

SUPPLEMENTARY MATERIAL

Supplemental Table 1. Baseline characteristics of the participants taking part either in the short-term, long-term or both follow-ups.

Baseline population consists of the following subpopulations:

- 54 participants, who were premenopausal at ERMA baseline and were re-measured only at long-term follow-up.
- 230 participants, who were perimenopausal at ERMA baseline and completed the short-term follow-up.
- 32 participants, who were perimenopausal at ERMA baseline and were re-measured only at long-term follow-up.

| | All (n = 316) | Premenopausal (n = 54) | Perimenopausal (n = 262) |
|--------------------------------------|------------------|---------------------------|-----------------------------|
| Age and systemic hormones | | | |
| Age, y | 51.4 ± 1.9 | 51.0 ± 1.7 | 51.5 ± 1.9* |
| E ₂ , nmol/L | 0.40 ± 0.40 | 0.70 ± 0.71 | 0.33 ± 0.27*** |
| FSH, IU/L | 30.2 ± 22.2 | 7.9 ± 3.7 | 34.8 ± 21.6*** |
| DHEAS, μmol/l ^a | 2.73 ± 1.40 | 2.49 ± 1.48 | 2.77 ± 1.38 |
| SHBG, nmol/l ^a | 56.4 ± 24.3 | 60.7 ± 32.0 | 55.5 ± 22.4 |
| Demographics | | | |
| Education level ^a | | | |
| Primary | 2.2% | 0.0% | 2.7% |
| Secondary | 51.7% | 55.6% | 51.0% |
| Tertiary | 46.0% | 44.4% | 46.4% |
| Bleeding status | | | |
| Natural | 59.5% | 35.2% | 64.5%*** |
| IUD | 33.9% | 50.0% | 30.5% |
| Hysterectomy | 6.6% | 14.8% | 5.0% |
| Lifestyle habits | | | |
| SR-PA, MET-h/day ^b | 4.67 ± 4.07 | 4.79 ± 3.80 | 4.64 ± 4.12 |
| ACC-PA, min/day ^c | 53.6 ± 30.3 | 53.5 ± 27.1 | 53.6 ± 31.0 |
| Diet quality score ^d | 5.84 ± 2.32 | 5.27 ± 2.72 | 5.95 ± 2.22* |
| Smoking | | | |
| Never | 69.6% | 74.1% | 68.7% |
| Quitter | 23.7% | 20.4% | 24.4% |
| Current smoker | 6.6% | 5.6% | 6.9% |
| Alcohol use, units/week ^e | 4.0 ± 3.6 | 3.7 ± 3.1 | 4.1 ± 3.7 |

Values are presented as mean ± SD. E₂, estradiol; FSH, follicle-stimulating hormone; DHEAS, dehydroepiandrosterone sulfate; SHBG, sex hormone binding globulin; IUD, intrauterine device (includes also other progestogenic contraception preparations); SR-PA, self-reported physical activity; MET, metabolic equivalent of a task; ACC-PA, accelerometer-measured moderate-to-vigorous physical activity. ^a Data missing, n = 1 from perimenopausal group. ^b Data missing, n = 3 from premenopausal and n = 5 from perimenopausal group. ^c Data missing, n = 8 from premenopausal and n = 48 from perimenopausal group. ^d Data missing, n = 3 from premenopausal and n = 7 from perimenopausal group. ^e Data missing, n = 2 from premenopausal and n = 5 from perimenopausal group. ***p < 0.001, **p < 0.01, *p < 0.05 between menopausal groups.

Supplemental Table 2. Baseline anthropometrics and body composition results of the participants taking part either in the short-term, long-term or both follow-ups.

Not all participants took part in all of the anthropometrics and body composition measurements both at baseline and follow-up visit. The baseline population with a minimum of scale measured body mass consists of the following subpopulations:

- 49 participants, who were premenopausal at ERMA baseline and were re-measured only at long-term follow-up.
- 230 participants, who were perimenopausal at ERMA baseline and completed the short-term follow-up.
- 28 participants, who were perimenopausal at ERMA baseline and were re-measured only at long-term follow-up.

| | All (n = 307) | Premenopausal (n = 49) | Perimenopausal (n = 258) |
|--|--------------------------|-----------------------------------|-------------------------------------|
| Body mass, kg | 69.6 ± 10.9 | 68.7 ± 10.4 | 69.7 ± 11.0 |
| Height, cm | 165.3 ± 5.5 | 166.2 ± 5.1 | 165.1 ± 5.6 |
| BMI, kg/m ² | 25.5 ± 3.9 | 24.9 ± 3.6 | 25.6 ± 3.9 |
| <i>Underweight (<18.5)</i> | 0% | 0% | 0% |
| <i>Normal weight (18.5–24.99)</i> | 51.8% | 57.1% | 50.8% |
| <i>Overweight (25.0–29.99)</i> | 34.5% | 34.7% | 34.5% |
| <i>Obese (>30)</i> | 13.7% | 8.2% | 14.7% |
| Total and regional fat ^a | | | |
| Total fat mass, kg | 25.1 ± 8.7 | 22.8 ± 8.0 | 25.5 ± 8.8* |
| Total fat-% | 35.1 ± 7.8 | 32.4 ± 7.6 | 35.6 ± 7.8** |
| Trunk fat mass, kg | 12.8 ± 5.3 | 11.7 ± 4.8 | 13.0 ± 5.4 |
| Gynoid fat mass, kg | 4.9 ± 1.4 | 4.4 ± 1.4 | 5.0 ± 1.4* |
| Android fat mass, kg | 2.2 ± 1.0 | 2.0 ± 0.9 | 2.3 ± 1.0 |
| Right leg fat mass, kg | 4.4 ± 1.5 | 3.9 ± 1.5 | 4.5 ± 1.5* |
| Gluteofemoral fat mass, kg | 10.1 ± 3.4 | 9.1 ± 3.0 | 10.3 ± 3.4* |
| Gluteofemoral fat-% | 36.0 ± 6.9 | 33.5 ± 6.8 | 36.4 ± 6.8** |
| Android-to-gynoid-ratio | 0.45 ± 0.14 | 0.45 ± 0.16 | 0.45 ± 0.14 |

Values are presented as mean ± SD. BMI, body mass index. ^a Data missing *n* = 1 from premenopausal group and *n* = 9 from perimenopausal group. ****p* < 0.001, ***p* < 0.01, **p* < 0.05 between menopausal groups