

Supplementary table

Percentage of study participants in the high-risk quartile of each component of the allostatic load measure according to frailty status

| High-risk quartile | Not frail (n=404) | Pre-frail (n=410) | Frail (n=62) | P value |
|--------------------------------|-------------------|-------------------|--------------|---------|
| Systolic blood pressure | 56.7 | 56.8 | 77.4 | 0.006 |
| Diastolic blood pressure | 56.9 | 57.5 | 79.0 | 0.003 |
| HbA1c | 18.6 | 30.6 | 51.6 | <0.001 |
| Triglycerides | 32.7 | 46.1 | 64.5 | <0.001 |
| HDL to total cholesterol ratio | 22.8 | 23.1 | 17.1 | 0.640 |
| BMI | 14.6 | 30.3 | 46.7 | <0.001 |
| Fibrinogen | 21.8 | 34.2 | 43.6 | <0.001 |
| Albumin | 31.7 | 36.4 | 43.6 | 0.117 |