

Appendix 2 (as submitted by the authors): The 42 variables constituting the Frailty Index: percent present at each of the seven cycles

Variable name	1994-5	1996-7	1998-9	2000-1	2002-3	2004-5	2006-7
	(%)	(%)	(%)	(%)	(%)	(%)	(%)
long term disabilities or handicaps	17.1	16.4	16.1	15.5	18.2	19.9	21.4
restriction of activity due to poor health	23.1	22.7	22.6	22.5	27.0	28.5	30.8
help for preparing meals	2.3	2.7	3.1	3.3	3.8	3.9	4.0
help for shopping for necessities	4.2	4.9	5.4	5.7	6.7	7.1	7.2
help for house work	4.8	5.6	6.1	6.5	7.5	7.9	8.6
help for heavy household chores	10.2	13.5	14.8	16.3	18.3	18.7	18.4
help for personal care	1.4	2.1	2.7	3.3	3.5	3.7	3.8
help for moving inside house	0.9	1.6	2.1	2.3	2.4	2.8	2.4
food allergies	5.8	7.3	7.4	7.2	9.1	9.3	9.8
asthma	6.0	7.0	7.5	8.1	8.2	8.7	8.7
arthritis or rheumatism	16.7	19.8	21.4	19.8	23.9	26.7	28.4
back problems other than arthritis	15.2	15.8	15.7	16.1	19.1	19.3	20.3
high blood pressure	11.2	13.3	14.9	17.1	19.6	21.8	24.1
migraine headaches	7.6	8.0	8.2	9.3	9.5	9.4	9.4
chronic bronchitis or emphysema	3.6	3.5	3.2	3.0	3.2	3.3	3.2
diabetes	3.6	4.1	4.6	5.2	6.3	7.0	7.8
epilepsy	0.6	0.7	0.7	0.8	0.8	0.9	0.8
heart disease	5.1	5.5	5.9	6.3	6.9	7.0	7.5
cancer	1.9	1.8	2.0	2.1	2.0	2.3	2.1
stomach or intestinal ulcers	4.0	3.7	3.6	3.7	3.4	3.2	3.1
effects of a stroke	1.1	1.4	1.6	1.8	1.9	2.1	1.9
problems with urinary incontinence	1.3	2.3	3.3	3.2	4.7	4.8	5.6
dementia	0.1	0.6	0.8	0.9	1.1	1.3	1.3
cataracts	3.5	4.3	4.7	5.1	6.0	6.3	5.9
glaucoma	1.3	1.5	1.8	1.8	2.2	2.3	2.5
other chronic conditions	7.2	7.0	7.8	9.1	12.3	13.6	16.1
vision problem	3.1	2.3	2.9	2.2	2.3	2.5	2.2
hearing problem	2.4	1.7	2.3	1.5	1.8	1.9	2.0
walking difficulty	4.5	4.9	5.4	5.6	6.7	7.1	7.8
dexterity problem	1.2	1.4	1.4	1.3	1.3	1.2	1.4
cognitive problem	26.2	19.0	21.4	20.1	23.6	24.8	26.2
body pain prevents activities	17.9	14.9	16.2	15.9	17.3	18.6	18.9
speech problem	1.2	0.7	1.0	0.7	0.8	0.9	1.1
depression	11.6	8.3	8.3	8.5	9.2	9.1	8.8
difficulty carrying light weights	1.2	1.4	1.4	1.3	1.3	1.2	1.4
unhappy	3.7	3.5	3.7	4.0	4.1	4.1	4.1
less activity at home, work, or school	18.2	16.9	17.0	17.8	21.7	21.7	24.2
feel hopeless	6.8	5.3	5.1	5.2	5.0	5.4	5.4
lost weight	2.7	1.7	1.7	1.7	1.9	1.8	1.8
self-reported poor health	2.9	2.6	2.7	3.4	3.5	3.5	3.8
difficulty with problem solving	14.3	7.8	9.1	8.2	10.2	10.5	11.4
always feel tired	5.9	4.4	4.6	5.1	5.0	5.1	5.0