

Supplementary materials

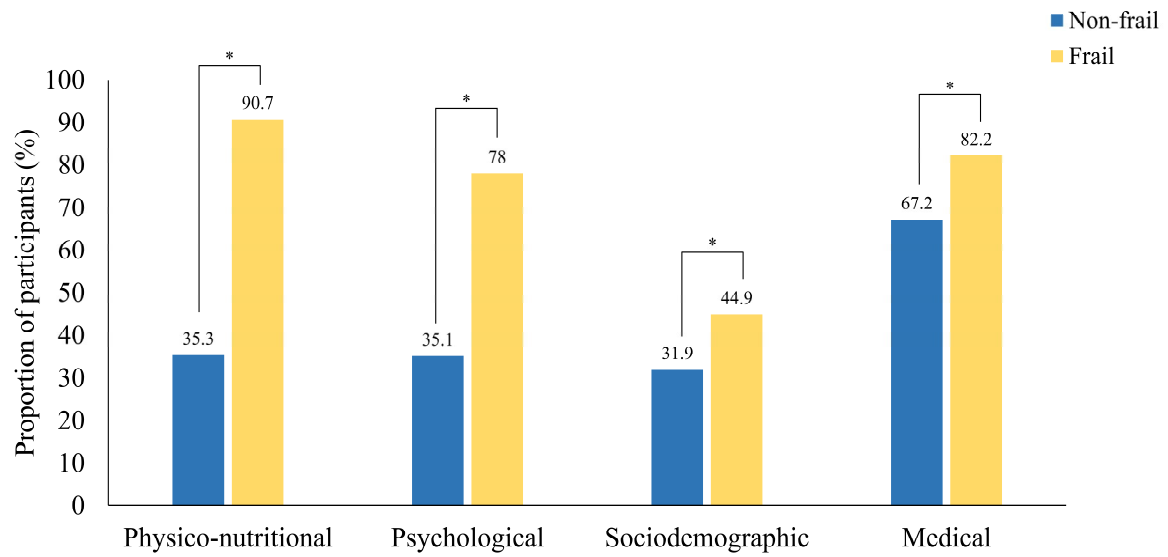


Figure S1. The proportion of risk domains across the frailty status (unstandardized sample); The frailty status was classified into non-frail and frail. The physico-nutritional domain was defined as having ≥ 1 risk of malnutrition, sarcopenia, severe mobility limitation, longer timed up and go (>12 seconds), and low short physical performance battery (≤ 9 scores). The psychological domain was defined as having ≥ 1 depressive symptom and poor self-perceived health. The sociodemographic domain was defined as having ≥ 1 of rural residence and poor social capital. The medical domain was defined as having ≥ 1 of polypharmacy, elevated hs-CRP (≥ 3 mg/L), elevated HbA1c ($\geq 6.5\%$), and low 25-hydroxyvitamin D (≤ 20 ng/mL). * $p < 0.001$.

Table S1. Prevalence of frailty status and component (unstandardized sample)

Variable	Unstandardized sample, n (%)			<i>p</i> Value
	Overall n=2,907	Men n=1,383 (47.6%)	Women n=1,524 (52.4%)	
Frailty status				
Robust	1313 (45.2)	695 (50.3)	618 (40.6)	
Pre-frail	1366 (47.0)	590 (42.7)	776 (50.9)	<0.001
Frail	228 (7.8)	98 (7.1)	130 (8.5)	
Frailty component				
Exhaustion	915 (31.5)	306 (33.4)	609 (66.4)	<0.001
Low physical activity	310 (10.7)	153 (11.1)	157 (10.3)	0.507
Slowness	590 (20.3)	284 (20.5)	306 (20.1)	0.760
Weakness	588 (20.0)	281 (20.3)	307 (20.1)	0.907
Unintentional weight loss	141 (4.9)	74 (5.4)	67 (4.4)	0.232
Frailty score				
0	1313 (45.2)	695 (50.3)	618 (40.6)	
1	936 (32.2)	404 (29.2)	532 (34.9)	
2	430 (14.8)	186 (13.4)	244 (16.0)	
3	168 (5.8)	71 (5.1)	97 (6.4)	<0.001
4	56 (1.9)	26 (1.9)	30 (2.0)	
5	4 (0.1)	1 (0.1)	3 (0.2)	