

Supplemental Table.

Weight loss	“In the past 12 months, have you lost more than 10 pounds unintentionally (i.e., not due to dieting or exercise)?”
Weakness	<p>Weakness was defined as adjusted mean grip strength in the stronger arm in the lowest 20th percentile of a community-dwelling population of adults aged 65 years and older.</p> <p><u>Men:</u> BMI ≤ 24 kg/m²: ≤ 29 kg BMI 24.1 – 26 kg/m²: ≤ 30 kg BMI 26.1 – 28 kg/m²: ≤ 31 kg BMI > 28 kg/m²: ≤ 32 kg</p> <p><u>Women:</u> BMI ≤ 23 kg/m²: ≤ 17 kg BMI 23.1 – 26 kg/m²: ≤ 17.3 kg BMI 26.1 – 29 kg/m²: ≤ 18 kg BMI > 29 kg/m²: ≤ 21 kg</p>
Exhaustion	Two items from the CES-D: (1) I felt that everything I did was an effort. (2) I could not get “going.” Patients were asked how often in the last week they felt this way, and those who chose “a moderate amount of the time (3-4 days)” or “most or all of the time (5-7 days)” to either question were considered to meet the exhaustion criterion for frailty.
Low activity	Leisure time physical activities over the 2 weeks before the study assessment were assessed using the short version of the Minnesota Leisure Time Activities Questionnaire. Weekly activities were converted to kilocalories of energy expenditure, and the frailty criterion if individuals were below the 20 th percentile of a community-dwelling elderly population based on gender (men, <383 kcal/week; women, <270 kcal/week).
Slow walking speed	<p>Individuals with a walking speed less than the 20th percentile of a community-dwelling elderly population, adjusted for gender and height:</p> <p><u>Men:</u> height ≤ 173 cm: ≥ 7 s height > 173 cm: ≥ 6 s</p> <p><u>Women:</u> height ≤ 159 cm: ≥ 7 s height > 159 cm: ≥ 6 s</p>