

Table S1: LIFE Study variable names included in the frailty index

| Binary Measures (yes/no) assigned values of 0 or 1 based on presence | | Continuous or discrete numerical variables assigned weights (0, 0.25, 0.5, 0.75, 1) based on quintiles | |
|--|---|--|--|
| Underweight (BMI ≤ 18.5) | Fatigue | Baseline SPPB | Total Rey-O |
| Obese (BMI ≥ 30) | Decreased appetite | CHAMPS score | MATSF Score |
| Poor health (self-rated) | Insomnia | Basic Well-being | Minutes of moderate activity |
| Health worsened last 6 months (self-rated) | Dizziness | Pepper Assessment Tool for Disability | Steps per day |
| High blood pressure | Stiff muscles | Mobility Well-being | |
| Heart attack | Torn muscles | I/ADLs | |
| Heart failure | Foot pain | Baseline gait speed | |
| Pacemaker | Hospitalized in last 6 months | Self-efficacy for walking 400m | |
| Stroke | Peripheral artery disease | CPX | |
| Cancer | Asthma | MOB | |
| Diabetes | Pneumonia | PAC | Abbreviations: SPPB=short physical performance battery; CHAMPS=Community Health Activities Model Program for Seniors; I/ADLs=instrumental/activities of daily living ; CPX=Symptoms score from the QWB survey; MOB=Mobility score from the QWB survey; PAC= Physical activity score from the QWB survey; SAC=Social & self-care activity score; QWB=Quality and Wellbeing Survey total score ; CESD=Center for Epidemiologic Studies Depression scale; HRQL=health-related quality of life ; 3MSE=Modified Mini-Mental State Examination; FAQ=Functional Activities Questionnaire ; Rey-O=Rey-Osterrieth Complex Figure assessment; MATSF= Mobility Assessment Tool-short form; |
| Broken hip | Bronchitis | SAC | |
| Broken bone | Low vision | TotalQWB | |
| Arthritis | CABG history | Number of medications | |
| Liver disease | Abbreviations: BMI=body mass index; CABG=coronary artery bypass grafting | Grip strength | |
| Psychiatric conditions | | CESD Score | |
| Other conditions | | HRQL Stress | |
| Back injury | | 3MSE | |
| Paralysis | | Cognitive battery test scores (9) | |
| Fainting | | Epworth Sleep | |
| Abnormal heart rhythm | | Insomnia score | |
| Foot ulcer | | Pitt Sleep Score | |
| Wounds | | Berlin score | |
| Anxiety | | Sum FAQ Score | |

Figure S1: Output from the %FINDCUT macro program applying Cogan and O'Quigley's method to identify a cut-point in the frailty index based on data driven measures

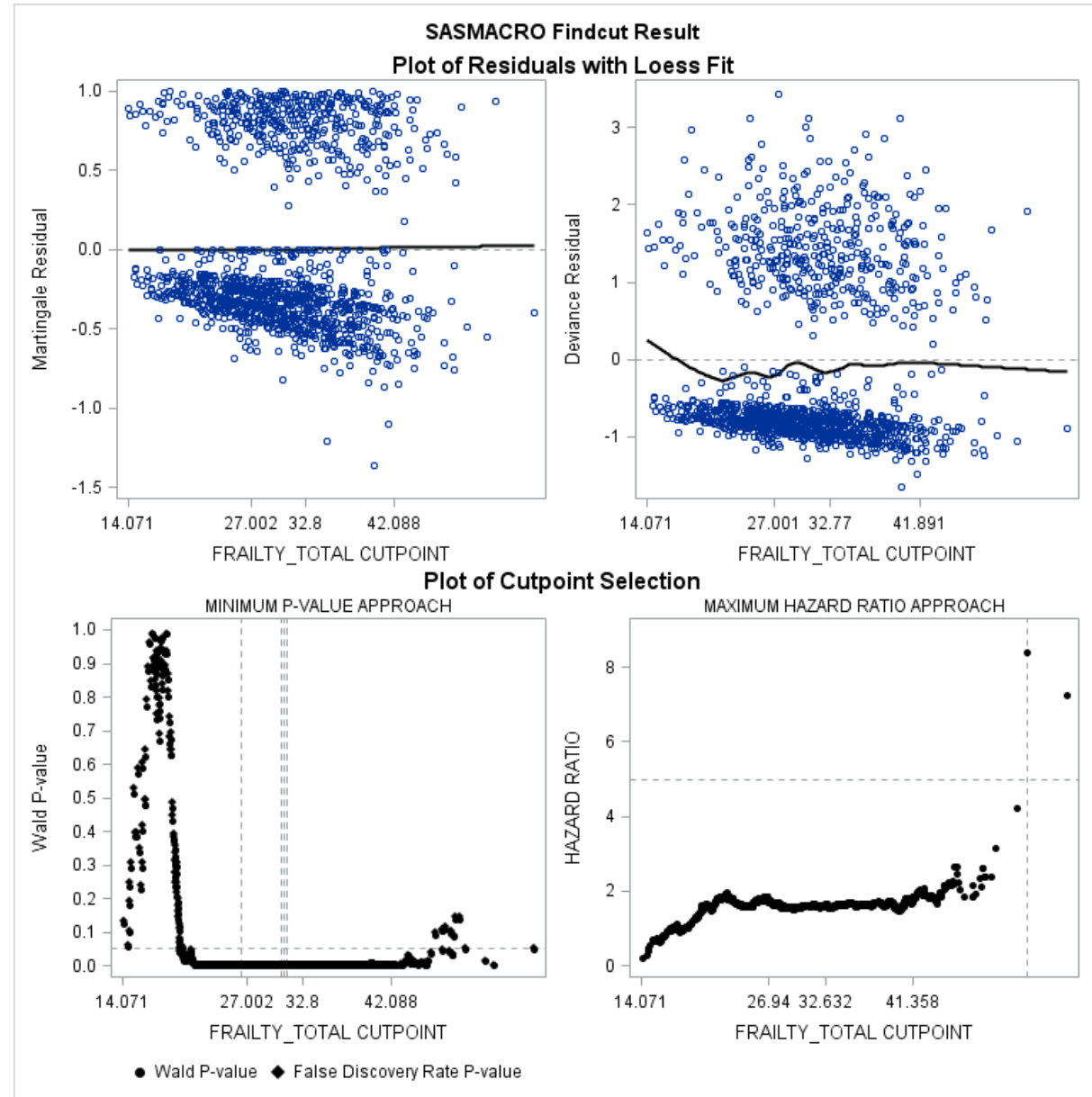
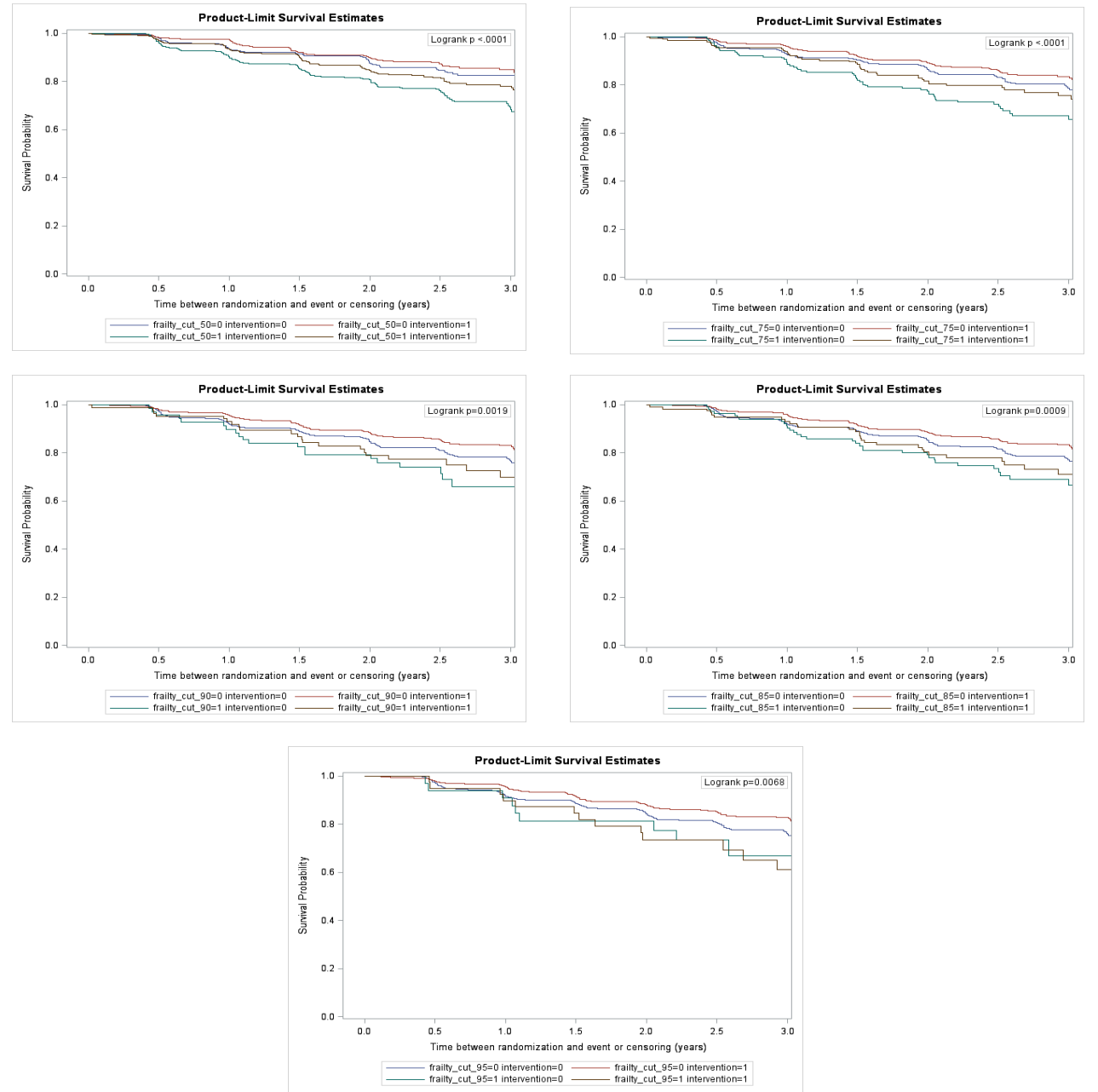


Figure S2: Kaplan-Meier plots of survival probabilities for MMD stratified by cut-point iterations at the 50th, 75th, 85th, 90th, and 95th percentiles and by intervention or control group assignment.



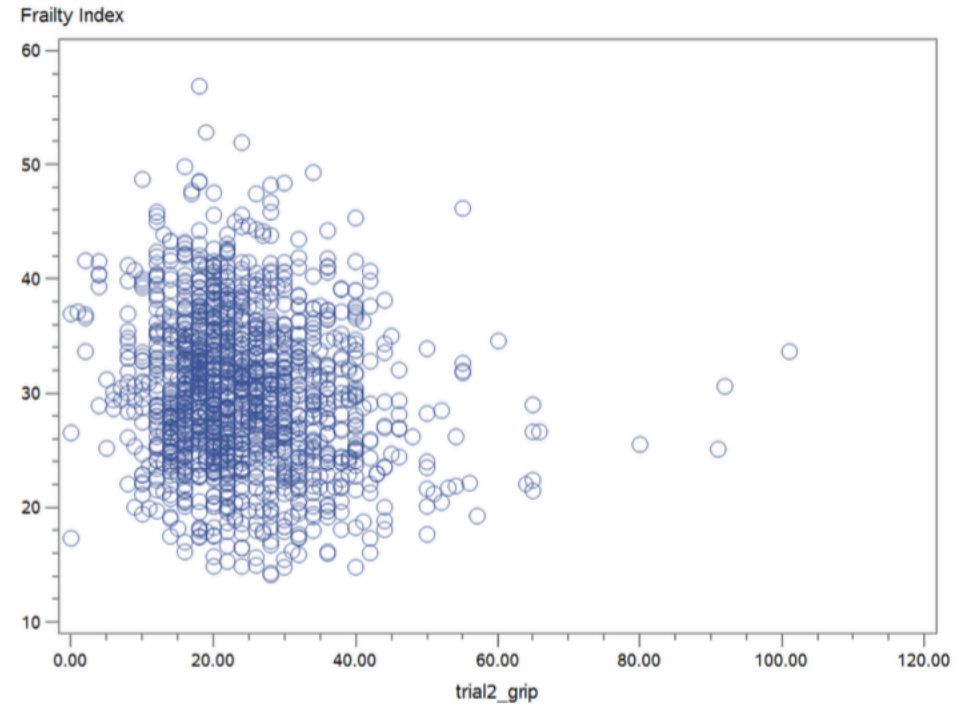
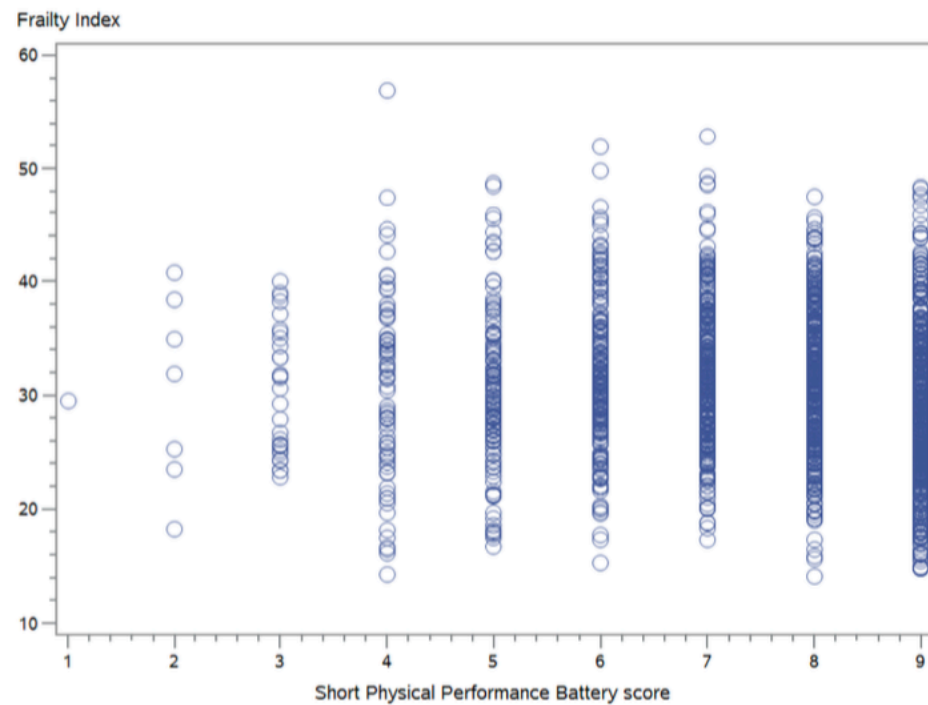


Figure S3: Correlation plots of the frailty index (y-axis) with various physical functioning measures (x-axis) including Short Physical Performance Batter score, grip strength, and gait speed.

