

Supplementary File S1. Frailty assessment and dietary intake questionnaire among Northern Thai elders:

There are 3 parts within this questionnaire: Part 1: General information, Part 2: Details of dietary intake and Part 3: Frailty assessment.

Part 1: General information

1. How old are you? years
2. Are you?
 - Male
 - Female
3. What is your educational level?
 - No school
 - Primary school
 - Secondary school
4. What is your marital status?
 - Single
 - Married
 - Widow/ divorced/ separated
5. What was your occupation in the past?
 - Farmers
 - Merchants
 - Official workers
 - Housekeeper
 - Unemployed
6. How much your income per month (in Thai)?..... Baht
7. Do you have any underlying diseases? Please choose all corresponding to you
 - No
 - Yes....
 - Hypertension
 - Diabetes Mellitus
 - Cardiovascular diseases
 - Stroke
 - Arthritis
 - Osteoporosis
 - Chronic obstructive pulmonary disease (COPD)
 - Others (please specify)

Part 2: Detail of dietary intake

1. What are sources of carbohydrates do you consumed the most often a weekly basis in the past month?
(Excluded dietary fibers)
 - Rice
 - Others (please specify)
2. What are sources of proteins do you consumed the most often a weekly basis in the past month?
(Please choose 1-3 of them)
 - Pork
 - Beef
 - Chicken
 - Fish
 - Buffalo
 - Others (please specify)
3. What are sources of plants-based proteins do you consumed the most often a weekly basis in the past month?
(Please choose 1-3 of them)
 - Peanut
 - Bean
 - Mushroom
 - Others (please specify)

4. What are egg protein sources you consumed the most often a weekly basis in the past month?
No
Yes
5. What are milk protein sources you consumed the most often a weekly basis in the past month?
No
Yes
6. What are vegetable oil sources you consumed the most often a weekly basis in the past month?
No
Yes
7. What are animal oil sources you consumed the most often a weekly basis in the past month?
No
Yes
8. What are types of fruits do you consumed the most often a weekly basis in the past month?
(Please choose 1-5 of them)
Banana
Papaya
Mango
Orange
Pineapple
Guava
Watermelon
Rambutan
Mangosteen
Durian
Others (please specify)
9. What are types of vegetables do you consumed the most often a weekly basis in the past month?
(Please choose 1-5 of them)
Lettuce
Ivy gourd
Gurmar
Malabar spinach
Collard green
Long bean
Morning glory
Cabbage
Cauliflower
Eggplant
Cucumber
Acacia pennata
Melientha suavis
Others (please specify)

Part 3: Frailty assessment

1. Unintended weight loss
Did you have unintended weight loss more than 4.5 kg in the past year?
No
Yes
2. Self-reported exhaustion
 - 2.1 How often in the last week did you feel this way, "I felt everything I did was an effort"?
Rarely or none of the time (<1 day)
Some or a little of the time (1–2 days)
A moderate amount of the time (3–4 days)
Most of the time
 - 2.2 How often in the last week did you feel this way, "I could not get going"?
Rarely or none of the time (<1 day)
Some or a little of the time (1–2 days)
A moderate amount of the time (3–4 days)
Most of the time

3. Slowness

Time spent for walking along 15-foot..... seconds

4. Weakness

Determined using a handheld dynamometer with non-dominant hand (the maximal force gained from 3 trials)

First kg

Second..... kg

Third..... kg

5. Low physical activities

Do you have low or moderate physical activities such as gardening, car washing, or walking in a park?

Less than once a week

Once a week

1-3 times per month

Less than 1-3 times per month or never

References

1. Fried, L.P.; Tangen, C.M.; Walston, J.; Newman, A.B.; Hirsch, C.; Gottdiener, J.; Seeman, T.; Tracy, R.; Kop, W.J.; Burke, G.; et al. Frailty in older adults: evidence for a phenotype. *J. Gerontol. A Biol. Sci. Med. Sci.* **2001**, *56*, M146–M156, doi:10.1093/gerona/56.3.m146.
2. Danilovich, M.K.; Diaz, L.; Corcos, D.M.; Ciolino, J.D. Relationship between SHARE-FI Frailty Scores and Physical Performance Measures in Older Adult Medicaid Recipients. *Geriatrics (Basel)* **2018**, *3*, 51, doi:10.3390/geriatrics3030051.