**Supplementary Table S2: The components of the Frailty phenotype (FP)**

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|  **Components** | **Answer options/categorization** | **Frailty criteria** |
| 1 | Weight loss, kg |  |  |  |  |  |  |  |  |  |  |
|  |  | “In the past year have you lost 4.5kg (10lbs.) or more in weight when you weren’t trying to, for example, because of illness?” | 1 = No |  |  |  | Answer 2 = 1 point |
|  |  | 2 = Yes |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | Exhaustion |  |  |  |  |  |  |  |  |  |  |  |
|  |  | “How often in the last week did you feel that: | 0 = less than one day |  | Answers 2 or 3 = 1 point |
|  |  |  (a) Everything I did was an effort |  | 1 = 1 to 2 days |  |  |  |  |  |
|  |  |  (b) I could not get going” |  |  | 2 = 3 to 4 days |  |  |  |  |  |
|  |  |  |  |  |  |  | 3 = most of the time |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | Grip strength, kg  |  |  |  | Male | Female | Values below cut-off values = 1 point |
|  |  | Cut-off for weakness: lowest 20th percentile of controls by gender | 29.9 |  | 19.5 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | Walking speed, m/s |  |  |  | Male | Female | Values below cut-off values = 1 point |
|  |  | Cut-off for slowness: lowest 20th percentile of controls by gender | 0.83 |  | 0.80 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 5 | Physical activity, MET-min/week |  |  | Walking MET-minutes/week = 3.3 \* walking minutes \* walking days | <600 MET-min/week = 1 point |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | Moderate MET-minutes/week = 4.0 \* moderate-intensity activity minutes \* moderate days |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | Vigorous MET-minutes/week = 8.0 \* vigorous-intensity activity minutes \* vigorous-intensity days |  |  |  |
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