

## 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
<b>Unintentional Weight loss</b>	<b>Meets criteria for weight loss if:</b> Lost >5% body weight unintentionally in last year, or BMI <18.5kg/m <sup>2</sup> Equipment: scale for body weight; stadiometer for height.
<b>Exhaustion</b>	<b>Meets criteria for exhaustion if answer:</b> 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. <b>1.a. "In the past month, on the average, have you been feeling unusually tired during the day?"</b> Yes <input type="checkbox"/> No <input type="checkbox"/> Refused <input type="checkbox"/> Don't Know <input type="checkbox"/> <b>1.b. "If yes, have you been feeling unusually tired:"</b> <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 <b>2.a. "In the past month, on the average, have you felt unusually weak?"</b> Yes <input type="checkbox"/> No <input type="checkbox"/> Refused <input type="checkbox"/> Don't Know <input type="checkbox"/> <b>2.b." If yes, have you been feeling weak:"</b> <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 <b>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?"</b> Energy Level: _____
<b>Slowness</b>	<b>Meets criteria for slow walking speed over 4 meters if:</b> <b>Men</b> ≤0.65m/s for height ≤173 cm (68 inches) ≤0.76m/s for height >173 cm (68 inches) <b>Women</b> ≤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.
<b>Low Activity Level</b>	<b>Meets criteria for low activity if:</b> <b>Men:</b> <128 kcal of physical expenditure on activity scale per week (6 items <sup>1</sup> ) <b>Women:</b> <90 kcal of physical expenditure on activity scale per week (6 items <sup>1</sup> )
<b>Weakness</b>	<b>Meets criteria for grip strength weakness if:</b> <b>Men</b> ≤29 kg for BMI ≤24 ≤30 kg for BMI 24.1–26 ≤30 kg for BMI 26.1–28 ≤32 kg for BMI >28 <b>Women</b> ≤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.
<sup>1</sup> 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.