|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S2.** Reference values and descriptive statistics by age, in females. | | | | | | | | | | |
| **Females** | | | | | | | | | | |
| **Age Group (y)** | **21-30** | **31-40** | **41-50** | **51-60** | **61-65** | **66-70** | **71-75** | **76-80** | **≥81** | **Overall** |
| **Sample size (*n*)** | 32 | 34 | 39 | 37 | 31 | 35 | 29 | 34 | 37 | 308 |
| **Age (y)** | 25.1 (2.8) | 35.9 (3.0) | 45.6 (3.0) | 55.1  (3.0) | 63.1 (1.4) | 67.8 (1.5) | 72.5 (1.6) | 77.9 (1.5) | 83.1 (2.1) | 58.4 (18.6) |
| **Height (m)** | 1.60 (0.05) | 1.59 (0.06) | 1.57 (0.07) | 1.57 (0.06) | 1.55 (0.05) | 1.54 (0.05) | 1.53 (0.05) | 1.52 (0.05) | 1.48 (0.04) | 1.55 (0.06) |
| **Weight (kg)** | 57.7 (11.7) | 61.3 (12.4) | 63.4 (11.7) | 63.1  (14.1) | 58.8 (8.7) | 59.3 (7.6) | 53.8 (8.4) | 57.5 (8.2) | 52.8 (8.6) | 58.8 (10.9) |
| **BMI (kg/m2)** | 22.5 (4.5) | 24.4 (4.7) | 25.7 (4.3) | 25.6  (5.5) | 24.4 (3.6) | 25.0 (3.0) | 22.9  (3.7) | 25.0  (3.5) | 24.2 (4.0) | 24.5 (4.2) |
| **HC (cm)** | 96.0  (8.5) | 98.4  (9.9) | 100.7  (9.2) | 101.8  (11.1) | 98.8  (7.9) | 99.5  (7.4) | 96.3  (6.8) | 99.0  (6.6) | 97.1  (8.0) | 98.7  (8.6) |
| **WC (cm)** | 77.1  (11.8) | 82.8  (11.4) | 84.9  (11.0) | 86.9  (12.4) | 87.4  (9.3) | 89.6  (6.9) | 86.0  (10.4) | 89.7  (8.9) | 89.4  (8.9) | 86.1  (10.8) |
| **PBF (%)** | 37.0  (6.4) | 37.7  (5.7) | 39.2  (4.7) | 39.9  (4.5) | 40.9  (4.9) | 41.0  (4.1) | 39.3  (5.0) | 41.2  (5.1) | 40.5  (5.5) | 39.7  (5.2) |
| **FMI (kg/m2)** | 8.35  (2.90) | 9.23  (3.03) | 10.00  (2.68) | 10.24  (3.24) | 9.92  (2.51) | 10.09  (1.95) | 8.93  (2.31) | 10.21  (2.37) | 9.72  (2.68) | 9.66  (2.70) |
| **FM/FFM** | 0.60  (0.16) | 0.62  (0.15) | 0.66  (0.13) | 0.66  (0.13) | 0.71  (0.15) | 0.70  (0.14) | 0.64  (0.14) | 0.73  (0.16) | 0.65  (0.15) | 0.66  (0.15) |
| **ALMI (kg/m2)** | 5.36 (0.90) | 5.76 (0.95) | 6.01 (1.03) | 5.96 (1.31) | 5.47 (0.70) | 5.58 (0.65) | 5.20 (0.74) | 5.42 (0.73) | 5.16  (0.69) | 5.56 (0.93) |
| **HGS (kg)** | 25.7 (4.7) | 26.0 (4.6) | 27.7 (5.3) | 23.7 (4.1) | 23.1 (3.7) | 22.8 (4.5) | 21.1 (4.2) | 19.6 (4.1) | 17.9 (3.4) | 23.1 (5.2) |
| **KES (kg)** | 28.7  (8.1) | 25.9  (7.1) | 29.0  (7.7) | 25.2  (7.3) | 20.5  (4.6) | 19.5  (5.5) | 18.1  (3.8) | 17.2  (5.8) | 14.2  (6.1) | 22.1  (8.1) |
| **GS (m/s)** | 1.14 (0.18) | 1.13 (0.12) | 1.18 (0.20) | 1.14 (0.16) | 1.09 (0.14) | 1.05 (0.18) | 1.02 (0.14) | 0.90 (0.17) | 0.83 (0.16) | 1.05 (0.20) |
| **Sarcopenia** | 3 (9.4) | 4  (11.8) | 1  (2.6) | 3  (8.1) | 6  (19.4) | 7  (20.0) | 13  (44.8) | 13  (38.2) | 27  (73.0) | 77  (25.0) |
| **O-WC** | 13  (40.6) | 18  (52.9) | 24  (61.5) | 26  (70.3) | 25  (80.6) | 32  (91.4) | 21  (72.4) | 31  (91.2) | 32  (86.5) | 222  (72.1) |
| **O-PBF** | 9  (28.1) | 9  (26.5) | 12  (30.8) | 16  (43.2) | 16  (51.6) | 14  (40.0) | 14  (48.3) | 16  (47.1) | 17  (45.9) | 123  (39.9) |
| **O-FMI** | 9  (28.1) | 10  (29.4) | 12  (30.8) | 17  (45.9) | 13  (41.9) | 18  (51.4) | 9  (31.0) | 20  (58.8) | 17  (45.9) | 125  (40.6) |
| **O-FM/FFM** | 3  (9.4) | 6  (17.6) | 5  (12.8) | 6  (16.2) | 5  (16.1) | 7  (20.0) | 5  (17.2) | 9  (26.5) | 9  (24.3) | 55  (17.9) |
| **O-BMI** | 4  (12.5) | 6  (17.6) | 11  (28.2) | 13  (35.1) | 6  (19.4) | 9  (25.7) | 3  (10.3) | 8  (23.5) | 6  (16.2) | 66  (21.4) |
| **SO-WC** | 0  (0) | 2  (5.9) | 0  (0) | 0  (0) | 5  (16.1) | 7  (20.0) | 9  (31.0) | 12  (35.3) | 22  (59.5) | 57  (18.5) |
| **SO-PBF** | 0  (0) | 1  (2.9) | 0  (0) | 2  (5.4) | 3  (9.7) | 4  (11.4) | 7  (24.1) | 9  (26.5) | 10  (27.0) | 36  (11.7) |
| **SO-FMI** | 0  (0) | 1  (2.9) | 0  (0) | 0  (0) | 1  (3.2) | 4  (11.4) | 3  (10.3) | 7  (20.6) | 9  (24.3) | 25  (8.1) |
| **SO-FM/FFM** | 0  (0) | 1  (2.9) | 0  (0) | 1  (2.7) | 1  (3.2) | 2  (5.7) | 2  (6.9) | 4  (11.8) | 6  (16.2) | 17  (5.5) |
| **SO-BMI** | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 0  (0) | 1  (2.9) | 0  (0) | 0  (0) | 1  (2.7) | 2  (0.6) |
| 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 (%) | | | | | | | | | | |