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| **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 (%) |