Supplementary Figure: Participant Flow Chart

1-year Follow-Up, with on-site physical assessments

1-year Follow-Up, completing at least telephone interview

Baseline Analysis

166 could not be assessed physically due to COVID-19

238 participants

Baseline robust: 162 (68.1%)

Baseline prefrail: 70 (29.4%)

Baseline frail: 6 (2.5%)

809 participants

Baseline robust: 489 (60.4%)

Baseline prefrail: 296 (36.6%)

Baseline frail: 24 (3.0%)

404 participants

Baseline robust: 237 (58.7%)

Baseline prefrail: 155 (34.8%)

Baseline frail: 12 (3.0%)

114 not due for 1-year follow-up

291 missed 1-year follow-up

* Not contactable or declined attendance
* Study disruption due to COVID-19

Excluded 269 participants with missing data for IC

1, 078 participants recruited