

Supplementary Table 1. The deficit variables and their coding for the frailty index.

Deficit Variable	Coding
Co-morbidities (n=15)	
Has hypertension	Yes=1, no=0
Has dyslipidemia	Yes=1, no=0
Has diabetes or high blood glucose	Yes=1, no=0
Has cancer	Yes=1, no=0
Has chronic lung diseases	Yes=1, no=0
Has liver disease	Yes=1, no=0
Has heart disease	Yes=1, no=0
Has stroke	Yes=1, no=0
Has kidney disease	Yes=1, no=0
Has stomach or other digestive disease	Yes=1, no=0
Has emotional, nervous, or psychiatric problems	Yes=1, no=0
Has memory-related disease	Yes=1, no=0
Has arthritis or rheumatism	Yes=1, no=0
Has asthma	Yes=1, no=0
Has depressive symptoms *	Yes=1, no=0
Self-rating of health	Excellent=0, very good=0.25, good=0.5, fair=0.75, poor=1
Disabilities (n=5)	
Physical disabilities	Yes=1, no=0
Brain damage/mental retardation	Yes=1, no=0
Permanent vision damage	Yes=1, no=0
Permanent hearing damage	Yes=1, no=0
Permanent speech impediment	Yes=1, no=0
Activities of daily living (ADL) (n=19)	
Limitations in walking 100 meters	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in walking 1 kilometer	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in running/jogging 1 kilometer	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in dressing	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in bathing or showering	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in using toilet	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in crouching, kneeling or stooping	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in eating	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in doing household chores	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in preparing hot meals	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in getting into or out of bed	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in managing money	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in taking medications	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in shopping	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in climbing several flights of stairs	Yes=1, need help=0.66, a little=0.33, no=0
Limitations in getting up from a chair after sitting	Yes=1, need help=0.66, a little=0.33, no=0

for a long period

Limitations in reaching or extending arms Yes=1, need help=0.66, a little=0.33, no=0

Limitations in lifting weights over 5 kilograms Yes=1, need help=0.66, a little=0.33, no=0

Limitations in picking up a coin from a table Yes=1, need help=0.66, a little=0.33, no=0

* The depressive symptoms were measured using the Center for Epidemiologic Studies Depression (CES-D) Scale. Participants with CES-D scores no less than 10 were classified as having depressive symptoms.