

Frailty score components¹⁻³.

1 - Shrinking:	Self-reported unintentional weight loss in the last year. Point earned if: ≥ 10 lb lost in the previous year and/or BMI < 18.5 kg/m ² .			
2 - Weakness:	Using a hand-held dynamometer in the arm without a functioning shunt, performed in triplicate, requesting the individual to exert the greatest possible force. Point earned if:			
	MEN		WOMEN	
	BMI (kg/m ²):	Strength (kg):	BMI (kg/m ²):	Strength (kg):
	≤ 24.0	≤ 29.0	≤ 23.0	≤ 17.0
24.1-26.0	≤ 30.0	23.1-26.0	≤ 17.3	
26.1-28.0	≤ 30.0	26.1-29.0	≤ 18.0	
> 28.0	≤ 32.0	> 29.0	≤ 21.0	
3 - Exhaustion:	Two questions from the Center for Epidemiological Studies Depression Scale were used. Item seven: "I felt that everything I did was an effort" and item twenty: "I could not get going". Point earned if: Answered "yes" to either of the two questions.			
4 - Slow walking speed:	The time taken to walk 15 ft in a straight line was assessed in triplicate. Point earned if:			
	MEN		WOMEN	
	Height (cm):	Time (s):	Height (cm):	Time (s):
	≤ 173	≥ 7	≤ 159	≥ 7
> 173	≥ 6	> 159	≥ 6	
5 - Low physical activity:	The Minnesota Leisure Time Physical Activity Questionnaire was used, and the weekly caloric expenditure was calculated for each activity performed. Point earned if:			
	MEN		WOMEN	
	Weekly caloric expenditure (kcal): < 383		Weekly caloric expenditure (kcal): < 270	

References

1. Fried LP, Tangen CM, Walston J, et al. Frailty in older adults: Evidence for phenotype. *J Gerontol A Biol Sci Med Sci*. 2001;56(4):146-156.
2. Batistoni SS, Neri AL, Cupertino AP. Validity of the Center for Epidemiological Studies Depression Scale among Brazilian elderly. *Rev Saude Publica*. 2007;41(4):598-605.
3. Lustosa LP, Pereira DS, Dias RC, et al. Tradução e adaptação transcultural do Minnesota Leisure Time Activities Questionnaire em idosos. *Geriatr Gerontol*. 2011;5(2):57-65.