

**Supplementary Table 5.** Odds ratios (OR) with 95% confidence intervals (CIs) for NAFLD defined by the FLI according to the presence of obesity in men and women

Model		Without obesity			With obesity		
		OR	95% CI	P-value	OR	95% CI	P-value
Men	Myosteatosis	1.72	1.38–2.16	<0.001	2.02	1.58–2.60	<0.001
	VFO	3.05	2.56–3.64	<0.001	2.07	1.66–2.59	<0.001
	Diabetes	1.18	0.92–1.54	0.188	1.22	0.87–1.69	0.246
	High CRP	1.36	1.05–1.75	0.020	1.29	0.93–1.79	0.126
Women	Myosteatosis	2.77	2.02–3.80	<0.001	1.93	1.36–2.60	<0.001
	VFO	2.90	2.08–4.03	<0.001	1.75	1.34–2.29	<0.001
	Diabetes	2.29	1.52–3.47	<0.001	2.68	1.80–3.97	<0.001
	High CRP	1.46	0.91–2.33	0.117	2.11	1.52–2.93	<0.001
	Menopause	1.97	1.23–3.80	<0.001	0.85	0.57–1.26	0.420

NAFLD, non-alcoholic fatty liver disease; VFO, visceral fat obesity; FLI, fatty liver index; hsCRP, high-sensitivity C-reactive protein. Adjusted for age, regular aerobic exercise, regular resistance exercise, VFO, diabetes, hypertension, high CRP, TG, HDL-cholesterol, menopausal status (only adjusted in women), and myosteatosis.