

**Supplemental Table 1.** Prevalence of each frailty component at baseline and follow-up according to the transitions of frailty

Frailty status at follow-up		Transitions of frailty (n = 469)					
		Deterioration		Persistence		Reversal	
		Frailty n = 32		Prefrailty n = 307		Robustness n = 130	
Frailty criteria at baseline							
Total number of frailty criteria	Mean (standard deviation)	1.53	(0.51)	1.34	(0.47)	1.19	(0.40)
Shrinking	n, %	2	, 6.3%	49	, 16.0%	45	, 34.6%
Weakness	n, %	9	, 28.1%	37	, 12.1%	2	, 1.5%
Exhaustion	n, %	18	, 56.3%	186	, 60.6%	66	, 50.8%
Slowness	n, %	5	, 15.6%	18	, 5.9%	1	, 0.8%
Low activity	n, %	15	, 46.9%	120	, 39.1%	41	, 31.5%
Frailty criteria at follow-up							
Total number of frailty criteria	Mean (standard deviation)	3.22	(0.49)	1.32	(0.47)	0.00	-
Shrinking	n, %	16	, 50.0%	38	, 12.4%	0	-
Weakness	n, %	21	, 65.6%	42	, 13.7%	0	-
Exhaustion	n, %	24	, 75.0%	198	, 64.5%	0	-
Slowness	n, %	21	, 65.6%	19	, 6.2%	0	-
Low activity	n, %	21	, 65.6%	107	, 34.9%	0	-

**Supplemental Table 2.** Baseline dairy intakes according to transitions of frailty\*

Frailty status at follow-up		Transitions of frailty (n = 469)						P-value	P-trend ‡
		Deterioration		Persistence		Reversal			
		Frailty n = 32		Prefrailty n = 307		Robustness n = 130			
Milk and dairy products <sup>  </sup>	g/day	76.1	(28.9) <sup>  </sup>	127.7	(20.0)	161.5	(21.8)	<0.01	<0.01
Milk ¶	g/day	46.0	(21.0)	73.6	(9.5)	96.5	(11.8)	0.04	0.02
Natural milk	g/day	26.7	(19.2)	60.7	(8.7)	73.3	(10.8)	0.07	0.02
Low fat milk	g/day	19.2	(12.9)	12.8	(5.8)	23.2	(7.3)	0.33	0.77
Yogurt	g/day	7.8	(9.8)	27.3	(4.4)	36.4	(5.5)	0.02	0.01
Cheese	g/day	2.9	(1.1)	1.9	(0.5)	3.1	(0.6)	0.12	0.92

\* General linear model used. Estimated mean (standard error), all such values.

† Adjusted for sex, baseline age, years of education, annual family income, smoking status, chronic disease history, and total number of frailty criteria at baseline.

‡ § The trend test of the general linear model used with ascending ordinal values, -1, 0, 1, assigned to “deterioration,” “persistence,” and “reversal,” respectively.

|| Milk and dairy products contain natural milk, low-fat milk, yogurt, cheese, butter, and others.

¶ Milk contains natural milk, low-fat milk, and others.