**Supplementary Table 1**

32-item Frailty Index: items and scoring of individual items.

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| **Self-reported deficit** | **Scoring** |
| Difficulty walking 100 meters | 0 = No; 1 = Yes |
| Difficulty rising from a chair | 0 = No; 1 = Yes |
| Difficulty climbing one flight of stairs | 0 = No; 1 = Yes |
| Difficulty stooping, kneeling or crouching | 0 = No; 1 = Yes |
| Difficulty reaching above shoulder height | 0 = No; 1 = Yes |
| Difficulty pushing/pulling large objects | 0 = No; 1 = Yes |
| Difficulty lifting/carrying weights >=10 pounds (4.5 Kg) | 0 = No; 1 = Yes |
| Difficulty picking up a coin from a table | 0 = No; 1 = Yes |
| Feeling lonely | 0 = None of the time, rarely;  0·5 = Some of the time;  1 = All the time |
| Self-rated physical health | 0 = Excellent, Very good, Good;  0·5 = Fair;  1 = Poor |
| Self-rated vision | 0 = Excellent, Very good, Good;  0·5 = Fair;  1 = Poor |
| Self-rated hearing | 0 = Excellent, Very good, Good;  0·5 = Fair;  1 = Poor |
| Self-rated day-to-day memory | 0 = Excellent, Very good, Good;  0·5 = Fair;  1 = Poor |
| Difficulty following a conversation with one person | 0 = None;  0·5 = Some;  1 = Much/Impossible |
| Daytime sleepiness | 0 = Never, slight chance;  0·5 = Moderate chance;  1 = High chance |
| Polypharmacy | 0 = No; 1 = Yes |
| Knee pain | 0 = No; 1 = Yes |
| Hypertension | 0 = No; 1 = Yes |
| Angina | 0 = No; 1 = Yes |
| Heart attack | 0 = No; 1 = Yes |
| Diabetes | 0 = No; 1 = Yes |
| Stroke or Transient ischemic attack | 0 = No; 1 = Yes |
| High cholesterol | 0 = No; 1 = Yes |
| Irregular heart rhythm | 0 = No; 1 = Yes |
| Other cardiovascular disease | 0 = No; 1 = Yes |
| Cataracts | 0 = No; 1 = Yes |
| Glaucoma or Age-related macular degeneration | 0 = No; 1 = Yes |
| Arthritis | 0 = No; 1 = Yes |
| Osteoporosis | 0 = No; 1 = Yes |
| Cancer | 0 = No; 1 = Yes |
| Varicose ulcer | 0 = No; 1 = Yes |
| Urinary incontinence | 0 = Never, slight chance;  0·5 = Moderate chance;  1 = High chance |