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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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\* |
| Urban  Rural | 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 Strength  Male  Female | 27.21 (7.99)  17.59 (4.75) | 24.76 (6.42)  15.42 (5.31) | 0.200  0.044\* |
| 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