Supplementary Table 1:Baseline characteristics of patients who were included and excluded at 18-months follow-up.

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| --- | --- | --- | --- |
|  | **Included (N=197)****Mean (SD) or n (%)** | **Excluded (N=43)****Mean (SD) or n (%)** | **p value** |
| Age (years) | 67.4 (5.7) | 69.6.4 (6.4) | 0.024\* |
| Gender (Females) | 119 (60.4) | 26 (60.5) | 0.994 |
| Race  Malay Chinese Indian Indigenous people | 103 (52.3)31 (15.7)16 (8.1)47 (23.9) | 8 (18.6)11 (25.6)5 (11.6)19 (44.2) | 0.001\* |
| Marital status Single Married Separated Divorced Widowed | 5 (2.5)149 (75.6)4 (2.0)7 (3.6)32 (16.2) | 0 (0)30 (69.8)0 (0)3 (7.0)10 (23.3) | 0.391 |
| Education level Lower education  (No formal education/  Primary) Higher education (Secondary/ College/  Vocational/ Tertiary/  University)  | 75 (38)122 (62) | 30 (69.7)13 (30.3) | <0.001\* |
| UrbanRural | 160 (81.2)37 (18.8) | 24 (55.8)19 (44.2) | <0.001\* |
| Occupational status Working Pensioners\*\* Unemployed | 20 (10.2)96 (48.7)81 (41.1) | 5 (11.6)14 (32.6)24 (55.8) | 0.147 |
| Household income < 1501 1501- 3000> 3001 | 91 (47.1)53 (27.5)49 (25.4) | 25 (58.2)9 (20.9)9 (20.9) | 0.760 |
| House Ownership Owner (with mortage) Owner (no mortage) Renting  Living with family | 24 (22.2)76 (70.4)4 (3.7)4 (3.7) | 7 (16.3)27 (62.8)3 (7.0)6 (14.0) | 0.191 |
| Living conditions Alone With spouse only With children only With family members/relatives | 9 (4.6)56 (28.4)40 (20.3)92 (46.7) | 0 (0)9 (20.9)9 (20.9)25 (58.1) | 0.302 |
| PFFS-M (doctors’ assessment) | 3.83 (3.28) | 5.28 (4.30) | 0.014 |
| PFFS-M (doctors’ assessment) No Frailty (Scores 0-3) At-risk of frailty (Scores 4-5) Frail (Scores 6 and above) | 110 (55.8)47 (23.9)40 (20.3) | 15 (34.9)15 (34.9)13 (30.2) | 0.045\* |
| Multimorbiditya* 1. health conditions

 2+ health conditions | 69 (80.2)121 (84.6) | 17 (19.8)22 (15.4) | 0.468 |
| MMSE | 26 (4) | 24 (6) | <0.001\* |
| Grip StrengthMaleFemale | 27.21 (7.99)17.59 (4.75) | 24.76 (6.42)15.42 (5.31) | 0.2000.044\* |
| Timed-Up-Go | 13.00 (5.75) | 14.28 (6.36) | 0.207 |
| SPPB Score | 7.45 (1.91) | 7.56 (1.79) | 0.735 |
| Katz ADL | 5.91 (0.09) | 5.69 (1.20) | 0.029\* |
| Lawton ADL | 7.49 (1.26) | 7.38 (1.41) | 0.612 |

\*p value <0.05

a Missing not included

\*\*in receipt of Malaysian government pension

MYR, Malaysian Ringgit

PFFS-M, Pictorial Fit Frail Scale-Malay version

MMSE, Mini Mental State Examination

SPPB, Short Physical Performance Battery

ADL, Activities of Daily living

IADL, Instrumental Activities of Daily living