Supplementary Table S4: Observed health deficits and their domains in Frailty Index

| **Domains/deficits** | | **Points** |
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| **Physical domain** | |  |
| 1 | Angina | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 2 | Arthritis | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 3 | Asthma | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 4 | Body mass index | <18.5kg = 1; 18.5kg to 24kg = 0; >25kg = 1 |
| 5 | Bronchitis | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 6 | Cancer | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 7 | Cataract | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 8 | Chest discomfort | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 9 | Chest pain | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 10 | Diabetes | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 11 | Eyesight | Excellent = 0; Very good = 0; Good = 0; Fair = 0; Poor = 1; Registered/legally blind = 1 |
| 12 | Fallen in past 12 months | No = 0; Yes = 1; Don’t know = 0 |
| 13 | Glaucoma | No = 0; Yes = 1; Don’t know = 0 |
| 14 | Hearing problems | No = 0; Yes = 1; Don’t know = 0 |
| 15 | Heart attack | No = 0; Yes = 1; Don’t know = 0 |
| 16 | High blood pressure\* | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 17 | Postural hypotension\* | Reduction in systolic BP of >20 mmHg or dystolic BP > 10 mmHg after standing for at least a minute |
| 18 | Shortness of breath (when walking on level ground) | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 19 | Sputum production in the morning | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 20 | Sputum production/cough increases for >3 months over past 4 years | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 21 | Stroke | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 22 | Tachycardia\* | Heart rate >100 beats per minute |
| 23 | Thyroid disease | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 24 | Ulcer/indigestion (gastroesophageal reflux/stomach/ duodenal) | No = 0; In last year = 1; >1 year ago = 1; Don’t know = 0 |
| 25 | Waist-hip-ratio | Men (≥0.90), Women (≥0.85) = 1; Otherwise = 0 |
| **Functional domain** | |  |
| 26 | Problems with doing household chores? | No = 0; Yes = 1; Don’t know = 0 |
| 27 | Able to (Any one of below present = 1): | No = 1; Yes = 0; Yes but with some help = 1 |
|  | - self-groom: brush hair, brush teeth or wash face? |
|  | - dressing: putting on a t-shirt, buttoning, zipping or putting on shoes |
|  | - bathing: bath or shower |
| 28 | Difficulty walking up and down the stairs | No = 0; Yes = 1 |
| 29 | Difficulty walking a mile | No = 0; Yes = 1 |
| 30 | Physical function | Scores < 8 = 1; Scores 8 = 0 (Lawton’s IADL –refer Supplementary Table S1) |
|  |  |  |
| **Psychosocial domain** | |  |
| 31 | Anxiety | Scores 0-3 normal = 0; 4-5 mild = 1, 6-7 moderate = 1; >8 severe = 1 (DASS-21 –refer Supplementary Table S1 |
| 32 | Depression | Scores 0-4, normal = 0; 5-6, mild = 1; 7-10, moderate = 1; >11, severe = 1 OR medical history = 1 (DASS-21 –refer Supplementary Table S1) |
| 33 | Memory (self-rated) | Excellent = 0; Very good = 0; Good = 0; Fair = 0; Poor = 1 |
| 34 | Stress | Scores 0-7 normal = 0; 8-9 mild = 1; 10-12 moderate =1; >13 severe = 1 (DASS-21 – refer Supplementary Table S1) |
| 35 | Social support | Scores < 12 =1; Scores > 12 = 0 (LSNS-6 – refer Supplementary Table S1) |
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\*Clinically assessed. Abbreviations: BP – blood pressure; IADL – Instrumental activities of daily living; DASS-21 – Depression Anxiety Stress Scales-21; LSNS-6 – Lubben Social Network Scale-6