Supplementary File A

I.   Laboratory Results

- Fasting blood sugar   :
- Lipid profile   :
    - Total Cholesterol   :
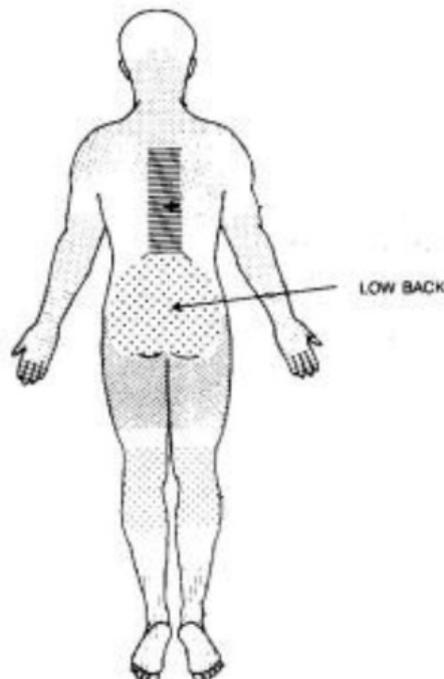   - HDL Cholesterol   :
    - LDL Cholesterol   :

II.   Characteristic of Elderly Respondent (according to ID)

1. Name   : Mr./Mrs. …………………………………………
2. Gender   : 1. Man   2. Woman   ☐
3. Place of Birth   : 1. Urban   2. Rural   ☐
4. Age/Date of Birth   : …………………………years (……/……/…….)
5. Ethnic   : 1. Javanese 2. Sundanese 3. Batak   4. Minangkaba   ☐
        5. Chinese 6. Others,………………….

III.   Low Back Pain Questionnaire

1. Have you ever experienced pain, muscle tension, or stiffness in your lower back?
(The location of the lower back is shown in the image below)

☐ Yes   ☐ No

2. How long have you felt this complaint? (Please write in days, weeks, or months)

☐ <2 weeks ☐ 2-12 weeks (<3 months) ☐ >12 weeks (≥3 month)

IV. Frailty Examination based on Fried Frailty Index

1. Weight Loss

In the last year, have you lost more than 10 pounds unintentionally?

☐ Yes ☐ No

2. Weakness

Hand grip strength (dynamometer kg)

Right Hand

- First Trial : ……… kg
- Second Trial : ……… kg
- Third Trial : ……… kg
- **The largest right-hand result: ……… kg**

Left Hand

- First Trial : ……… kg
- Second Trial : ……… kg
- Third Trial : ……… kg
- **The largest left-hand result: ……… kg**

3. Gait Speed: …… seconds

5 m-walking speed >3 seconds (>0.6 m/s)

V. BIA (Bio-Impedance Analysis) – Sarcopenia Measurement

Measurement			
Weight	kg		
Height	cm		
	I	**II**	**Average**
Body Weight (kg)			
Whole Body SM* (%)			
Body Fat (%)			
BMI**			

*SM: Skeletal Muscle; **BMI: $\frac{BB}{TB^2}$

References for Questionnaire:

1. Dwyer A, Aprill C, Bogduk N. Cervical zygapophyseal joint pain patterns. I: A study in normal volunteers. Spine. 1990;15:453-7.

2. Misailidou V, Malliou P, Beneka A, Karagiannidis A, Godolias G. Assessment of patients with neck pain: a review of definitions, selection criteria, and measurement tools. J Chiropr Med. 2010; 9:49-59.

3. Fried LP, Tangen CM, Walston J, Newman AB, Hirsch C, Gottdiener J, et al. Frailty in older adults: Evidence for a phenotype. The Journals of Gerontology Series A: Biological Sciences and Medical Sciences. 2001 Mar 1;56(3). doi:10.1093/gerona/56.3.m146

4. Gonzalez MC, Heymsfield SB. Bioelectrical impedance analysis for diagnosing sarcopenia and Cachexia: What are we really estimating? Journal of Cachexia, Sarcopenia and Muscle. 2017 Jan 31;8(2):187–9. doi:10.1002/jcsm.12159