

Supplementary material:

Table 1 Fried frailty scale (0-5 points - 1 point for each criterion).

Weight loss	Self-reported unintentional weight loss (≥ 4.5 kg in the last year)
Exhaustion	Based on two questions from the Center for Epidemiological Studies–Depression scale: “How often in the last week did you feel that everything you did was an effort?” and “How often in the last week did you feel that you could not get going. Answer: “a moderate amount of the time (3-4 days)” or “most of the time” to either of these questions fulfilled exhaustion criterion.
Low physical activity	Based on Minnesota Leisure Time Activity questionnaire. Physical activity < 383 kcal/week (men) and < 270 kcal/week (women).
Walk Time	Time required to walk 4,57meters in a straight line: ≥ 7 seconds: <ul style="list-style-type: none"> men: height ≤ 173 cm women: height ≤ 159 cm ≥ 6 seconds: <ul style="list-style-type: none"> men: height > 173 cm women: height > 159 cm
Grip strength	Handgrip strength dynamometer score: Men: BMI(kg/m ²) Cutoff for grip strength (kg) ≤ 24 ≤ 29 24, 1 – 28 ≤ 30 > 28 ≤ 32 Women: BMI (kg/m ²) Cutoff for grip strength (kg) ≤ 23 ≤ 17 23, 1 – 26 $\leq 17,3$ > 29 ≤ 21

BMI - body mass index Result: 3-5 points - frailty; 1-2 points - pre-frailty; 0 points - not frail.

Table 2 The Edmonton Frail Scale.

Frailty domain	Item	0 point	1 point	2 point
Cognition	Please imagine that this pre-drawn circle is a clock. I would like you to place the numbers in the correct positions then place the hands to indicate a time of ‘ten after eleven’	No errors	Minor spacing errors	Other errors
General health status	In the past year, how many times have you been admitted to a hospital?	0	1-2	> 2
	In general, how would you describe your health?	‘Excellent’, ‘Very good’, ‘Good’	‘Fair’	‘Poor’
Functional independence	With how many of the following activities do you require help? (meal preparation, shopping, transportation, telephone, housekeeping, laundry, managing money, taking medications)	0-1	2-4	5-8
Social support	When you need help, can you count on someone who is willing and able to meet your needs?	Always	Sometimes	Never
Medication use	Do you use five or more different prescription medications on a regular basis?	No	Yes	
	At times, do you forget to take your prescription medications?	No	Yes	
Nutrition	Have you recently lost weight such that your clothing has become looser?	No	Yes	
Mood	Do you often feel sad or depressed?	No	Yes	
Continence	Do you have a problem with losing control of urine when you don’t want to?	No	Yes	
Functional performance	I would like you to sit in this chair with your back and arms resting. Then, when I say ‘GO’, please stand up and walk at a safe and comfortable pace to the mark on the floor (approximately 3 m away), return to the chair and sit down’	0-10 s	11-20 s	One of >20 s patient unwilling, or requires assistance

Result: 8-17 points - frailty; 6-7 points - pre-frailty; 0-5 points - not frail.

Table 3 The FRAIL scale.

Fatigue	"How much of the time during the past 4 weeks did you feel tired?" 1 = All of the time, 2 = Most of the time, 3 = Some of the time, 4 = A little of the time, 5 = None of the time. Responses of "1" or "2" are scored as 1 and all others as 0.
Resistance	"By yourself and not using aids, do you have any difficulty walking up 10 steps without resting?" 1 = Yes, 0 = No.
Ambulation	By yourself and not using aids, do you have any difficulty walking several hundred yards?" 1 = Yes, 0 = No.
Illnesses	For 11 illnesses, participants are asked, "Did a doctor ever tell you that you have [illness]?" 1 = Yes, 0 = No. The total illnesses (0-11) are recoded as 0-4 = 0 and 5-11 = 1. The illnesses include hypertension, diabetes, cancer (other than a minor skin cancer), chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis, stroke, and kidney disease.
Loss of weight	unintentional weight loss > 5% in the last year

Result: 3-5 points - frailty; 1-2 points - pre-frailty; 0 points - not frail.

Table 4 The Clinical Frailty Scale.

Category	Symptoms
1. Very fit	Robust, active, energetic, well-motivated and fit; these people commonly exercise regularly and are in the most fit group for their age
2. Well	Without active disease, but less fit than people in category 1
3. Well. With treated comorbid disease	Disease symptoms are well controlled compared with those in category 4
4. Apparently vulnerable	Although not frankly dependent, these people commonly complain of being "slowed up" or have disease symptoms
5. Mildly frail	With limited dependence on others for instrumental activities of daily living
6. Moderately frail	Help is needed with both instrumental and non-instrumental activities of daily living
7. Severely frail	Completely dependent on others for the activities of daily living, or terminally ill

Result: 5-7 category - frailty; 4 category - pre-frailty; 1-3 category - not frail.