

Prevalence of sarcopenia in community dwelling older people in the UK using the European Working Group on Sarcopenia in Older People (EWGSOP) definition: findings from the Hertfordshire Cohort Study (HCS)

Patel HP ^{1,2}, Syddall HE ¹, Jameson KA ¹, Robinson SM ¹, Denison HJ ¹, Roberts HC ^{1,2},
Edwards MH ¹, Dennison EM ¹, Cooper C ¹, Sayer AA ^{1,2}

¹ MRC Lifecourse Epidemiology Unit, University of Southampton, Southampton, UK. ²
Academic Geriatric Medicine, University of Southampton, Southampton, UK

Supplementary information

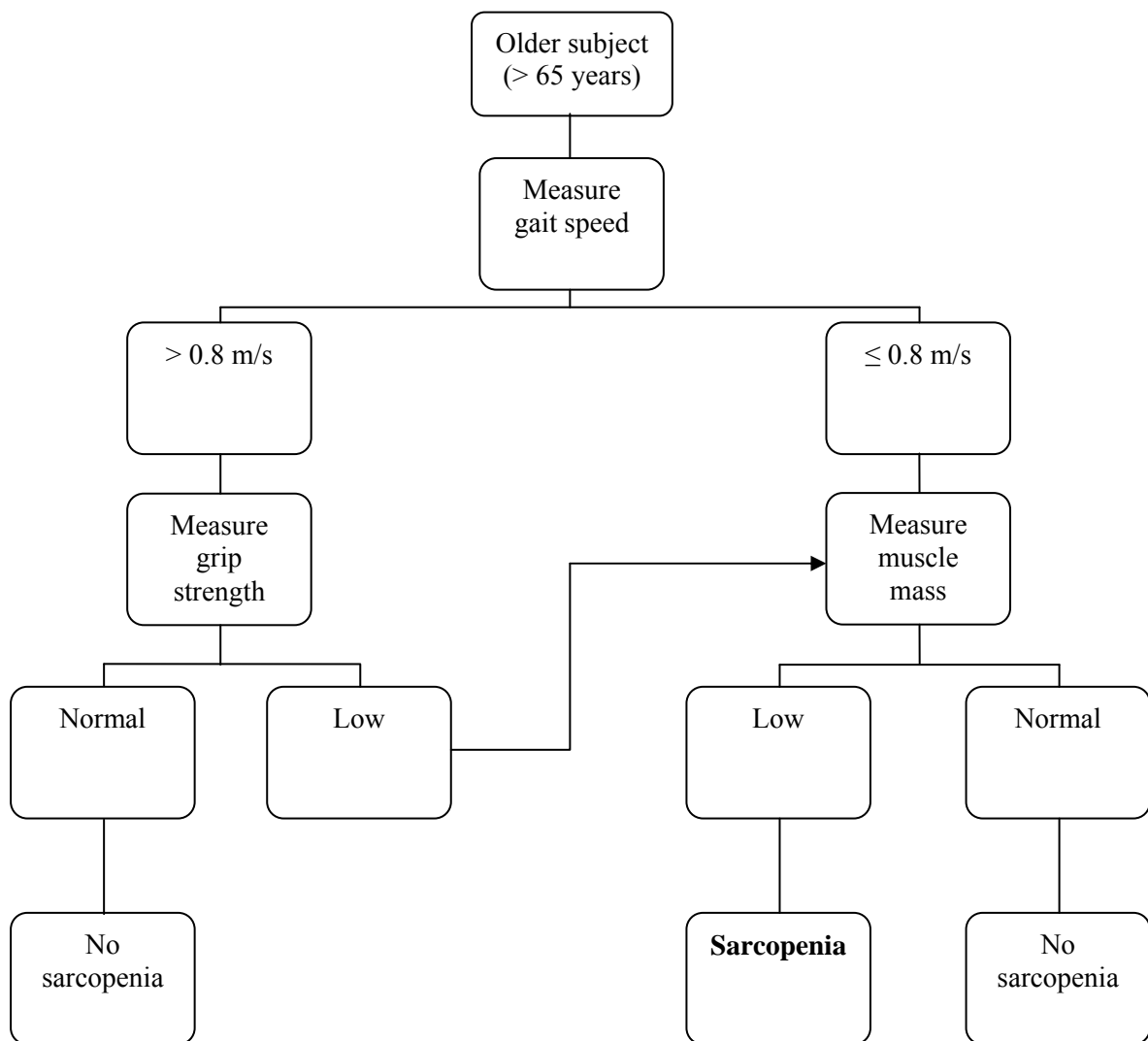
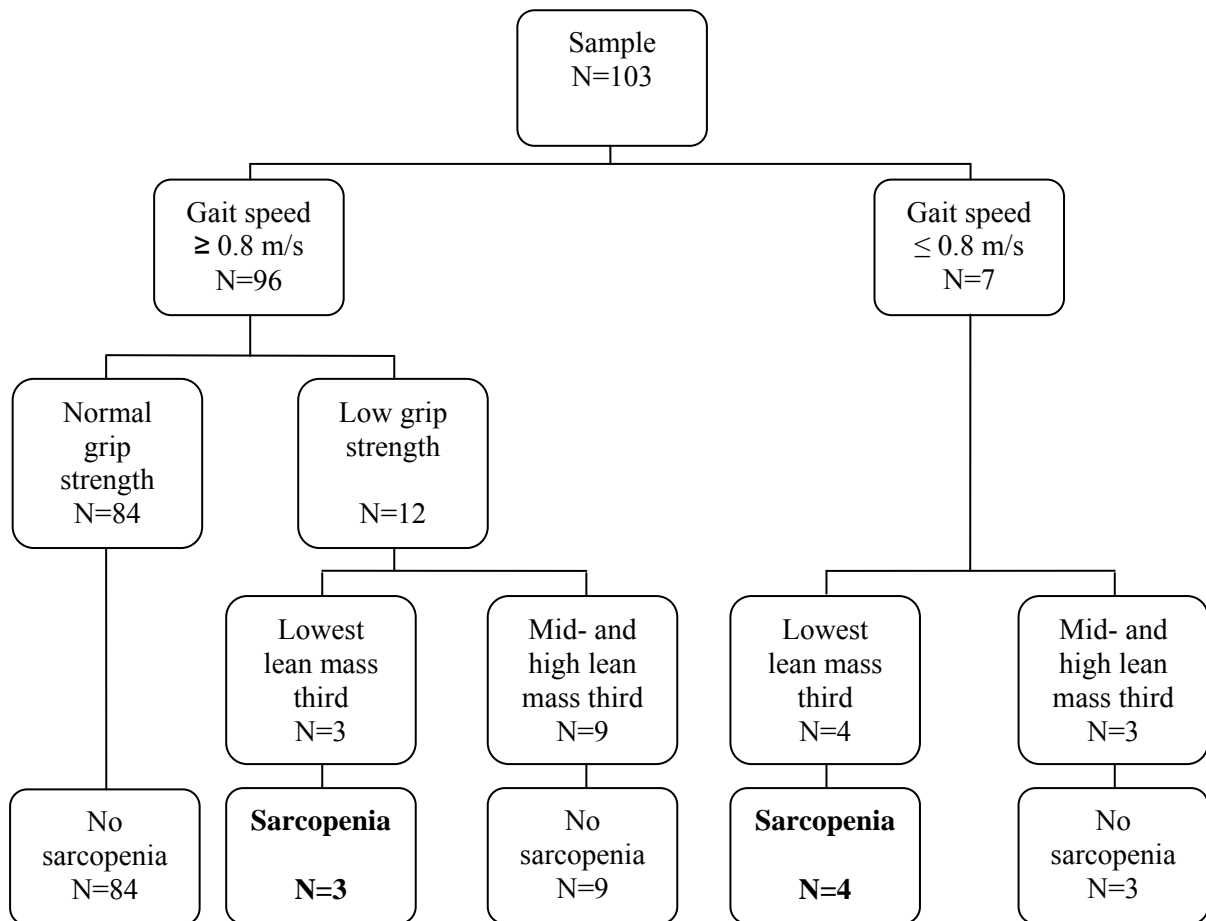


Figure 1. Algorithm suggested by the EWGSOP for sarcopenia case finding [1].

(a)

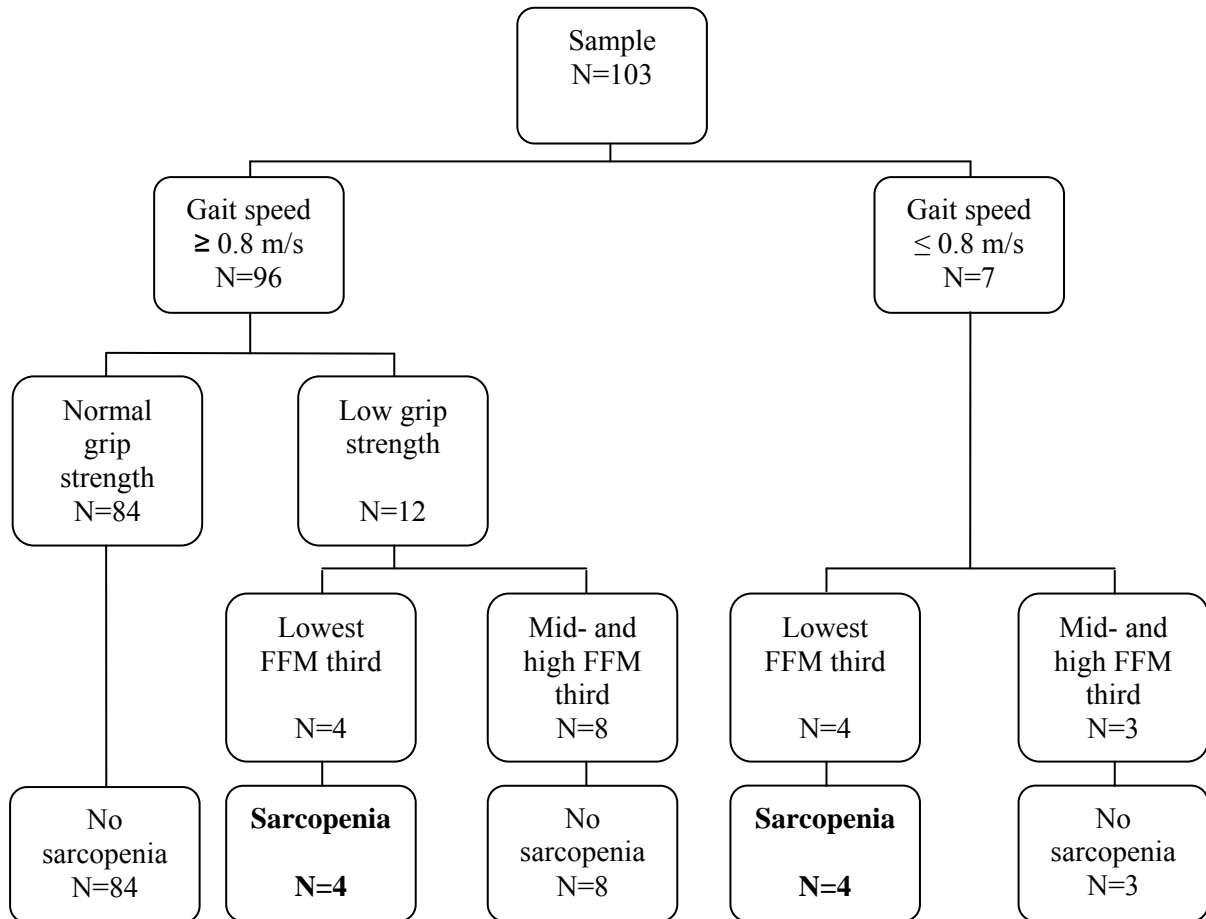


Mean lean mass (mid + highest third) 60.0kg (range 53.2kg-75.9kg)

Mean lean mass (lowest third) 49.6kg (range 42.7kg-53.1kg)

Figure 2a. The EWGSOP algorithm to define cases with sarcopenia among HSS men using DXA lean mass thirds

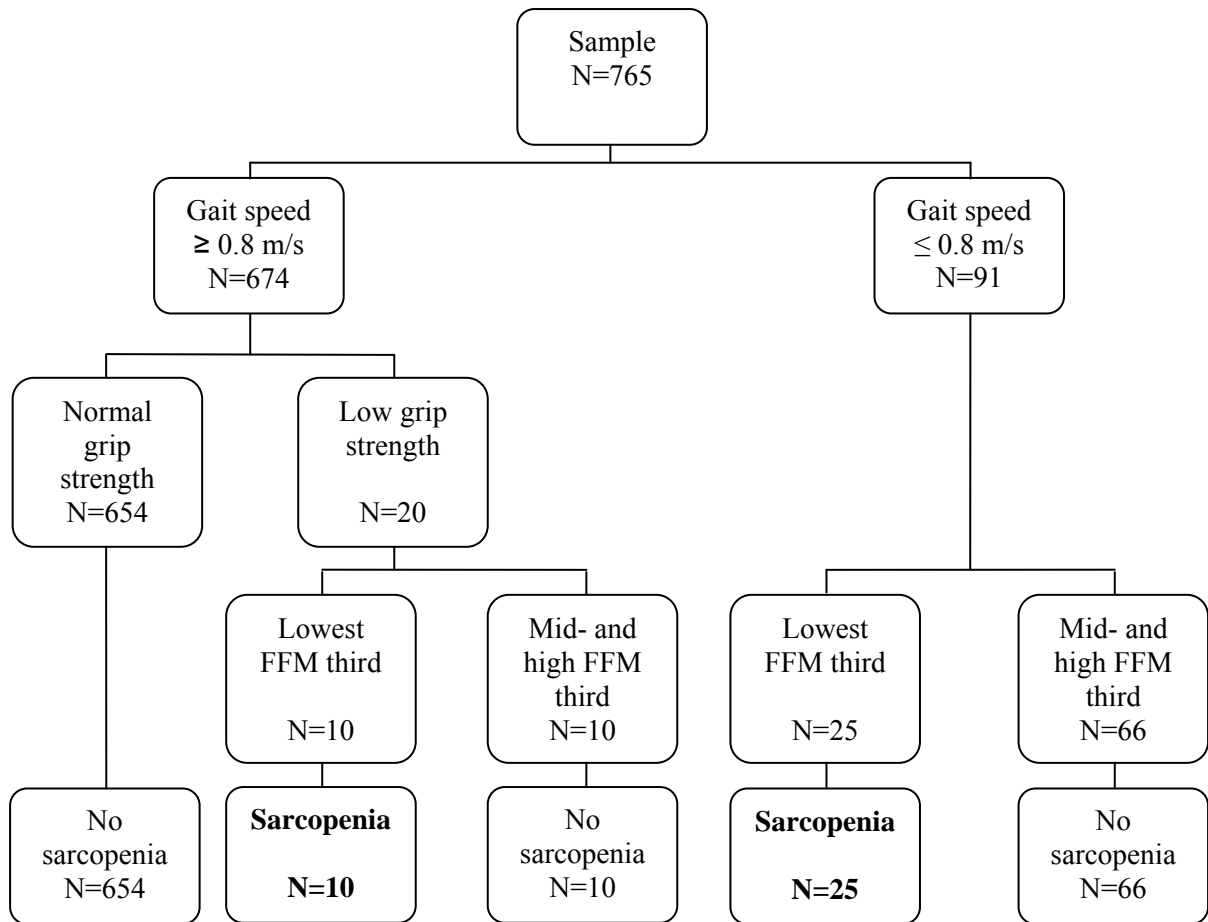
(b)



Mean fat free mass (FFM) (mid + highest third) 63.7kg (range 57.2kg-83.1kg)

Mean FFM (lowest third) 49.6kg (range 45.6kg-57.1kg)

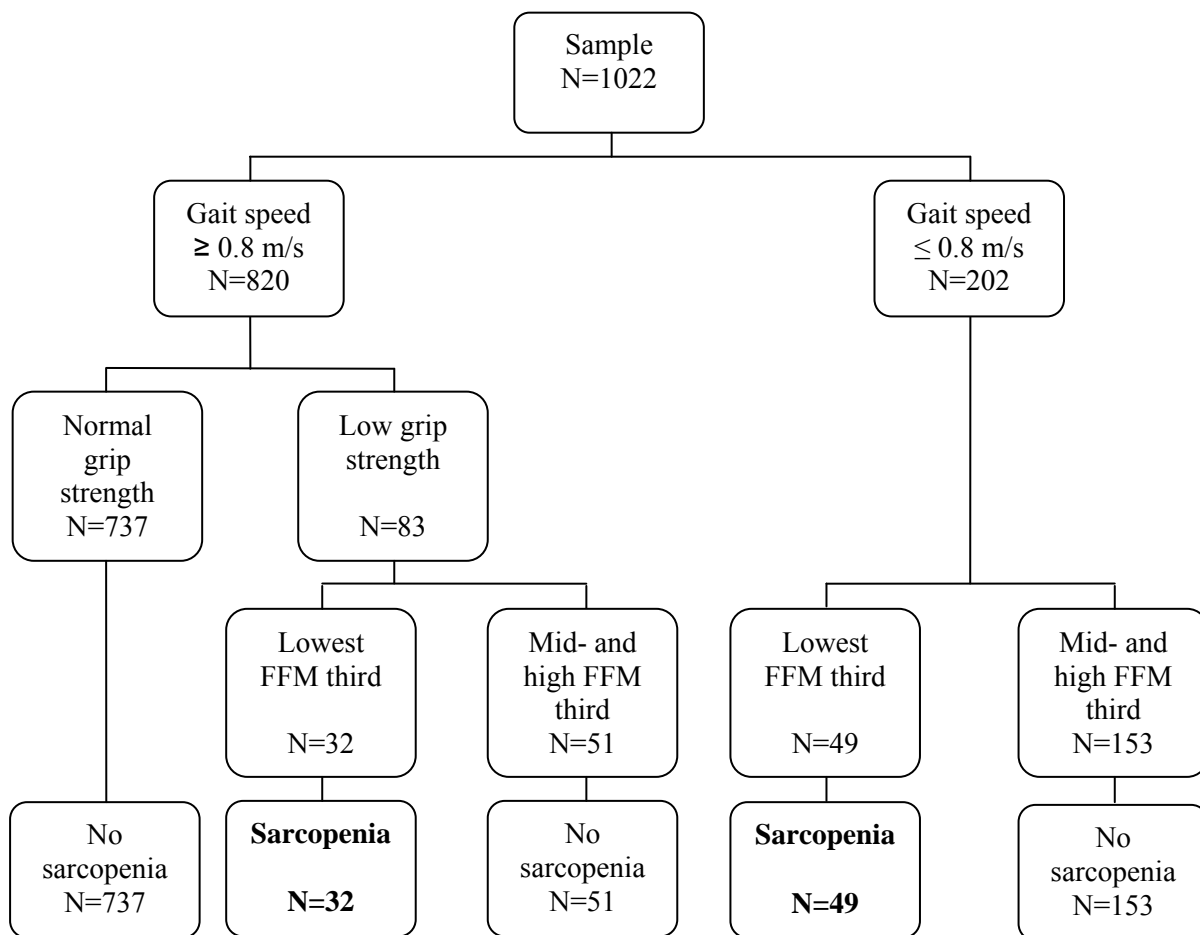
Figure 2b. The EWGSOP algorithm to define cases with sarcopenia among HSS men using fat free mass thirds.



Mean fat free mass (FFM) (mid + highest third) 62.3kg (range 55.2kg-100.1kg)

Mean FFM (lowest third) 51.2kg (range 36.7kg-55.1kg)

Figure 3. The EWGSOP algorithm to define cases with sarcopenia using FFM thirds among men in the HCS physical performance (HCS PP) sample.



Mean fat free mass (FFM) (mid + highest third) 45.5kg (range 39.5kg-66.9kg)

Mean FFM (lowest third) 36.5kg (range 29.1kg-39.4kg)

Figure 4. The EWGSOP algorithm to define cases with sarcopenia using FFM thirds among women in the HCS physical performance (HCS PP) sample.

Table A1. Prevalence of sarcopenia using EWGSOP extended definitions

	No sarcopenia		Pre sarcopenia ^a	Sarcopenia ^b	Severe sarcopenia ^c	Any sarcopenia ^d
	N	N (%)	N (%)	N (%)	N (%)	(%)
HSS Men _{DXA LM}	103	68 (66.0)	28 (27.1)	5 (4.9)	2 (1.9)	6.8
HSS Men _{FFM}	103	68 (66.0)	27 (26.2)	6 (5.8)	2 (1.9)	7.8
HCS PP men _{FFM}	765	525 (68.6)	205 (26.8)	26 (3.4)	9 (1.2)	4.6
HCS PP women _{FFM}	1022	699 (68.4)	242 (23.7)	61 (6.0)	20 (2.0)	7.9

^a Low lean mass only

^b Low lean mass + slower walking speed *or* low lean mass + decreased grip strength

^c Low lean mass + slower walking speed + decreased grip strength

^d Percent prevalence of sarcopenia (sarcopenia + severe sarcopenia)

DXA - Dual-energy x-ray absorptiometry, LM - lean mass, FFM - fat free mass