**Supplementary Table 3.** Modified Newcastle-Ottawa Scale

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| Newcastle-Ottawa Scale | |  |  |  |  |
| **Selection** | |  |  |  |  |
| 1. Is the case definition adequate? | |  |  |  |  |
|  | a. Yes, validated diagnostic criteria or clinical diagnosis ✵ | | |  |  |
|  | b. Yes, medical/hospital records ✵ |  |  |  |  |
|  | c. Self-report |  |  |  |  |
|  | d. No description |  |  |  |  |
| 2. Representativeness of the cases | |  |  |  |  |
|  | a. Truly representative of the average subjects with sarcopenia in the community ✵ | | | | |
|  | b. Somewhat representative of the average subjects with sarcopenia in the community ✵ | | | | |
|  | c. No description of derivation of the cohort | |  |  |  |
| 3. Selection of controls | |  |  |  |  |
|  | a. Community controls ✵ |  |  |  |  |
|  | b. Hospital controls (without sarcopenia) ✵ | |  |  |  |
|  | c. No description |  |  |  |  |
|  | d. No control |  |  |  |  |
| 4. Definition of controls | |  |  |  |  |
|  | a. No history of disease of the cases ✵ | |  |  |  |
|  | b. No description of source |  |  |  |  |
|  | c. No control |  |  |  |  |
| **Comparability** | |  |  |  |  |
| 1. Comparability of cases and controls on the basis of the design or analysis | | | | |  |
|  | a. Study controls for age ✵ |  |  |  |  |
|  | b. Study controls for sex ✵ |  |  |  |  |
|  | c. No controls |  |  |  |  |
| **Outcome** | |  |  |  |  |
| 1. Assessment of outcome (mortality) | |  |  |  |  |
|  | a. Record linkage ✵ |  |  |  |  |
|  | b. Self- report ✵ |  |  |  |  |
|  | c. Other/ No description |  |  |  |  |
| 2. Same method of assessment for cases and controls | | |  |  |  |
|  | a. Yes ✵ |  |  |  |  |
|  | b. No |  |  |  |  |
|  | c. No control |  |  |  |  |
| 3. Adequacy of follow up of cohorts | |  |  |  |  |
|  | a. Complete follow up: all subjects accounted for ✵ | |  |  |  |
|  | b. Subjects lost (< 20%) ✵ |  |  |  |  |
|  | c. Subjects lost (> 20%) |  |  |  |  |
|  | d. No statement |  |  |  |  |