|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S1.** Reference values and descriptive statistics by age, in males. | | | | | | | | | | |
| **Males** | | | | | | | | | | |
| **Age Group (y)** | **21-30** | **31-40** | **41-50** | **51-60** | **61-65** | **66-70** | **71-75** | **76-80** | **≥81** | **Overall** |
| **Sample size (*n*)** | 28 | 26 | 20 | 22 | 29 | 24 | 29 | 26 | 23 | 227 |
| **Age (y)** | 25.1 (2.8) | 35.9 (2.9) | 45.8 (2.5) | 57.0 (2.5) | 63.1 (1.4) | 68.3 (1.4) | 72.9 (1.7) | 77.9 (1.3) | 83.7 (2.3) | 58.8 (19.1) |
| **Height (m)** | 1.73 (0.07) | 1.70 (0.05) | 1.68 (0.06) | 1.69 (0.07) | 1.66 (0.06) | 1.65 (0.05) | 1.65 (0.06) | 1.62 (0.07) | 1.62 (0.07) | 1.67 (0.07) |
| **Weight (kg)** | 80.4 (22.4) | 81.2 (20.0) | 76.8 (13.4) | 73.5 (10.9) | 66.2 (8.0) | 65.9 (10.9) | 65.4 (8.5) | 63.0  (10.3) | 61.6 (11.4) | 70.3 (15.4) |
| **BMI (kg/m2)** | 27.1 (8.2) | 28.0 (6.7) | 27.2 (3.8) | 25.7 (3.2) | 24.0 (2.9) | 24.0 (3.4) | 24.2 (3.2) | 23.7  (3.0) | 23.5 (4.1) | 25.2 (4.9) |
| **HC (cm)** | 102.6  (13.9) | 103.0  (12.6) | 99.1  (7.6) | 98.9  (6.6) | 95.2  (4.7) | 96.5  (6.7) | 97.8  (6.4) | 96.2  (6.8) | 96.2  (6.9) | 98.4  (8.9) |
| **WC (cm)** | 91.3  (18.6) | 94.2  (17.4) | 94.3  (8.3) | 91.7  (8.8) | 89.7  (8.0) | 89.8  (9.1) | 91.9  (9.4) | 90.1  (9.4) | 90.6  (9.9) | 91.4  (11.7) |
| **PBF (%)** | 29.6  (8.1) | 29.7  (6.7) | 31.0  (4.8) | 28.0  (4.3) | 29.1  (5.1) | 30.1  (5.0) | 30.9  (5.8) | 30.3  (4.9) | 31.1  (5.4) | 30.0  (5.7) |
| **FMI (kg/m2)** | 8.38  (5.17) | 8.34  (4.25) | 8.34  (2.25) | 7.07  (1.66) | 6.92  (1.84) | 7.19  (2.19) | 7.44  (2.09) | 7.09  (1.86) | 7.26  (2.33) | 7.55  (2.93) |
| **FM/FFM** | 0.44  (0.20) | 0.43  (0.16) | 0.46  (0.10) | 0.39  (0.08) | 0.42  (0.11) | 0.45  (0.12) | 0.47  (0.13) | 0.48  (0.17) | 0.47  (0.12) | 0.45  (0.14) |
| **ALMI (kg/m2)** | 7.86 (1.44) | 8.16 (1.29) | 7.72 (1.07) | 7.66 (1.11) | 6.73  (0.70) | 6.63 (0.74) | 6.48 (0.71) | 6.37  (0.71) | 6.19  (0.97) | 7.07 (1.21) |
| **HGS (kg)** | 42.3 (8.1) | 44.6 (7.4) | 42.1 (6.5) | 40.0 (6.7) | 35.5 (5.9) | 32.9 (5.9) | 29.0 (7.0) | 28.3  (4.8) | 24.4 (7.4) | 35.3 (9.4) |
| **KES (kg)** | 46.3  (15.6) | 45.8  (13.5) | 39.3  (12.1) | 40.5  (10.1) | 31.5  (6.2) | 29.3  (6.1) | 24.7  (9.7) | 23.1  (5.4) | 19.5  (8.4) | 33.2  (13.8) |
| **GS (m/s)** | 1.14 (0.15) | 1.12 (0.19) | 1.14 (0.16) | 1.14 (0.17) | 1.12 (0.19) | 1.11 (0.17) | 0.99 (0.15) | 0.95 (0.21) | 0.83 (0.21) | 1.06 (0.20) |
| **Sarcopenia** | 1 (3.6) | 0  (0) | 0  (0) | 3  (13.6) | 7  (24.1) | 7  (29.2) | 11  (37.9) | 14  (53.8) | 17  (73.9) | 60  (26.4) |
| **O-WC** | 12  (42.9) | 12  (46.2) | 15  (75.0) | 14  (63.6) | 13  (44.8) | 12  (50.0) | 19  (65.5) | 14  (53.8) | 12  (52.2) | 123  (54.2) |
| **O-PBF** | 9  (32.1) | 9  (34.6) | 8  (40.0) | 6  (27.3) | 8  (27.6) | 8  (33.3) | 19  (65.5) | 13  (50.0) | 12  (52.2) | 92  (40.5) |
| **O-FMI** | 11  (39.3) | 13  (50.0) | 14  (70.0) | 7  (31.8) | 9  (31.0) | 7  (29.2) | 15  (51.7) | 8  (30.8) | 7  (30.4) | 91  (40.1) |
| **O-FM/FFM** | 1  (3.6) | 1  (3.8) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 2  (0.9) |
| **O-BMI** | 8  (28.6) | 11  (42.3) | 10  (50.0) | 6  (27.3) | 3  (10.3) | 3  (12.5) | 4  (13.7) | 2  (7.7) | 3  (13.0) | 50  (22.0) |
| **SO-WC** | 0  (0) | 0  (0) | 0  (0) | 2  (9.1) | 4  (13.8) | 3  (12.5) | 6  (20.7) | 6  (23.1) | 8  (34.8) | 29  (12.8) |
| **SO-PBF** | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 3  (10.3) | 3  (12.5) | 5  (17.2) | 8  (30.8) | 9  (39.1) | 28  (12.3) |
| **SO-FMI** | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 2  (6.9) | 1  (4.2) | 3  (10.3) | 4  (15.4) | 4  (17.4) | 14  (6.2) |
| **SO-FM/FFM** | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) |
| **SO-BMI** | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 1  (3.4) | 0  (0) | 1  (3.4) | 0  (0) | 1  (4.0) | 3  (1.3) |
| BMI: Body Mass Index; WC: Waist Circumference; HC: Hip Circumference; PBF: Percentage Body Fat; FMI: Fat Mass Index; FM/FFM: Fat Mass/Fat-Free Mass; HGS: Handgrip Strength; KES: Knee Extensor Strength; ALMI: Appendicular Lean Mass Index; GS: Gait Speed; O: Obese; SO: Sarcopenic Obese; FM: Fat Mass; FFM: Fat-Free Mass. Values are presented as mean (SD) or number (%) | | | | | | | | | | |