**Supplementary Table 1. Criteria of FFP**

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|  | **Male** | **Female** |
| Unintentional weight loss | >4.5kg over past year or >5% of previous year’s body weight | |
| Exhaustion | Any question ≥3 days / week | |
| 1. How often in the last week did you feel that you could not get going? | |
| 2. How often in the last week did you feel like everything you did was an effort? | |
| Decreased grip strength | Dominant hand grip strength measured by CAMRY electronic hand dynamometer for two times average | |
| BMI≤24kg/m2，≤29kg | BMI≤23kg/m2，≤17kg |
| 24<BMI≤28kg/m2，≤30kg | 23<BMI≤26kg/m2，≤17.3kg |
| BMI＞28kg/m2，≤32kg | 26＜BMI≤29kg/m2，≤18kg |
|  | BMI＞29kg/m2，≤21kg |
| Slow walking speed | The faster speed to walk 4 meters for two times, with or without a walking aid | |
| Height≤173cm，≥6.1s | Height≤159cm，≥6.1s |
| Height＞173cm，≥5.3s | Height＞159cm，≥5.3s |
| Reduced physical activity | Used the short version of the Minnesota Leisure Time Activity questionnaire | |
| <383kcal/week (walking 2.5h/week) | <270kcal/week (walking 2h/week) |
| 0 = Nonfrail ; 1-2 = Prefrail ; and ≥3 = Frailty | | |

Abbreviation: BMI, body mass index.