**Table S4**. Characteristics of the participants based on the standardized Fried criteria according to sex

| | **Overall** | | **Robust** | | **Pre-frail** | | |
|---|---|---|---|---|---|---|---|
| | **Males** | **Females** | **Males** | **Females** | **Males** | **Females** | **P-value** |
| N (%) | 51 | 198 | 21 (41.2) | 74 (37.4) | 30 (58.8) | 124 (62.6) | |
| Age, years | 67.3 ± 5.5 | 65.8 ± 5.3 | 68.3 ± 6 | 66 ± 5 | 66.6 ± 5.1 | 65.8 ± 5.4 | 0.278 |
| Race, n (%) | | | | | | | |
| Caucasian | 17 (33.3) | 72 (36.4) | 4 (19) | 28 (37.8) | 13 (43.3) | 44 (35.5) | 0.301 |
| Brown | 29 (56.9) | 109 (55.1) | 15 (71.4) | 41 (55.4) | 14 (46.7) | 68 (54.8) | |
| Black | 3 (5.9) | 14 (7.1) | 1 (4.8) | 5 (6.8) | 2 (6.7) | 9 (7.3) | |
| Other | 2 (3.9) | 3 (1.5) | 1 (4.8) | 0 (0) | 1 (3.3) | 3 (2.4) | |
| Living with partner, n (%) | 45 (88.2) | 114 (57.6) | 18 (85.7) | 50 (67.6) | 27 (90) | 64 (51.6) | **0.028*** |
| Post-secondary education, n (%) | 12 (23.5) | 39 (19.7) | 2 (9.5) | 14 (18.9) | 10 (33.3) | 25 (20.2) | **0.049**† |
| Body mass index, kg/m$^2$ | 28.2 ± 4.1 | 29.2 ± 4.7 | 27.4 ± 3.8 | 29 ± 4.4 | 28.8 ± 4.2 | 29.3 ± 4.9 | 0.209 |
| Fasting glucose, mg/dL | 117.3 ± 39.8 | 109.6 ± 29.5 | 123.9 ± 55 | 108.2 ± 29.4 | 112.5 ± 23.6 | 110.4 ± 29.7 | 0.323 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Triglycerides, md/dL | 159.6 ± 77 | 153 ± 74.6 | 158 ± 91.7 | 157.9 ± 90 | 160.7 ± 66 | 150.1 ± 63.9 | 0.477 |
| HDL-cholesterol, md/dL | 40.4 ± 11.1 | 47.4 ± 12.7 | 40 ± 9.7 | 46.9 ± 11.7 | 40.8 ± 12.2 | 47.6 ± 13.3 | 0.693 |
| LDL-cholesterol, md/dL | 123.3 ± 44.1 | 134.7 ± 44.5 | 128.2 ± 50.1 | 136.9 ± 46.7 | 119.7 ± 39.8 | 133.4 ± 43.3 | 0.503 |
| Total cholesterol, md/dL | 189.7 ± 44 | 209.1 ± 46.6 | 193.7 ± 49.8 | 209.4 ± 47.3 | 186.8 ± 40 | 208.8 ± 46.4 | 0.590 |
| Antihypertensive medication, n (%) | | | | | | | |
| Monotherapy | 19 (57.6) | 54 (45.4) | 7 (58.3) | 23 (48.9) | 12 (57.1) | 31 (43.1) | 0.529 |
| Combination therapy | 14 (42.4) | 65 (54.6) | 5 (41.7) | 24 (51.1) | 9 (42.9) | 41 (56.9) | 0.529 |
| Calcium channel blockers | 5 (15.2) | 11 (9.2) | 2 (16.7) | 4 (8.5) | 3 (14.3) | 7 (9.7) | 0.823 |
| Diuretics | 10 (30.3) | 51 (42.9) | 3 (25) | 16 (34) | 7 (33.3) | 35 (48.6) | 0.116 |
| Angiotensin II receptor blockers | 25 (75.8) | 91 (76.5) | 9 (75) | 36 (76.6) | 16 (76.2) | 55 (76.4) | 0.939 |
| ACE inhibitors | 2 (6.1) | 12 (10.1) | 1 (8.3) | 4 (8.5) | 1 (4.8) | 8 (11.1) | 0.645 |
| Beta-blockers | 7 (21.2) | 32 (26.9) | 3 (25) | 17 (36.2) | 4 (19) | 15 (20.8) | 0.065 |
| Diabetes medication, n (%) | 14 (27.5) | 50 (25.3) | 6 (28.6) | 23 (31.1) | 8 (26.7) | 27 (21.8) | 0.145 |
| Lipid medication, n (%) | 18 (35.3) | 62 (31.3) | 4 (19) | 20 (27) | 14 (46.7) | 42 (33.9) | **0.042**[†] |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Ex-smoker/smoker, n (%) | 31 (60.8) | 79 (39.9) | 13 (61.9) | 27 (36.5) | 18 (60) | 52 (41.9) | 0.449 |
| Framingham risk, n (%) | | | | | | | |
| Low risk | 21 (42) | 61 (31.1) | 10 (47.6) | 26 (35.6) | 11 (37.9) | 35 (28.5) | 0.428 |
| Moderate risk | 29 (58) | 92 (46.9) | 11 (52.4) | 30 (41.1) | 18 (62.1) | 62 (50.4) | |
| High risk | - | 43 (21.9) | - | 17 (23.3) | - | 26 (21.1) | |
| Central SBP, mmHg | 121.5 ± 16.7 | 120.8 ± 16.3 | 117.4 ± 12.9 | 118.3 ± 16.6 | 124.4 ± 18.6 | 122.3 ± 16 | 0.091 |
| Central DBP, mmHg | 86.3 ± 11.8 | 81.1 ± 11 | 83.9 ± 8.5 | 80 ± 9.8 | 88 ± 13.5 | 81.7 ± 11.7 | 0.224 |
| Central MBP, mmHg | 98 ± 13 | 94.3 ± 12.2 | 95 ± 9.6 | 92.8 ± 11.5 | 100.1 ± 14.7 | 95.2 ± 12.6 | 0.172 |
| Central PP, mmHg | 35.2 ± 8.7 | 39.8 ± 9.5 | 33.5 ± 7.5 | 38.2 ± 10 | 36.4 ± 9.3 | 40.7 ± 9 | 0.082 |
| Brachial SBP, mmHg | 129 ± 17.3 | 128.2 ± 17.5 | 124.5 ± 14.1 | 125.5 ± 17.5 | 132.1 ± 18.7 | 129.8 ± 17.4 | 0.090 |
| Brachial DBP, mmHg | 84.9 ± 11.4 | 80 ± 10.9 | 82.5 ± 8.1 | 78.9 ± 9.6 | 86.5 ± 13.1 | 80.7 ± 11.5 | 0.220 |
| Brachial MBP, mmHg | 99.6 ± 12.9 | 96.1 ± 12.3 | 96.5 ± 9.6 | 94.4 ± 11.5 | 101.7 ± 14.6 | 97.1 ± 12.8 | 0.145 |
| Brachial PP, mmHg | 44.1 ± 9.2 | 48.2 ± 11.3 | 42 ± 9 | 46.6 ± 11.9 | 45.6 ± 9.2 | 49.1 ± 10.9 | 0.121 |
| Aortic pulse wave velocity, m/s | 9.7 ± 1 | 9.5 ± 1.1 | 9.8 ± 1.2 | 9.4 ± 1.1 | 9.7 ± 0.9 | 9.6 ± 1.1 | 0.4.35 |

| | | | | | | |
|---|---|---|---|---|---|---|
| Frailty criteria, n (%) | | | | | | |
| Low physical activity | - | - | 0 | 0 | 11 (36.7) | 44 (35.5) |
| Exhaustion | - | - | 0 | 0 | 6 (20) | 41 (33.1) |
| Weakness | - | - | 0 | 0 | 10 (33.3) | 31 (25) |
| Unintentional weight loss | - | - | 0 | 0 | 6 (20) | 23 (18.5) |
| Slowness | - | - | 0 | 0 | 5 (16.7) | 34 (27.4) |

Values are shown as mean ± SD or absolute (n) and relative (%) frequency.

Bold values indicate statistical significance ($p < 0.05$).

*Difference between pre-frail vs. robust phenotype in the female group.

†Difference between pre-frail vs. robust phenotype in the male group.

Abbreviations: ACE, angiotensin-converting-enzyme; BP, blood pressure; DBP, diastolic blood pressure; HDL, high-density lipoprotein; LDL, low-density lipoprotein; SBP, systolic blood pressure; MBP, mean blood pressure; PP, pulse pressure.