**Supplementary Table 2. Assessment characteristics of the overall study population**

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| Assessment | Maximum score | Results | N |
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| ADL, Barthel index | 100 | median 100 (IQR 100-100)range 75-100 | 1373 |
| IADL, Lowton/Brody index | 8 | median 8 (IQR 8-8)range 6-8 | 1372 |
| Tinetti mobility test | 28 | median 28 (IQR 28-28)range 8-28 | 1345 |
| Timed “Up & Go” | - | mean 7.99s ± 1.92s range 2.94s – 24.30s | 1361 |
| Walking speed test, 4m | - | mean 3.80s ± 0.81srange 2.08s – 9.60s | 605 |
| Handgrip strength, max. | - | mean 33.89kg ± 9.53kgrange 9.5kg – 64.5kg | 1358 |
| Falls in the past 12 months | - | 31.1% fell in the last 12 months | 1316 |
| Fried Frailty Score | - | 32.8% pre frail/frail | 1251 |
| Mini Nutritional Assessment (MNA) | 30 | median 27.5 (IQR 26.5-28.5) range 19 – 30 | 1333 |
| Mini Mental State Examination (MMSE) | 30 | median 29 (IQR 28-30)range 20 - 30 | 1356 |
| Digit-Symbol Substitution test (DSST) | - | mean 44.0 ± 8.4 range 5 - 74 | 1149 |
| Clock drawing test (Shulman) | - | 38.3% did not draw a perfect clock | 1291 |
| CES-D Scale≥16, depressive episode possible | 60 | median 5 (IQR 2-10)range 0-3611.5% with a CES-D score ≥16 | 1343 |

Notes and abbreviations; Overview of assessment characteristics of the overall study population. Mean and standard deviation was calculated for normally distributed test results. If normal distribution was not met, median and IQR was calculated.

ADL, Activities of Daily Living; IADL, Instrumental Activities of Daily Living; IQR, interquartile range

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