

Fried Frailty Assessment (adapted)

The frailty phenotype (FP) criteria

Criteria	Determination
Weakness	Grip strength
Slowness	Walking speed
Low level of physical activity	Not much: walking, outside activity, house maintenance, meal prep; sits or sleeps a lot
Exhaustion; poor endurance (self-report)	Per self-report
Weight loss	>10 lbs unintentionally in prior year

Frailty: three or more of five criteria

Prefrail: one or two criteria are present,

Nonfrail: none of the above five criteria

Chen, X., Mao, G., & Leng, S.X. (2014). Frailty syndrome: An overview. *Clinical Interventions in Aging, 9*, 433-441.