pre-Frail** | **p-value** | **Pre-Frail** | **Robust** | **P-value** |
| **Weight Δ – Baseline to:** | N=541 (9.2) | N=4441 (90.8) |  | N=2194 (44.4) | N=2246 (55.6) |  |
| **One year** |  |  |  |  |  |  |
| ≥5% loss | 153 (27.1) | 780 (17.6) |  | 429 (20.1) | 351 (15.6) |  |
| No Δ  | 270 (56.9) | 3053 (71.2) | <0.001 | 1425 (67.1) | 1628 (74.5) | <0.001 |
| ≥5% gain | 83 (16.0) | 501 (11.1) |  | 236 (12.7) | 236 (10.0) |  |
| **10 years** |  |  |  |  |  |  |
| ≥5% loss | 202 (36.7) | 1012 (20.2) |  | 602 (26.1) | 410 (15.6) |  |
| No Δ  | 122 (25.8) | 1600 (38.6) | <0.001 | 700 (33.7) | 900 (42.3) | <0.001 |
| ≥5% gain | 171 (37.4) | 1658 (41.2) |  | 761 (40.2) | 897 (42.0) |  |
| **Age 25 year** |  |  |  |  |  |  |
| ≥5% loss | 105 (18.9) | 408 (8.5) |  | 249 (11.6) | 159 (6.1) |  |
| No Δ  | 49 (8.2) | 589 (13.7) | <0.001 | 272(13.0) | 317 (14.3) | <0.001 |
| ≥5% gain | 319 (72).9 | 3164 (77.8) |  | 1480 (75.3) | 1684 (79.7) |  |