

Supplementary Table 1. Variables included in the frailty index

	Items
Comorbidities	<ol style="list-style-type: none"> 1. Anemia 2. Arthritis 3. Asthma 4. Cancer 5. Cardiovascular disease (myocardial infarction, angina) 6. Cataract 7. Chronic obstructive pulmonary disease 8. Depression 9. Diabetes 10. Dyslipidemia 11. Hypertension 12. Stroke
Functional abilities	<ol style="list-style-type: none"> 1. Activities of daily living limitation 2. Inactivity 3. Difficulty in exercise 4. Difficulty in self-care 5. Difficulty in social activity 6. Hearing impairment 7. Chewing difficulty
Signs and symptoms	<ol style="list-style-type: none"> 1. Anxiety 2. Pain or discomfort 3. Stress 4. Suicidal ideation 5. Weight loss (weight loss of 3 kg or more in the prior year)
Laboratory values	<ol style="list-style-type: none"> 1. Systolic blood pressure (> 160 mmHg or < 90 mmHg) 2. Diastolic blood pressure (> 90 mmHg or < 50 mmHg) 3. Hemoglobin (> 18 g/dL or < 11 g/dL) 4. Blood urea nitrogen (> 20 mg/dL or < 7 mg/dL) 5. Creatinine (> 1.2 mg/dL or < 0.6 mg/dL) 6. Fasting glucose (> 250 mg/dL or < 90 mg/dL) 7. Fasting cholesterol (total cholesterol > 270 mg/dL or < 135 mg/dL) 8. High-density lipoprotein cholesterol (< 40 mg/dL) 9. Triglyceride (> 200 mg/dL) 10. Proteinuria (urine dipstick test positive) 11. Heart rate irregularity 12. Pulmonary function test abnormality
Additional items	<ol style="list-style-type: none"> 1. Body mass index (< 18.5 kg/m² or > 25 kg/m²) 2. Current smoking