

Supplementary Table 1. Frailty definitions.

FRAIL scale components (1)	Definition	Fried phenotype components (2, 3)	Definition
Loss of weight	“How much do you weigh with your clothes on but without shoes? One year ago in (month, year), how much did you weigh without your shoes and without your clothes on?” Weight loss = >5% change	Weight loss	BMI ≤ 18.5 kilograms(kg)/meters(m) ² or self-report unintended ≥ 10 pounds over the past year
Fatigue	“How much of the time during the past 4 weeks did you feel tired?” Fatigue = All of the time or most of the time	Fatigue	Response of occasionally or a moderate amount of time or most or all of the time to question 7 or 20 of the Center for Epidemiologic Studies Depression scale (4): In the last week “I felt that everything I did was an effort”; “I could not get ‘going.’”
Ambulation	“By yourself and not using aids, do you have any difficulty walking several hundred yards?”	Slow gait	Slow 4-m walk test: ≥ 6.13 seconds (s) for height ≤ 159 centimeters (cm); ≥ 5.25 s for height > 159 cm
Resistance	“By yourself and not using aids, do you have any difficulty walking up 10 steps without resting?”	Weakness	Grip strength ≤ 17 kg for body mass index (BMI) ≤ 23 kg/m ² ; ≤ 17.3 kg for BMI 23.1-26 kg/m ² ; ≤ 18 kg for BMI 26.1-29 kg/m ² ; ≤ 21 kg for BMI > 29 kg/m ²
Not applicable		Inactivity	< 600 MET-minutes/week according to the International Physical Activity Questionnaire (5)
Illnesses	“Did a doctor ever tell you that you have...?” Hypertension, diabetes, cancer (other than a minor skin cancer), chronic lung disease, heart attack, congestive heart failure,	Not applicable	

	arthritis, stroke, kidney disease Comorbidity = ≥ 5 illnesses	
<i>Overall</i>		
Non-frail	0-2 criteria	
Frail	≥ 3 criteria	

References:

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4. Radloff LS. The CES-D scale: a self-report depression scale for research in the general population. *Applied Psychological Measurement*. 1977;1(3):385-401.
5. Craig CL, Marshall AL, Sjöström M, Bauman AE, Booth ML, Ainsworth BE, et al. International physical activity questionnaire: 12-country reliability and validity. *Med Sci Sports Exerc*. 2003;35(8):1381-95.