

Supplement A. List of the selected articles

Sources	No.	Articles
Previous Systematic Review	1	Woods NF, LaCroix AZ, Gray SL, Aragaki A, Cochrane BB, Brunner RL, et al. Frailty: emergence and consequences in women aged 65 and older in the Women's Health Initiative Observational Study. <i>J Am Geriatr Soc.</i> 2005; 53(8):1321-30.
	2	Aranda MP, Ray LA, Snih SA, Ottenbacher KJ, Markides KS. The protective effect of neighborhood composition on increasing frailty among older Mexican Americans: a barrio advantage? <i>J Aging Health.</i> 2011; 23(7):1189-217.
	3	Lakey SL, LaCroix AZ, Gray SL, Borson S, Williams CD, Calhoun D, et al. Antidepressant use, depressive symptoms, and incident frailty in women aged 65 and older from the Women's Health Initiative Observational Study. <i>J Am Geriatr Soc.</i> 2012; 60(5):854-61.
	4	Talegawkar SA, Bandinelli S, Bandeen-Roche K, Chen P, Milaneschi Y, Tanaka T, et al. A higher adherence to a Mediterranean-style diet is inversely associated with the development of frailty in community-dwelling elderly men and women. <i>J Nutr.</i> 2012; 142(12):2161-6.
	5	Hoogendijk EO, van Hout HP, Heymans MW, van der Horst HE, Frijters DH, Broese van Groenou MI, et al. Explaining the association between educational level and frailty in older adults: results from a 13-year longitudinal study in the Netherlands. [Erratum appears in <i>Ann Epidemiol.</i> 2014 Aug;24(8):628]. <i>Ann Epidemiol.</i> 2014; 24(7):538-44.e2.
	6	Leon-Munoz LM, Guallar-Castillon P, Lopez-Garcia E, Rodriguez-Artalejo F. Mediterranean diet and risk of frailty in community-dwelling older adults. <i>J Am Med Dir Assoc.</i> 2014; 15(12):899-903.

	7	Lana A, Rodriguez-Artalejo F, Lopez-Garcia E. Dairy Consumption and Risk of Frailty in Older Adults: A Prospective Cohort Study. <i>J Am Geriatr Soc.</i> 2015; 63(9):1852-60.
	8	Rabassa M, Zamora-Ros R, Urpi-Sarda M, Bandinelli S, Ferrucci L, Andres-Lacueva C, et al. Association of habitual dietary resveratrol exposure with the development of frailty in older age: the Invecchiare in Chianti study. <i>Am J Clin Nutr.</i> 2015; 102(6):1534-42
	9	Garcia-Esquinas E, Guallar-Castillon P, Carnicero JA, Buno A, Garcia-Garcia FJ, Rodriguez-Manas L, et al. Serum uric acid concentrations and risk of frailty in older adults. <i>Exp Gerontol.</i> 2016; 82:160-5.
	10	Garcia-Esquinas E, Rahi B, Peres K, Colpo M, Dartigues JF, Bandinelli S, et al. Consumption of fruit and vegetables and risk of frailty: a dose-response analysis of 3 prospective cohorts of community dwelling older adults. <i>Am J Clin Nutr.</i> 2016; 104(1):132-42.
	11	Monin J, Doyle M, Levy B, Schulz R, Fried T, Kershaw T. Spousal Associations Between Frailty and Depressive Symptoms: Longitudinal Findings from the Cardiovascular Health Study. <i>Journal of the American Geriatrics Society</i> 2016;64(4):824-30.
	12	Ortola R, Garcia-Esquinas E, Leon-Munoz LM, Guallar-Castillon P, Valencia-Martin JL, Galan I, et al. Patterns of Alcohol Consumption and Risk of Frailty in Community-dwelling Older Adults. <i>J Gerontol A Biol Sci Med Sci.</i> 2016; 71(2):251-8.
Updated Systematic Review	13	Iwasaki M, Yoshihara A, Sato N, Sato M, Minagawa K, Shimada M, et al. A 5-year longitudinal study of association of maximum bite force with development of frailty in community-dwelling older adults. <i>Journal of Oral Rehabilitation</i> 2018;45(1):17-24.

14	Megale RZ, Ferreira ML, Ferreira PH, Naganathan V, Cumming R, Hirani V, et al. Association between pain and the frailty phenotype in older men: longitudinal results from the Concord Health and Ageing in Men Project (CHAMP). <i>Age and Ageing</i> 2018;47(3):381-387
15	Iwasaki M, Yoshihara A, Sato M, Minagawa K, Shimada M, Nishimuta M, et al. Dentition status and frailty in community-dwelling older adults: A 5-year prospective cohort study. <i>Geriatrics & Gerontology International</i> 2018;18(2):256-262.
16	Pilleron S, Ajana S, Jutand M-A, Helmer C, Dartigues J-F, Samieri C, et al. Dietary Patterns and 12-Year Risk of Frailty: Results From the Three-City Bordeaux Study. <i>Journal of the American Medical Directors Association</i> 2017;18(2):169-175.
17	Kojima G, Iliffe S, Jivraj S, Liljas A, Walters K. Does current smoking predict future frailty? The English longitudinal study of ageing. <i>Age and Ageing</i> 2017;47(1):126-131.
18	Pérez-Tasigchana RF, León-Muñoz LM, Lopez-Garcia E, Gutierrez-Fisac JL, Laclaustra M, Rodríguez-Artalejo F, et al. Metabolic syndrome and insulin resistance are associated with frailty in older adults: a prospective cohort study. <i>Age and Ageing</i> 2017;46(5):807-812.
19	Liljas AEM, Carvalho LA, Papachristou E, Oliveira CD, Wannamethee SG, Ramsay SE, et al. Self-Reported Hearing Impairment and Incident Frailty in English Community-Dwelling Older Adults: A 4-Year Follow-Up Study. <i>Journal of the American Geriatrics Society</i> 2017;65(5):958-965.
20	Liljas AEM, Carvalho LA, Papachristou E, De Oliveira C, Wannamethee SG, Ramsay SE, et al. Self-reported vision impairment and incident prefrailty and frailty in English community-dwelling older adults: findings from a 4-year

	follow-up study. <i>Journal of Epidemiology and Community Health</i> 2017;71(11):1053-1058.
21	Gale CR, Westbury L, Cooper C. Social isolation and loneliness as risk factors for the progression of frailty: the English Longitudinal Study of Ageing. <i>Age and ageing</i> 2018;47(3):392-397.
22	Ayers E, Shapiro M, Holtzer R, Barzilai N, Milman S, Verghese J. Symptoms of Apathy Independently Predict Incident Frailty and Disability in Community-Dwelling Older Adults. <i>The Journal of clinical psychiatry</i> 2017;78(5):e529-e536.
23	Balboa-Castillo T, Struijk EA, Lopez-Garcia E, Banegas JR, Rodríguez-Artalejo F, Guallar-Castillon P. Low vitamin intake is associated with risk of frailty in older adults. <i>Age and Ageing</i> 2018;47(6):872-879.
24	Castrejón-Pérez RC, Jiménez-Corona A, Bernabé E, Villa-Romero AR, Arrivé E, Dartigues J-F, et al. Oral Disease and 3-Year Incidence of Frailty in Mexican Older Adults. <i>The Journals of Gerontology: Series A</i> 2016;72(7):951-957.
25	Makizako H, Shimada H, Doi T, Tsutsumimoto K, Hotta R, Nakakubo S, et al. Social Frailty Leads to the Development of Physical Frailty among Physically Non-Frail Adults: A Four-Year Follow-Up Longitudinal Cohort Study. <i>International journal of environmental research and public health</i> 2018;15(3):490.
26	Rahi B, Ajana S, Tabue-Teguo M, Dartigues J-F, Peres K, Fearf C. High adherence to a Mediterranean diet and lower risk of frailty among French older adults community-dwellers: Results from the Three-City-Bordeaux Study. <i>Clinical Nutrition</i> 2018;37(4):1293-1298.

27	Yuki A, Otsuka R, Tange C, Nishita Y, Tomida M, Ando F, et al. Polypharmacy is associated with frailty in Japanese community-dwelling older adults. <i>Geriatrics & Gerontology International</i> 2018;18(10):1497-1500.
28	Iwasaki M, Yoshihara A, Sato N, Sato M, Minagawa K, Shimada M, et al. A 5-year longitudinal study of association of maximum bite force with development of frailty in community-dwelling older adults. <i>Journal of Oral Rehabilitation</i> 2018;45(1):17-24.