

**Appendix A.** Frailty index items coded 0 for absent, 1 for present.

Functional Deficits	Deficits of Diseases and Conditions	
<ul style="list-style-type: none"> <li>• Difficulty walking 1/2 mile</li> <li>• Difficulty walking up 10 steps</li> <li>• Unable to do heavy work</li> <li>• Difficulty lifting</li> <li>• Difficulty reaching out</li> <li>• Difficulty gripping with hands</li> <li>• Hearing impairment</li>   <li>• Vision impairment</li>   <li>• Dizziness</li> <li>• Unusually irritable</li> <li>• Trouble with focus</li>   <li>• Feelings of exhaustion</li> <li>• Lack of hope for future</li> <li>• Feelings of loneliness</li>   <li>• Trouble with initiation</li> </ul>	<ul style="list-style-type: none"> <li>• Previous heart attack</li> <li>• Angina</li> <li>• High blood pressure</li> <li>• Diabetes</li> <li>• Heart disease</li>   <li>• Cholecystitis or gall stones</li> <li>• Polyps of large bowel</li>   <li>• Stomach or peptic ulcer</li> <li>• Prostate problems</li> <li>• Kidney disease</li> <li>• Cancer (except skin)</li>   <li>• Arthritis</li>   <li>• Cataract</li>   <li>• Signs of parkinsonism</li>   <li>• Angina pectoris</li> </ul>	<ul style="list-style-type: none"> <li>• Awakened at night by coughing</li> <li>• Swelling of your feet or ankles</li> <li>• Lack of appetite</li>   <li>• Feelings of fear</li> <li>• Restless sleep</li>   <li>• Myocardial infarction</li>   <li>• Peripheral vascular disease</li> <li>• Pulmonary disease</li>   <li>• Fatigue past 2 weeks</li> <li>• Regular cough</li> <li>• Bronchitis (acute or chronic)</li> <li>• Bone Fracture</li>   <li>• Shingles</li>   <li>• Polypharmacy (&gt;5 medications)</li> <li>• Dissatisfied with quality of life</li> </ul>

**Appendix B.** Social Vulnerability index items coded 0 for absent, 1 for present.

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<b>Social Deficits</b>		
<ul style="list-style-type: none"><li>• When lonely, there is no one to talk to</li><li>• I rarely meet/talk with family or friends</li><li>• Cannot find somebody help w/ daily chore</li><li>• Do not know somebody that can turn to with personal problem</li><li>• Do not trust at least one person's advice</li><li>• Could not find someone to care for house</li></ul>	<ul style="list-style-type: none"><li>• Do not have somebody to talk to about important decisions</li><li>• People do not talk to you about important decisions</li><li>• Don't have people to help with things like shopping, etc.</li><li>• Living alone</li><li>• See few many relatives once a month</li><li>• Feel close to few people or relatives</li></ul>	<ul style="list-style-type: none"><li>• No close friends</li><li>• Do not participate in any groups</li><li>• Hearing cause difficulty when visiting friends</li><li>• Do not do regular volunteer work</li><li>• Marital status - Single</li><li>• Low yearly household income (&lt;15000)</li></ul>

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**Appendix C.** Protection index items coded 0 for absent, 1 for present.

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<b>Protective Factors</b>		
<ul style="list-style-type: none"><li>• Healthy Body mass index</li><li>• (BMI = 18.5-25)</li><li>• Calcium-channel blockers Use</li><li>• Take vitamins/supplements</li><li>• Recently visited a dentist</li><li>• Ace-inhibitors Use</li><li>• Beta-blockers Use</li><li>• High yearly income (&gt;\$30000)</li></ul>	<ul style="list-style-type: none"><li>• Availability of doctor</li><li>• Availability of hospital care</li><li>• Regular exercise</li><li>• Non-smoker</li><li>• Physical Active</li><li>• Satisfied with quality of life</li><li>• Climbed more than 6 flights of stairs per day</li></ul>	<ul style="list-style-type: none"><li>• Moderate Alcohol Intake per month (oz)</li><li>• Good self-rated general health</li><li>• Able to tolerate job stress</li><li>• Regular aspirin consumption</li><li>• Speak Japanese often</li><li>• Read or write Japanese now</li></ul>

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