**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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