

Physical Frailty Phenotype

Scoring: ≥3/5 criteria met indicates frailty; 1-2/5 indicates pre-or-intermediate frailty; 0/5 indicates non-frail.

Frailty Criterion	Definition
Unintentional Weight loss	Meets criteria for weight loss if: Lost >5% body weight unintentionally in last year, or BMI <18.5kg/m ² Equipment: scale for body weight; stadiometer for height.
Exhaustion	Meets criteria for exhaustion if answer: Felt unusually tired or unusually weak 'all of the time' or 'most of the time' or reported energy level was ≤3, using the following questions. 1.a. "In the past month, on the average, have you been feeling unusually tired during the day?" Yes <input type="checkbox"/> No <input type="checkbox"/> Refused <input type="checkbox"/> Don't Know <input type="checkbox"/> 1.b. "If yes, have you been feeling unusually tired:" <input type="checkbox"/> All of the time <input type="checkbox"/> Most of the time <input type="checkbox"/> Some of the time <input type="checkbox"/> Refused / Don't Know 2.a. "In the past month, on the average, have you felt unusually weak?" Yes <input type="checkbox"/> No <input type="checkbox"/> Refused <input type="checkbox"/> Don't Know <input type="checkbox"/> 2.b." If yes, have you been feeling weak:" <input type="checkbox"/> All of the time <input type="checkbox"/> Most of the time <input type="checkbox"/> Some of the time <input type="checkbox"/> Refused / Don't Know 3. "Using the scale below, please rate your usual energy level on a scale from 0 to 10 where 0 is no energy and 10 is the most energy that you have ever had. Please give a number between 0 and 10 that describes your usual energy level while awake in the last month?" Energy Level: _____
Slowness	Meets criteria for slow walking speed over 4 meters if: Men ≤0.65m/s for height ≤173 cm (68 inches) ≤0.76m/s for height >173 cm (68 inches) Women ≤0.65m/s for height ≤159cm (63 inches) ≤0.76m/s for height >159cm (63 inches) Equipment: 4-meter course, a stopwatch. Participant attempts to walk 4-meter length twice at his or her usual pace. Use average of 2 trials.
Low Activity Level	Meets criteria for low activity if: Men: <128 kcal of physical expenditure on activity scale per week (6 items ¹) Women: <90 kcal of physical expenditure on activity scale per week (6 items ¹)
Weakness	Meets criteria for grip strength weakness if: Men ≤29 kg for BMI ≤24 ≤30 kg for BMI 24.1–26 ≤30 kg for BMI 26.1–28 ≤32 kg for BMI >28 Women ≤17 kg for BMI ≤23 ≤17.3 kg for BMI 23.1–26 ≤18 kg for BMI 26.1–29 ≤21 kg for BMI >29 Equipment: (Jamar) hand dynamometer. Participant attempts to squeeze the dynamometer maximally 3 times with the dominant hand. Use maximal score with dominant hand.
¹ Physical activity is based on modified Minnesota Leisure Time Activities Questionnaire, asking about walking (w = 3.5), strenuous household chores (w = 4.5), strenuous outdoor chores (w = 4.5), dancing (w = 5.5), bowling (w = 3.0), and exercise (w = 4.5). To compute kcals expended per week, use the formula: Kcals (Kilocalories / week) = w * Frequency (sessions per week) * Duration per session (minutes) * Body Weight (kg)/60, where w is the task-specific MET intensity score.	

References:

Fried LP, Tangen CM, Walston J, et al. Frailty in older adults: evidence for a phenotype. J Gerontol Med Sci. 2001;56A:M146–M156.

Bandeem-Roche, Xue QL, Ferrucci L, et al, Phenotype of Frailty: Characterization in the Women's Health and Aging Studies. J Gerontol Med Sci. 2006; 61A(3):262-266.