

Supplementary Table 1. Baseline participant characteristics

Variable	Men	Women	P-value
Number (%)	7,470 (51.9)	6,930 (48.1)	
Age (yr)	53.7±9.2	53.3±8.7	0.008
Height (cm)	170.5±5.7	158.2±5.3	<0.001
Weight (kg)	71.0±9.8	56.9±7.7	<0.001
BMI (kg/m ²)	24.4±2.8	22.7±3.0	<0.001
Waist circumference (cm)	86.9±7.8	78.8±8.3	<0.001
ASM (kg)	23.6±3.0	16.1±2.0	<0.001
ASM/height (kg/m ²)	8.10±0.69	6.40±0.60	<0.001
ASM/weight (%)	33.4±2.6	28.4±2.7	<0.001
ASM/BMI	0.97±0.11	0.71±0.10	<0.001
PBF (%)	21.6±5.2	29.4±6.3	<0.001
Smoking (%)			<0.001
Current	29.8	2.7	
Ex-smoker	44.5	2.6	
Regular aerobic exercise (%)	46.1	47.6	0.066
Resistance exercise (%)	39.2	25.4	<0.001
Hypertension (%)	36.8	23.6	<0.001
Diabetes (%)	12.4	7.0	<0.001
NAFLD (%)	42.0	23.2	<0.001
HOMA-IR	1.17 (0.67, 1.81)	0.99 (0.59, 1.57)	<0.001

Values are presented as mean±standard deviation or median (interquartile range).

BMI, body mass index; ASM, appendicular skeletal muscle mass; PBF, percent body fat; NAFLD, nonalcoholic fatty liver disease; HOMA-IR, homeostasis model assessment for insulin resistance.