

Supplementary Table 1. 迷你肌少症风险评估量表中文版 (C-
SMRA)

	C-MSRA-7 得分	C-MSRA-5 得分
1. 您今年多大年龄啦？		
◇ ≥ 70 岁	0	0
◇ < 70 岁	5	5
2. 去年您是否住院治疗？		
◇ 是，且≥2次	0	0
◇ 是，但仅1次	5	10
◇ 没有	10	15
3. 您日常活动能力如何？		
◇ 我可以行走<1000米	0	0
◇ 我可以行走≥1000米	5	15
4. 您通常每天吃三顿饭吗？		
◇ 不，我经常（超过每周2次）不吃某顿饭（如：不吃早饭或晚餐只喝汤或茶）	0	0
◇ 是	5	15
5. 您平时是否吃以下食物中的至少一种？		
◇ 牛奶或奶制品（如：酸奶），但不是每天吃	0	-
◇ 牛奶或奶制品（如：酸奶），且至少每天1次	5	-
6. 您平时是否吃以下食物中的至少一种？		
◇ 禽类，肉类，鱼，蛋，豆制品，蔬菜炖肉或火腿，但不是每天吃	0	-
◇ 禽类，肉类，鱼，蛋，豆制品，蔬菜炖肉或火腿，且至少每天1次	5	-
7. 您去年是否有体重下降？		
◇ 是，且体重下降>2公斤	0	0
◇ 否；或者体重下降≤2公斤	5	10

C-MSRA: Chinese version of the Mini Sarcopenia Risk Assessment

Supplementary Table 2. The back-translated questionnaire of the

Chinse version of MSRA

	7 items Score	5 items Score
1. How old are you ?		
≥ 70 years	0	0
< 70 years	5	5
2. Were you hospitalized in the last year?		
Yes, and ≥ 2 times	0	0
Yes, but only one hospitalization	5	10
No	10	15
3. What is your regular activity level?		
I can walk < 1000 meters	0	0
I can walk ≥ 1000 meters	5	15
4. Do you eat three meals every day regularly?		
No, up to twice per week I skip a meal (e.g., I skip breakfast or I have only tea or soup for dinner.)	0	0
Yes	5	15
5. Do you consume any of the following foods?		
Milk or dairy products (e.g., yogurt), but not every day.	0	-
Milk or dairy products (e.g., yogurt), at least once per day.	5	-
6. Do you consume any of the following foods?		
Poultry, meat, fish, eggs, legumes, ragout or ham, but not every day	0	-
Poultry, meat, fish, eggs, legumes, ragout or ham, at least once per day	5	-
7. Did you lose weight in the last year?		
Yes, and $> 2\text{kg}$	0	0
No, or Yes, but $\leq 2\text{kg}$	5	10