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| **Appendix table 1. Frailty criteria** |
| Cohort(Geographic location in Japan) | Data | Weight loss | Exhaustion | Weakness | Slowness | Low activity |
| A(Central part) | 2012/2017 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 2.4 m） | 1) Low levels of physical exercise <1 day/week2) Regular physical activities <1 day/weekApplicable to both questions |
| B(Central part) | 2012 | Weight loss ≥ 5% in the past 2 years (physically measured) | 1) I felt that everything I did was an effort (CES-D #7)2) I could not get going (CES-D #20)Applicable to one or both questions | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 10 m） | The lower 20% physical activity (METs/day) by gender (modified Minnesota Leisure Time Physical Activity Questionnaire) |
| C(Capital area) | 2012/2017 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: women <18 kg(only women data) | Normal walking speed: <1.0 m/s (distance: 5 m） | 1) Take regular walks2) Perform light gymnastics regularly3) Exercise regularlyNot applicable to all questions |
| D(Mid-eastern part) | 2012/2017 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 5 m） | 2012：Frequency of going outdoors <1 time/a few days2017:1) Low levels of physical exercise <1 day/week2) Regular physical activities <1 day/weekApplicable to both questions |
| E(Capital area) | 2012/2017 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 2012 10 m, 2017 5 m） | 1) Low levels of physical exercise <1 day/week2) Regular physical activities <1 day/weekApplicable to both questions |
| F(Capital area) | 2017 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 5 m） | 1) Low levels of physical exercise <1 day/week2) Regular physical activities <1 day/weekApplicable to both questions |
| G(Southwestern part) | 2012 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 6 m） | Frequency of going outdoors <1 day/week(Kihon Checklist #16) |
| H(Suburbs of capital area) | 2012/2017 | 2012: Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11)2017：Weight loss ≥ 5% in the past 2 years (measured with the InBody430a) | 1) Find it difficult to do what was easy before in the past 2 weeks (Kihon Checklist #23)2) Feel constant tiredness in the past 2 weeks (Kihon Checklist #25)Applicable to one or both questions | Grip strength:the lower 20 % by gender and BMI | Normal walking speedb:the lower 20% by gender and height (distance: 5 m） | The lower 20 % of physical activity (METs/day) by gender (Global Physical Activity Questionnaire) |
| I(Southwestern part) | 2017 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 5 m） | 1) Low levels of physical exercise <1 day/week2) Regular physical activities <1 day/weekApplicable to both questions |
| J(Southern part) | 2017 | Unintentional weight loss ≥2-3 kg/6 months (Kihon Checklist #11) | Constant tiredness in the past 2 weeks (Kihon Checklist #25) | Grip strength: men <26 kg, women <18 kg | Normal walking speed: <1.0 m/s (distance: 10 m） | 1) Low levels of physical exercise <1 day/week2) Regular physical activities <1 day/weekApplicable to both questions |
| a. InBody430 (InBody Japan, Tokyo, Japan); b. Slowness was recalculated (<1.0 m/s) for the meta-analysis |