

Supplementary Table 1. The Korean version of the fatigue, resistance, ambulation, illnesses, and loss of weight (K-FRAIL) scale

Variable	Score
Fatigue : Have you ever felt tired in the past month?	
Always	1
Usually	1
Often	0
Sometimes	0
Never	0
Resistance : Is it hard to climb 10 steps alone without help?	
Yes	1
No	0
Ambulation : Is it hard to move 300 m alone without help?	
Yes	1
No	0
Illness : Have you ever heard from your doctor that you have any of the following diseases? (hypertension, diabetes mellitus, chronic lung disease, heart failure, angina, asthma, osteoarthritis, stroke, renal disease)	
0-4	0
5-11	1
Loss of weight : What is your weight now and a year ago?	
Loss ≥5%	1
Loss <5%	0

A score of 0 indicates robust, 1 to 2 prefrail, and 3 to 5 frail