

Supplementary Table 1: Criteria used for frailty operationalization

Category	Criterion or cutoff value*
Gait Speed	
Female, <=159 cm	0.43 m/s
Female, >159 cm	0.50 m/s
Male, <=173 cm	0.50 m/s
Male, >173 cm	0.60 m/s
Grip Strength	
Female, Underweight: BMI <=23	13.0 kg
Female, Normal: BMI 23 - <=26	14.1 kg
Female, Overweight: BMI 26 - <=29	14.5 kg
Female, Obese: BMI >= 29	14.3 kg
Male, Underweight: BMI <=24	21.4 kg
Male, Normal: BMI 24 - <=26	23.7 kg
Male, Overweight: BMI 26 - <=28	25.5 kg
Male, Obese: BMI >28	24.8 kg
Low Physical Activity	Never engage in vigorous activities AND never go walking
Exhaustion	Self-report low energy OR easily exhausted
Unintentional Weight Loss OR Low BMI	Lost 10 lbs in past year OR BMI<18.5

*Cut-offs for gait speed and grip strength tests were based on values for the lowest 20% of participants.