

Table S1. Definitions of Risk Factors and Sources of Instruments Included in the HRA-O Questionnaire.^a

Risk Factor Domains (Alphabetical Order)	Instruments Used for Risk Assessment^d	Definition of Risk
1. Accident prevention	Use of seatbelt [National Center for Chronic Disease Prevention and Health Promotion, 1993]	Does not always wear a seat belt
2. Activities of daily living	Instrumental Activities of Daily Living (IADL) [Lawton and Brody, 1969] Item of Preclinical Mobility Disability [Fried et al., 2000] Item of Preclinical Mobility Disability [Fried et al., 2000]	Difficulty/ need for human assistance in ≥ 2 items of instrumental activities of daily living (IADL) Changed kind of mobility-related activity in past 12 months Decreased frequency of mobility-related activity in past 12 months
2. Alcohol use	Alcohol Use Disorders Identification Test [Babor et al., 1992]	Drinking more than age- and gender-specific limits of quantity and frequency of alcohol ^b
3. Falls	Study of Osteoporotic Fractures Research Group Survey [Kelsey et al., 1992] Fear of falling [Tinetti et al., 1988]	Repeated (≥ 1) falls in past 12 months Self-reported limitation of activities due to fear of falling
5. Health status	Self-perceived health status [Human Population Laboratory, 1965]	Self-perceived health status “fair” or “poor”
6. Hearing	Hearing Handicap Inventory for the Elderly [Lichtenstein et al., 1988]	Impaired hearing
7. Incontinence	Urinary incontinence (Medical, Epidemiological and Social Aspects of Aging Project Questionnaire) [Diokno et al., 1986]	Urinary incontinence on >5 days in past 12 months
8. Medication use	Use of medications [Breslow et al., 1997] Inappropriate medication use [Beers, 1997] Medication compliance [Breslow et al., 1997] Questionnaire on Drug-Related Symptoms in Elderly Outpatients [Wasson et al., 1992]	Use of ≥ 4 medications Use of long-acting benzodiazepine or amitriptyline Self-reported medication side effects Possible prescribed medication adverse reaction
9. Medical history	Chronic Conditions [Human Population Laboratory, 1965]	Presence of ≥ 3 chronic condition(s)
10. Memory	Memory Self Report [Riege, 1982]	Memory problems
11. Mood	5-item Mental Health Inventory Screening Test [Stewart et al., 1988]	Depressive mood

Table S1-continued. Definitions of Risk Factors and Sources of Instruments Included in the HRA-O Questionnaire.^a

Risk Factor Domains (Alphabetical Order)	Instruments Used for Risk Assessment^s	Definition of Risk
12. Nutrition	Self-reported height and weight	Body mass index <20 kg/m ²
	Self-reported height and weight	Body mass index ≥ 27 kg/m ²
	Self-reported weight loss of ≥ 5 kg in past 6 months	Loss of weight (≥ 5kg in past 6 months)
	CRISP (Cholesterol Reduction in Seniors Program) Fat Food Screening Questionnaire [Stoy et al., 1995]	Consumption of >2 high fat food items per day
	CRISP (Cholesterol Reduction in Seniors Program) Plant Food Screening Questionnaire [Stoy et al., 1995]	Consumption of <5 fruit/ fiber items per day
13. Oral health	Geriatric Oral Health Assessment Index [Atchison and Dolan, 1990]	Oral health problem
14. Pain	Geriatric Pain Measure [Ferrell et al., 2000]	Presence of moderate to severe pain
15. Physical activity ^c	PASE (Physical Activity Scale for the Elderly) [Washburn et al., 1993]	Moderate or strenuous physical activity <5 times/ week
16. Social factors	Medical Outcomes Study Social Support Survey [Sherbourne and Stewart, 1991]	Low level of emotional support
	Lubben Social Network Scale [Lubben et al., 1988]	High risk of social isolation
	Subscale Lubben Social Network Scale [Lubben et al., 1988]	Marginal family ties
	Subscale Lubben Social Network Scale [Lubben et al., 1988]	Marginal friendship ties
	Single-item question [Berkman and Syme, 1979]	No participation in social groups or organizations
17. Tobacco use	Tobacco Use Questionnaire [Breslow et al., 1997]	Current tobacco use
18. Vision	Visual Functioning Questionnaire [Mangione et al., 1998]	Problem in ≥ 1 vision sub-domains

^a HRA-O denotes Health Risk Appraisal for Older Persons (for full description of HRA-O questionnaire and sample reports see Study Protocol (supplementary material)).

^b Risk Possible misuse of alcohol was defined as drinking more than age- and gender-specific limits of quantity and frequency of alcohol (men < 70 years >14 drinks per week, men >70 years >11 drinks per week, women <70 years >11 drinks per week, women >70 years >8 drinks per week), or as meeting the criteria of binge drinking (>4 drinks at one occasion monthly or more frequently).

^c Based on participant self-reported number of days with moderate or strenuous level of physical activity.

Table S1-continued. Definitions of Risk Factors and Sources of Instruments Included in the HRA-O Questionnaire.^a

^a References (in alphabetical order):

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