Additional file 1: Table S1: Fried’s Frailty Criteria used for the study

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| Unintentional Weight Loss | Have you lost more than 4.5 kg unintentionally in the past year?  | No=0Yes =1 |
| Exhaustion | “I felt that everything I did was an effort” “I could not get going” | *< 1x/week* | *0* |
| *1-2 x/week* |
| *3-4 x/week* | *1* |
| *>4 x/week* |
| *Low physical activity a* | no physical activity | *1* |
| minimal physical activity |
| light physical activity performed 2 to 4 hours per week (e.g., walking, gardening) | *0* |
| moderate physical activity 1-2 h/week |
| moderate physical activity ≥3 h/week |
| Physical exercise several times per week |
| Slow walking speed b | *♂ ≤ 173 cm**♀≤ 159 cm* | *≤ 0.66 m/s* | *1* |
|  | *♂ ≥ 173 cm**♀ ≥ 159 cm* | *≤ 0.77 m/s* |
| Weakness c | *♀ BMI ≤ 24,1🡪 <34KP**♀ BMI >24,1 🡪 <35KP**♂ BMI ≤ 24,7🡪 <47KP**♂ BMI 24,7-30,5🡪 <53KP**♂ BMI > 30,5🡪 <54KP* | *1* |

a adapted from the InCHIANTI study,  b first quintile of walking speed (4 m) in FRéLE study , c first quintile of grip strength in FRéLE study (Kilopascal)