

Table S1. the Kihon Checklist in Japan.

Domain	Question	Yes	No
Lifestyle	Do you normally travel by bus or train by yourself?	0	1
	Do you go out and by daily necessities by yourself?	0	1
	Do you manage your own deposits and savings at the bank?	0	1
	Do you often go out to visit your friends?	0	1
	Do you consult with your family or friends about their problems?	0	1
Motor abilities	Are you able to go upstairs without holding rail or wall?	0	1
	Are you able to stand up from the chair without any aids?	0	1
	Are you able to keep walking for about 15 minutes?	0	1
	Have you fallen during the past year?	1	0
	Do you worry about falling down?	1	0
Nutrition	Have you lost more than 2~3 kg in the past 6 months?	1	0
	Body mass index less than 18.5 kg/m ²	1	0
Oral function	Compared with six months ago, do you have difficulty in eating hard food?	1	0
	Do you choke when you drink tea or soup?	1	0
	Do you often feel your mouth dry?	1	0
Seclusion	Do you go out more than once in a week?	0	1
	Compared with last year, do you go out less often?	1	0
Forgetfulness	Do people around you say you repeat the same thing and have become forgetful?	1	0
	Do you make phone calls by yourself?	0	1
	Do you find yourself not knowing today's date?	1	0