

Chart 1

Physical Attributes	Benchmarks	Tools
Weight decline/ shrinking	> 10 lbs unplanned weight loss in the past 12 months	Interview
Fatigue/exhaustion	Self-reported severe limitation in performance of life tasks within the past week	Center for Epidemiologic Studies Depression Scale
Dawdling/slowing gait	15 ft ambulation in: ≤ 7 seconds for height ≤ 68 inches men, 63 inches women ≤ 6 seconds for height > 68 inches men, 63 inches women	By sex and height
Decreased grip strength/weakness	Value (measured in kg) depends on gender and body mass index	Jamar dynamometer
Low physical activity level	Self-reported debilitated endurance levels: Males < 383 kcal per week Females < 270 kcal per week	Minnesota Leisure Time Activity Questionnaire
<p>1 to 2 benchmarks meets diagnosis for prefrailty and/or intermediate frailty syndrome ≥ 3 benchmarks meets diagnosis for acute frailty syndrome</p>		

— SOURCE: FRIED LP, TANGEN CM, WALSTON J, ET AL. FRAILTY IN OLDER ADULTS: EVIDENCE FOR A PHENOTYPE. *J GERONTOL A BIOL SCI MED SCI*. 2001;56A(3):M146-M156.