

## Title page

### Title:

Sarcopenia for predicting mortality among elderly nursing home residents: SARC-F versus SARC-CalF

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**Supplementary Table 1. The SARC-CalF and SARC-F scales. Adapted from Barbosa-Silva et al. <sup>1</sup> and Malmstrom et al. <sup>2</sup>**

Components	Questions	SARC-F Score	SARC-CalF Score
Strength	How much difficulty do you have in lifting and carrying 10 pounds?	None=0 Some =1 A lot or unable = 2	None=0 Some =1 A lot or unable = 2
Assistance in walking	How much difficulty do you have walking across a room?	None=0 Some =1 A lot, use aids, or unable = 2	None=0 Some =1 A lot, use aids, or unable = 2
Rise from a chair	How much difficulty do you have transferring from a chair or bed?	None=0 Some =1 A lot or unable without help = 2	None=0 Some =1 A lot or unable without help = 2
Climb stairs	How much difficulty do you have climbing a flight of 10 stairs?	None=0 Some =1 A lot or unable = 2	None=0 Some =1 A lot or unable = 2
Falls	How many times have you fallen in the past year?	None=0 1-3 falls =1 4 or more falls = 2	None=0 1-3 falls =1 4 or more falls = 2
Calf circumference		-	Women: >33 cm = 0 ≤33 cm =10 Men: >34 cm = 0 ≤34 cm = 10

**References**

1. Barbosa-Silva TG, Menezes AM, Bielemann RM, et al. Enhancing SARC-F: Improving Sarcopenia Screening in the Clinical Practice. J Am Med Dir Assoc 2016;17(12):1136-41.
2. Malmstrom TK, Morley JE. SARC-F: a simple questionnaire to rapidly diagnose sarcopenia. J Am Med Dir Assoc 2013;14(8):531-2.