

FRAIL Scale

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

Frailty Criterion	Definition
Fatigue	Fatigue: “How much of the time during the past 4 weeks did you feel tired?” 1 = All of the time, 2 = Most of the time, 3 = Some of the time, 4 = A little of the time, 5 = None of the time. Responses of “1” or “2” are scored as 1 and all others as 0.
Resistance	Resistance: “By yourself and not using aids, do you have any difficulty walking up 10 steps without resting?” 1 = Yes, 0 = No
Ambulation	Ambulation: “By yourself and not using aids, do you have any difficulty walking several hundred yards?” 1 = Yes, 0 = No.
Illnesses	Illnesses: For 11 illnesses ¹ , participants are asked, “Did a doctor ever tell you that you have [illness]?” 1 = Yes, 0 = No.
Loss of weight	Loss of weight: “How much do you weigh with your clothes on but without shoes? [current weight]” “One year ago in (MO, YR), how much did you weigh without your shoes and with your clothes on? [weight 1 year ago]” Percent weight change is computed as: $[(\text{weight 1 year ago} - \text{current weight}) / \text{weight 1 year ago}] * 100$. Percent change > 5 (representing a 5% loss of weight) is scored as 1 and < 5 as 0.
¹ The total illnesses (0–11) are recoded as 0–4 = 0 and 5–11 = 1. The illnesses include hypertension, diabetes, cancer (other than a minor skin cancer), chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis, stroke, and kidney disease.	

References:

Abellan van Kan G, Rolland YM, Morley JE, Vellas B. Frailty: toward a clinical definition. *J Am Med Dir Assoc.* 2008;9(2):71-72.

Morley JE, Malmstrom TK, Miller DK. A simple frailty questionnaire (FRAIL) predicts outcomes in middle aged African Americans. *J Nutr Health Aging.* 2012;16(7):601-608.