

Supplementary Table S1. Components of Deficit-Accumulation Frailty Index

Components	Definition	Data Source and Measurement	Scoring
Medical history in the past year			
Dysuria	Do you have dysuria?	Self-report	No (0) Yes (1)
Fall	Have you fallen in the past 6 months?	Self-report	No (0) Yes (1)
Gait disorder	Clinical observation of gait disorder	Clinical observation	No (0) Yes (1)
Hearing impairment	Using pure-tone audiometry or whispered voice test (1) Pure-tone audiometry:	Objective measurement	No (0) Yes (1)
Hypertension	'H35031', 'H35032', 'H35033', 'H35039', 'I10', 'I110', 'I119', 'I12', 'I130', 'I1310', 'I1311', 'I132', 'I15', 'I674', 'N262'	Claims Data	No (0) Yes (1)
Stroke	'G45', 'G46', 'I60', 'I61', 'I62', 'I63', 'I64', 'I65', 'I66', 'I67', 'I68', 'I69'	Claims Data	No (0) Yes (1)
Vision impairment	Visual acuity testing	Objective measurement	No trouble (0) Blindness in one eye (0.5) Blindness in both eyes (1)
Biometric or laboratory measures			
Alanine aminotransferase level, IU/L ^a		Laboratory test	≤35 (0) 36-45 (0.5) ≥46 (1)
Body mass index, kg/m ² , or weight loss		Objective measurement	18.5 to 24.9 (0) 25.0 to 29.9 (0.5) ≥30 or ≤18.5 or weight loss 5% or more per

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Bone mineral density (T-score) ^b		Diagnostic test	year (1) ≥ -1.0 (0) -2.4 to -1.1 (0.5) ≤ -2.5 (1)
Estimated GFR, ml/min/1.73m ² ^c		Laboratory test	≥ 60 (0) 30 to 59 (0.5) ≤ 30 (1)
Estimated GFR, ml/min/1.73m ²		Laboratory test	≤ 99 (0) 100 to 125 (0.5) ≥ 126 (1)
Hemoglobin level, g/dL ^d		Laboratory test	Men: ≥ 13.0 (0) 12.0 to 12.9 (0.5) ≤ 11.9 (1) Women: ≥ 12.0 (0) 11.0 to 11.9 (0.5) ≤ 10.9 (1)
Systolic blood pressure, mmHg		Objective measurement	≤ 119 (0) 120 to 139 (0.5) ≥ 140 (1)
Total cholesterol, mg/dL ^e		Laboratory test	≤ 199 (0) 200-239 (0.5) ≥ 240 (1)
Physical health			
Physical activity, MET-minutes/week		Self-report	≥ 1,017 (0) 558 to 1,016 (0.3) 1 to 557 (0.6)

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3-m timed-up-and-go test, seconds		Objective test	0 (1) ≤ 10 (0) 11 to 19 (0.5) ≥ 20 (1)
Psychological health			
Have you dropped many of your activity or interests?		Self-report	No (0) Yes (1)
Do you feel worthless the way you are now?		Self-report	No (0) Yes (1)
Do you feel that your situation is hopeless?		Self-report	No (0) Yes (1)
Do you think your memory is inferior to your friends or colleagues?		Self-report	No trouble (0) Some (0.5) A lot (1)
Do you think your memory has worsened over the last year?		Self-report	No trouble (0) Some (0.5) A lot (1)
Are there times when you feel memory is an impediment when doing important things?		Self-report	No trouble (0) Some (0.5) A lot (1)
Do others know that your memory has worsened?		Self-report	No trouble (0) Some (0.5) A lot (1)
Do you think that, when performing daily activities, you have become clumsier than before?		Self-report	No trouble (0) Some (0.5) A lot (1)
Disability			
Do you take a bath or shower without assistance?		Self-report	No (0) Yes (1)
Do you get dressed without assistance?		Self-report	No (0) Yes (1)

Components	Definition	Data Source and Measurement	Scoring
If a meal is prepared, do you eat without assistance?		Self-report	No (0)
			Yes (1)
Do you get to the toilet without assistance?		Self-report	No (0)
			Yes (1)
Do you prepare your own meals?		Self-report	No (0)
			Yes (1)
Do you get to places out of walking distance, such as shops, neighbors, hospitals, and government offices, without assistance?		Self-report	No (0)
			Yes (1)

Abbreviations: GFR, glomerular filtration unite; MET, metabolic equivalent for task.

^a To convert to $\mu\text{kat/L}$, multiply by 0.0167.

^b Bone mineral density was only measured for women.

^c To convert to mmol/L , multiply by 0.0555.

^d To convert to g/L , multiply by 10.0.

^e To convert to mmol/L , multiply by 0.0259.