Table S2. The 5-question Geriatric Locomotive Function Scale (GLFS-5)

No.	Questions	Answer and score
1	To what extent has it been difficult to go up and down stairs?	Not difficult = 0, Mildly difficult = 1, Moderately difficult = 2, Considerably difficult = 3, Extremely difficult = 4
2	To what extent has it been difficult to walk briskly?	Not difficult = 0, Mildly difficult = 1, Moderately difficult = 2, Considerably difficult = 3, Extremely difficult = 4
3	How far can you keep walking without rest? (please select the closest answer)	More than 2–3 km = 0, Approximately 1 km = 1, Approximately 300 m = 2, Approximately 100 m = 3, approximately 10 m = 4
4	To what extent has it been difficult to carry objects weighing approximately 2 kg (2 standard milk bottles or 2 PET bottles each containing 1 liter)?	Not difficult = 0, Mildly difficult = 1, Moderately difficult = 2, Considerably difficult = 3, Extremely difficult = 4
5	To what extent have load-bearing tasks and housework (cleaning the yard, carrying heavy bedding, etc.) been difficult?	Not difficult = 0, Mildly difficult = 1, Moderately difficult = 2, Considerably difficult = 3, Extremely difficult = 4