Supplementary Table 1. Agreement of low handgrip strength cut-points with impaired physical performance

	Men	Women
Positive percent agreement, %	16.5	16.1
Negative percent agreement, %	95.8	96.1
Kappa	0.164	0.161

Supplementary Table 2. Agreement of low lean mass cut-points with low handgrip strength

	Men	Women
Positive percent agreement, %	38.1	40.3
Negative percent agreement, %	83.1	78.5
Kappa	0.212	0.142

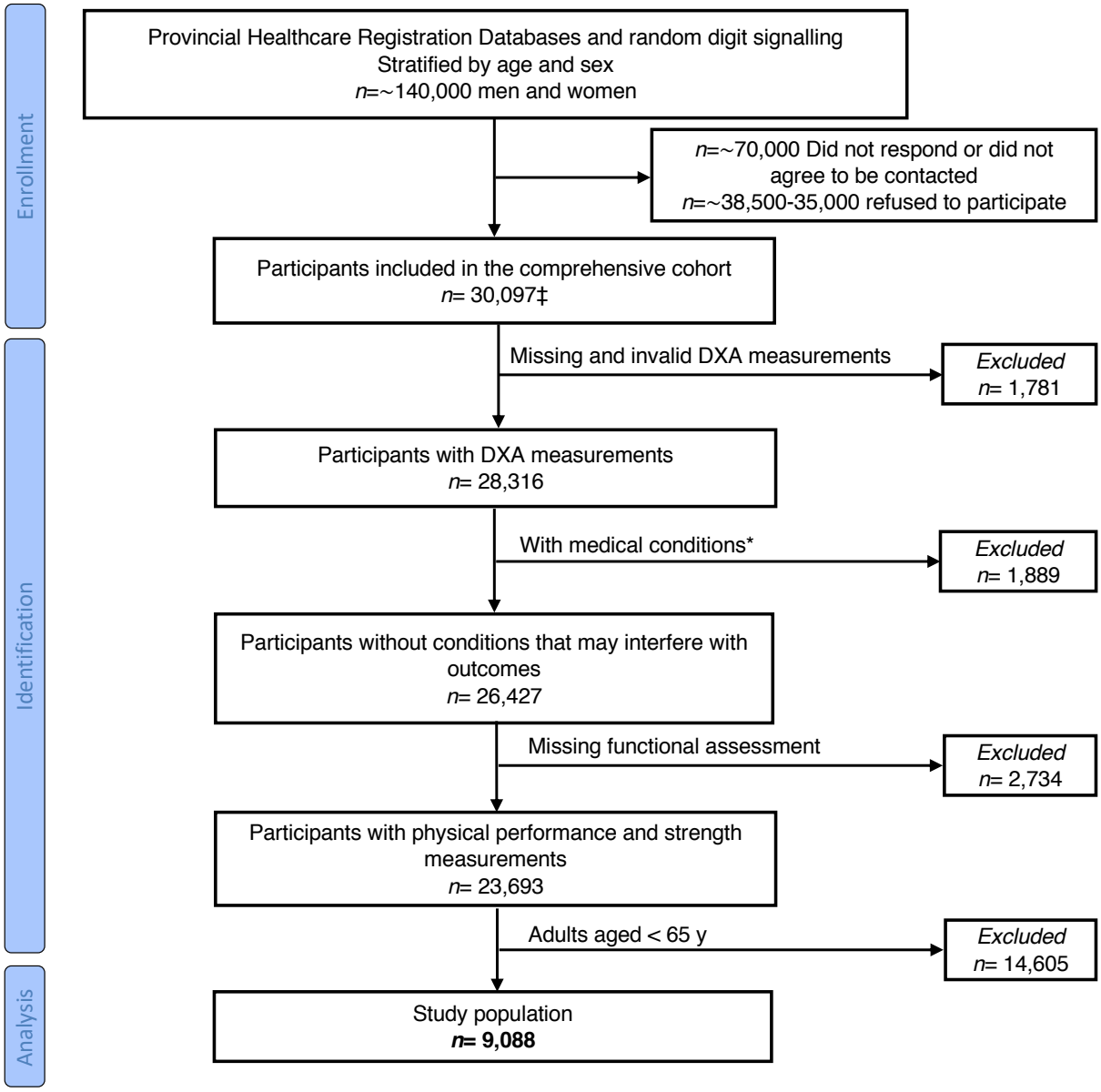
Supplementary Table 3. Agreement of the CLSA with the FNIH criteria for sarcopenia (low lean mass)

	Men	Women
Positive percent agreement, %	33.8	20.3
Negative percent agreement, %	79.7	86.9
Cohen's kappa	0.088	0.055

Supplementary Table 4. Agreement of the CLSA with the FNIH criteria for sarco-dynapenia

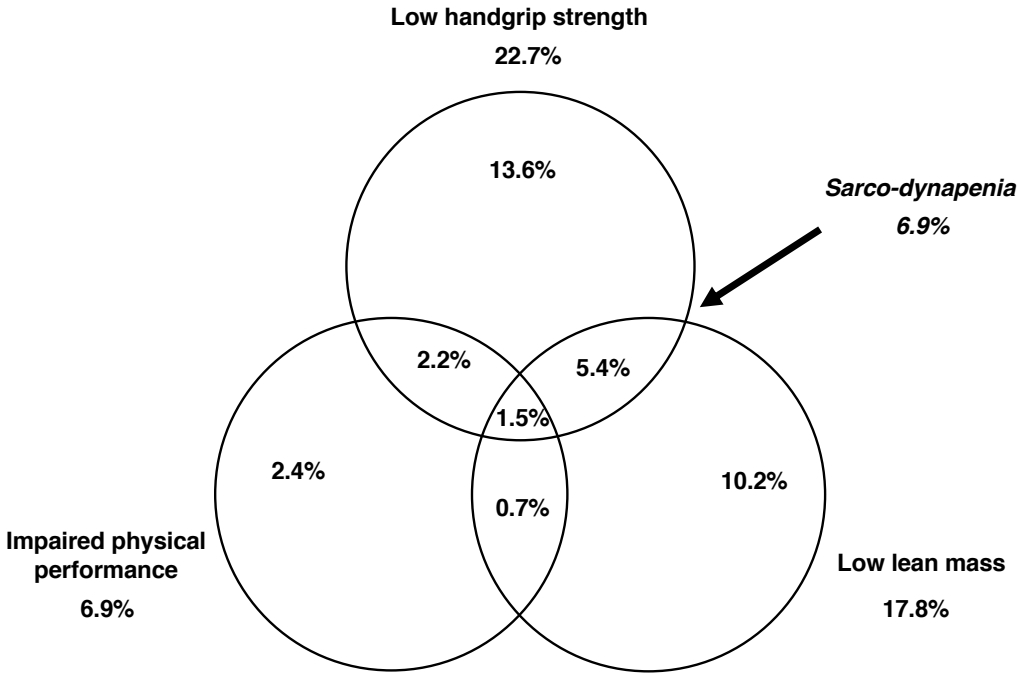
	Men	Women
Positive percent agreement, %	49.2	26.9
Negative percent agreement, %	92.3	94.8
Cohen's kappa	0.120	0.078

Supplementary Figure 1. Flow of participants in the CLSA cohort

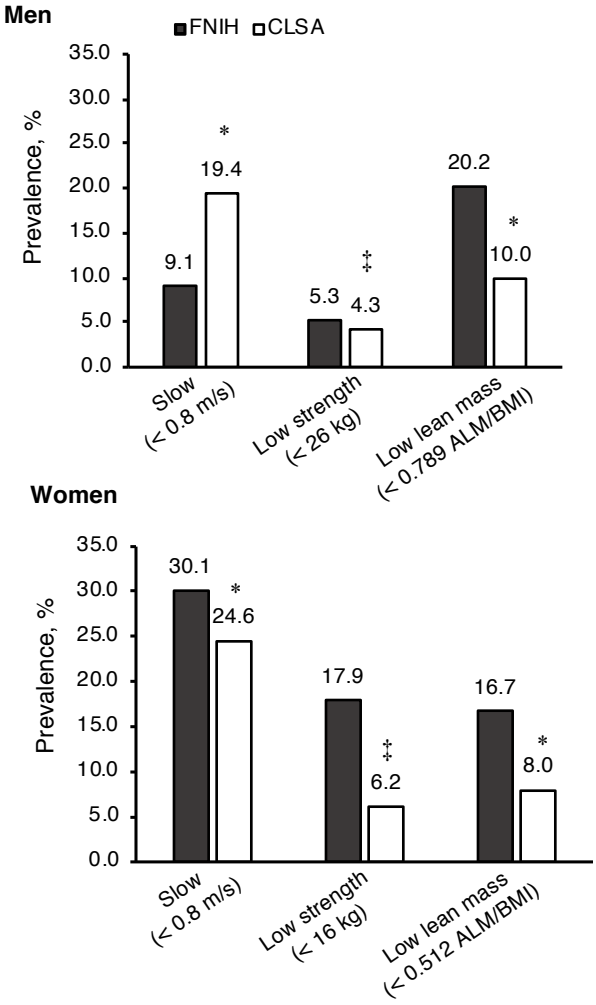


‡ Exclusion criteria are described by Raina et al. [20] . *Medical conditions that may have interfered with any of the measured outcomes including multiple sclerosis, Alzheimer's disease, effects from stroke or transient ischemic attack (TIA), Parkinson's disease, surgery within last 3 months, polio, unstable heart condition within last 3 months, pulmonary embolism within last 6 weeks, chemotherapy within last 4 weeks.

Supplementary Figure 2 Prevalence rates of impaired physical performance, low strength and low lean mass



Supplementary Figure 3 Prevalence rates of low gait speed, strength and lean mass reported by the FNIH Sarcopenia Project and applying the FNIH criteria to the CLSA



Chi-square test, *p-value < 0.001, ‡ p-value < 0.01 vs. the FNIH prevalence.