

Online Resource 2. List of the 42 items included in the frailty index and their scoring. For creating the 29-item FI, the 13 items of ADL and IADL were removed from the 42-item FI.

Item	Scoring
Hearing status	Perfect=0, Good=0.25, Pretty Good=0.5, Bad=0.75, Deaf or almost deaf=1
Vision status	Perfect=0, Good=0.25, Pretty Good=0.5, Bad=0.75, Blind or almost blind=1
Health prevents from doing things normally would like to do	No=0, Somewhat=0.5, Yes=1
Self-reported general health	Good=0, Mediocre=0.5, Bad=1
Cancer or leukemia	No=0, Yes=1
Rheumatoid arthritis	No=0, Yes=1
Arthritis	No=0, Yes=1
Chronic bronchitis or emphysema	No=0, Yes=1
Cataracts	No=0, Yes=1
Chest pain	No=0, Yes=1
Circulation problems in arms or legs	No=0, Yes=1
Persistent cough	No=0, Yes=1
Diabetes	No=0, Yes=1
Goiter or other gland problems	No=0, Yes=1
Heart failure	No=0, Yes=1
Hypertension	No=0, Yes=1
Kidney disease	No=0, Yes=1
Brittle bones	No=0, Yes=1
Sciatica	No=0, Yes=1
Anemia	No=0, Yes=1
Cerebral hemorrhage or blood clot in brain	No=0, Yes=1
Dizziness	No=0, Yes=1
Gastric ulcer	No=0, Yes=1
Allergies/allergic manifestations	No=0, Yes=1
Asthma	No=0, Yes=1
Shower and bathe ¹	No problem=0, Needs help=0.5, Cannot=1
Get in and out of bed ¹	No problem=0, Needs help=0.5, Cannot=1
Dress and undress ¹	No problem=0, Needs help=0.5, Cannot=1
Self-grooming ¹	No problem=0, Needs help=0.5, Cannot=1
Walking ¹	No problem=0, Needs help=0.5, Cannot=1
Trouble getting to toilet in time ¹	No=0, Yes=1
Travel further distances ²	Can travel alone=0, Can go by taxi=0.5, Needs helper, special assistance or doesn't travel=1
Housework ²	No problems=0, Needs help=0.5, Doesn't do=1
Prepare meals ²	Can plan/prepare=0, Can heat up=0.5, Doesn't cook=1
Manage medications ²	No problems=0, Needs help=0.5, Doesn't do=1
Manage money ²	No problems=0, Needs help=0.5, Doesn't do=1
Use telephone ²	Can look up numbers and dial=0, Needs help or doesn't use phone=1
Grocery shopping ²	Can shop=0, Needs help=0.5, Doesn't shop=1

Feeling lonely ³	Never, almost never, rather seldom=0 Quite often, always, almost always=1
Feeling depressed ³	Never, almost never or rather seldom=0 Quite often, always, almost always=1
Consider oneself happy and carefree	No=1, Yes=0
Usually feels tired	No=0, Yes=1

Note. ¹from the instrument of basic Activities of Daily Living (ADL), ²from the instrument of Instrumental Activities of Daily Living (IADL), ³from the Center for Epidemiologic Studies Depression Scale.