

Supplementary table 1. Frailty criteria used in the study

	Total, n (%)
Weight loss of >5kg	261 (3.8)
Exhaustion	1,627 (23.5)
Lowest 20% in BMI-specific hand-grip strength in this study population	1,337 (19.3)
Men:	
Strength $\leq 21.0\text{kg}$ for BMI $\leq 21.02\text{kg/m}^2$	
Strength $\leq 23.0\text{kg}$ for BMI 21.03-22.98 $\text{kg/m}^2$	
Strength $\leq 25.0\text{kg}$ for BMI 22.99-24.88 $\text{kg/m}^2$	
Strength $\leq 25.5\text{kg}$ for BMI $\geq 24.89\text{kg/m}^2$	
Women:	
Strength $\leq 13.0\text{kg}$ for BMI $\leq 21.67\text{kg/m}^2$	
Strength $\leq 14.8\text{kg}$ for BMI 21.68-23.77 $\text{kg/m}^2$	
Strength $\leq 15.0\text{kg}$ for BMI 23.78-25.97 $\text{kg/m}^2$	
Strength $\leq 15.0\text{kg}$ for BMI $\geq 25.98\text{kg/m}^2$	
Slowest 20% in height-specific gait speed	1,360 (19.6)
Men:	
$\leq 0.49\text{m/s}$ for height $\leq 165.0\text{cm}$	
$\leq 0.50\text{m/s}$ for height $\geq 165.1\text{cm}$	
Women:	
$\leq 0.42\text{m/s}$ for height $\leq 151.9\text{cm}$	
$\leq 0.44\text{m/s}$ for height $\geq 152.0\text{cm}$	
Lowest 20% in physical activity scale for the elderly	1,279 (18.5)
Men: $\leq 525.5\text{kcal}$	
Women: $\leq 321.1\text{kcal}$	
BMI: body mass index	