

Supplementary Table 1. Cut-off Values for Handgrip Strength According to BMI
 Quartile and Sex and Gait Speed According to Height and Sex

| Grip Strength (kg) | | | | |
|--------------------|---------------|----|----------------|----|
| Quartiles of BMI | Q1 | Q2 | Q3 | Q4 |
| Men | 20 | 22 | 24 | 24 |
| Women | 12 | 14 | 13 | 14 |
| Gait Speed (m/s) | | | | |
| Groups of Height | Mean or above | | Below the mean | |
| Men | 0.6 | | 0.48 | |
| Women | 0.48 | | 0.48 | |