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| **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 (%) |