

eTable 1. The 5-Component Fried Frailty Scoring Criteria*

Fried frailty score	Explanation
Shrinking	Self-reported unintentional weight loss ≥ 10 lb in the last year.
Weakness	Measured by having the patient squeeze a hand-held dynamometer (Jamar). Three serial tests of maximum grip strength with the dominant hand were performed, and a mean of the 3 values was adjusted by sex and BMI. Men met the criteria for weakness if their BMI and grip strength were ≤ 24 kg/m ² and ≤ 29 kg of force; 24.1 to 26 and ≤ 30 kg; 26.1 to 28 and ≤ 31 kg; > 28 and ≤ 32 kg, respectively. Women met the criteria for weakness if their BMI and grip strength were ≤ 23 kg/m ² and ≤ 17 kg; 23.1 to 26 and ≤ 17.3 kg; 26.1 to 29 and ≤ 18 ; and > 29 and ≤ 21 kg, respectively.
Exhaustion	Measured by responses to questions about effort and motivation. The following 2 statements were used from the modified 10-item Center for Epidemiological Studies-Depression scale: "I felt that everything I did was an effort" and "I could not get going." Subjects were asked, "How often in the last week did you feel this way?" Potential responses were 0 = rarely or none of the time (< 1 day); 1 = some or little of the time (1 to 2 days); 2 = a moderate amount of the time (3 to 4 days); and 3 = most of the time. Subjects answering either statement with a response of 2 or 3 met the criteria for exhaustion.
Low activity	Determined by inquiring about leisure time activities. Physical activities were ascertained for the previous 2 weeks using the short version of the Minnesota Leisure Time Activities Questionnaire, and included frequency and duration. Weekly tasks were converted to equivalent kilocalories of expenditure, and individuals reporting a weekly kilocalorie expenditure below the following criteria were classified as having low physical activity: men, < 383 kcal/wk; women, < 270 kcal/wk.
Slow walking speed	Measured by the speed at which a patient walks 15 feet. The final time was taken by averaging 3 trials of walking the 15 feet at a normal pace. Men met the slowness criteria if height and walk time were ≤ 173 cm and ≥ 7 seconds, or > 173 cm and ≥ 6 seconds, respectively. Women met criteria if height and walk time were ≤ 159 cm and ≥ 7 seconds, or > 159 cm and ≥ 6 seconds, respectively.

*Each domain yields a dichotomous score of 0 or 1, based on the criteria provided. Score classified patients as not frail (0 to 1), intermediate frail (2 to 3), and frail (4 to 5).