

Table S1. Malnutrition, frailty and sarcopenia prevalence and risk in community-living older adults[^]

Author, year	Setting and sample	Participants ^a	Screening tool(s)	Prevalence
Malnutrition studies				
Winter et al., 2013 [21]	Victoria, adults aged ≥ 75 y	$N = 225$ 48% men, 81.3 ± 4.3 y	MNA [®] -SF	Malnourished: 1% At risk: 16%
McElnay et al., 2012 [20]	Hawke's Bay, Māori and non-Māori adults aged ≥ 65 y	$N = 473$ 47% men, 74y	SCREEN [©] II	High risk: 32.8% Moderate risk: 23.7%
Wham et al. (2011a) [22]	Auckland, adults aged 80–85y	$N=51$ 29% men, 82.4 ± 1.7 y	SCREEN [©] II	Mean score: 52.2 ± 6.7 High risk: 31% Moderate/low risk: 69%
Wham et al. (2011b) [23]	Rotorua, Whakatane and Opotiki, Māori and non-Māori adults aged 75–85y	$N = 108$ 44% men, 76.6 ± 1.8 y (Maori); 85.2 ± 0.6 y (Non-Maori)	SCREEN [©] II	Score: 46.4 ± 5.8 (living alone) Score: 50.3 ± 5.1 (living with others) High risk: 52% Moderate/low risk: 48%
Rist et al, 2012 [24]	Victoria, adults aged ≥ 65 y	$N = 235$ 47% men; 82 ± 7.0 y	MNA [®]	At risk: 34.5% Malnourished: 8.1%
Stricher et al, 2018 [25]	New Zealand*, Māori and non-Māori adults aged ≥ 65 y	$N = 209$ 48% men, 84.6 ± 0.5 y	BMI < 20 kg/m ² or $\geq 10\%$ unintended weight loss	Malnourished: 17.2% (3y incidence)
Watson et al., 2010 [26]	Christchurch, adults aged ≥ 70 y	$N = 152$ 38% men, 79.5y	SCREEN [©]	At risk: 23% High risk: 31%
Craven et al, 2018 [27]	Queensland, adults aged ≥ 65 y	$N = 77$ 60% men, 73.3 ± 5.1 y	SCREEN [©] II, SF-12	High risk: 40% Moderate risk: 26%
Wham, Maxted et al., 2015 [28]	The Northland and Bay of Plenty, adults aged 75–79y	$N = 67$ 44% men, 77 ± 1.5 y	SCREEN [©] II	Score: 47.8 ± 5.3 High risk: 63%
North et al., 2018 [29]	Five North Island locations, Māori and non-Māori adults aged 80–90y	$N = 653$ 63% men, 82(5)y ^b (Māori); 85(1)y ^b (Non-Māori)	SCREEN [©] II	At risk: 54% High risk (Māori): 49% High risk (non-Māori): 38%
Chatindiara et al., 2019 [30]	Auckland, Māori/Pacific and non-Māori adults aged ≥ 65 y	$N = 257$ 47% men, 79(7)y ^b	MNA [®] -SF	At risk: 11% Malnourished: 1%
Isenring et al., 2013 [31]	Brisbane, adults aged ≥ 65 y	$N = 254$ 52% men, 74.3 ± 6.0 y	MNA [®] -SF	At risk: 3.9% (1y incidence)
Frailty studies				
Gnjidic et al., 2012 [33]	Sydney, men aged ≥ 70 y	$N = 1662$ 100% men, 76.9 ± 5.4 y	FFP	Frail: 9% Pre-frail: 41%

Thompson et al., 2018 [11]	South Australia, adults aged ≥ 65y	N = 8804 14% men, 80 (79–82)y ^b	FFP	Frail: 21%; pre-frail: 48% (overall) Frail: 6%; pre-frail: 41% (men) Frail: 23%; pre-frail: 49% (women)
Das et al., 2019 [34]	Sydney, men aged ≥ 70y	N = 330 100% men, 81.4 ± 4.6y	FFP	Frail: 6.4% (3y incidence) Pre-frail: 53% (3y incidence)
Dent et al., 2015 [35]	Rural South Australia, adults aged ≥ 65y	N = 1501 45% men, 75.9±7.9y	FI	Frail: 25% (overall) Frail: 29% (women) Frail: 21% (men)
Tembo et al., 2020 [36]	Gelong, adults aged ≥ 60y	N = 707 49% men, 71.0 (65.2–77.5)y ^b	FFP	Frail: 16% (overall) Frail: 13%; pre-frail: 48% (men) Frail: 18%; pre-frail: 54% (women)
Widagdo et al., 2015 [37]	South Australia, adults aged ≥ 70y	N = 2087 51% men, 78.2 ± 6.7y	FI, PFS, FFP, SFP	Frail: 35% (identified by 1 measure); 1% (by all measures). Frail: 18% (FI); 49% (PFS); 2% (FFP); 9% (SFP)
Frailty and sarcopenia studies				
Thompson, Solomon et al., 2021 [38]	North-West Adelaide, adults aged ≥ 65y	N = 716 45% men, 74.1 ± 6.1y	FFP, EWGSOP1	Frail and sarcopenic: 3% Frail: 16% Sarcopenic: 4%
Sarcopenia studies				
Hirani et al., 2015 [39]	Sydney, men aged ≥ 70y	N = 1678 100% men, 77y	FNIH	Sarcopenia I: 14% Sarcopenia II: 5% Sarcopenia III: 4%
Sim et al., 2019 [40]	Perth, older women	N = 903 0% men, 79.9±2.6y	FNIH, FNIH2, EWGSOP1, EWGSOP2	Sarcopenia: 9% (FNIH); 12% (FNIH2); 24% (EWGSOP1); 11% (EWGSOP2)
Sui et al., 2021 [41, 42]	Geelong, adults aged ≥ 60y	N = 665 51% male, 70 (64–75) ^b y (women); 70 (66–78) ^b y (men)	EWGSOP1, EWGSOP2, FNIH	Sarcopenic men: 3% (EWGSOP), 1% (EWGSOP2), 1% (FNIH) Sarcopenic women: 6 % (EWGSOP1), 2% (EWGSOP2), 4% FNIH
Villani et al., 2020 [43]	Queensland, adults aged ≥ 50y with T2DM	N = 87 (67% men) 71.2 ± 8.2y	EWGSOP1, EWGSOP2	Sarcopenia: 7% (EWGSOP1); 2% (EWGSOP2)

EWGSOP1: European Working Group on Sarcopenia in Older People; EWGSOP2: Adapted EWGSOP1; FFP: Modified Fried Frailty Phenotype; FI: Frailty Index; FNIH: United States Foundation for the National Institutes of Health; FNIH2: Adapted FNIH; SFP: Simplified Frailty Phenotype; MNA®-SF: Mini Nutritional Assessment Short Form; PFS: Prognostic Frailty Score; Sarcopenia I: low appendicular lean mass alone; Sarcopenia II: low ALM with weakness; Sarcopenia III: sarcopenia with weakness and poor gait speed. SCREEN©: Seniors in the Community Risk Evaluation for Eating and Nutrition questionnaire; SCREEN© II: Modified version of SCREEN©; y: years.

^a In Australia and New Zealand

* Data only extracted for New Zealand dataset

^a Mean (+/- standard deviation) unless otherwise indicated: ^b Median (IQR).