

Table S1 Baseline characteristics of the study population by sarcopenic.

Characteristics	Non-sarcopenic (n=8519)	Sarcopenic (n=807)	p-value
Age, mean (SE), years	39.0 (0.3)	42.9 (0.6)	0.002
Female, n (%)	4330 (50.3)	403 (45.9)	0.060
Race/ethnicity, n (%)			
Mexican American	1124 (9.9)	282 (26.1)	< 0.001
Other Hispanic	846 (6.9)	121 (12.0)	
Non-Hispanic White	3103 (61.3)	220 (47.4)	
Non-Hispanic Black	1905 (11.9)	50 (3.4)	
Other	1541 (9.9)	134 (11.1)	
Heavy use of alcohol, n (%)			
<12	6174 (97.9)	426 (95.8)	0.026
≥12	135 (2.1)	21 (4.2)	
Education level, n (%)			
Less Than High School	3214 (33.2)	461 (52.0)	< 0.001
High School Diploma	2878 (34.1)	214 (32.2)	
More Than High School	2425 (32.7)	132 (15.8)	
Smoking risk, n (%)			
Ideal	1969 (22.2)	138 (18.8)	0.085
Intermediate	202 (2.9)	14 (1.8)	
Poor	6348 (74.8)	655 (79.4)	
Body mass index risk, n (%)			
Ideal	2826 (33.1)	64 (6.5)	< 0.001
Intermediate	2746 (33.5)	191 (21.1)	
Poor	2947 (33.4)	525 (72.4)	

Physical activity risk, n (%)			
Ideal	3371 (42.1)	289 (39.1)	
Intermediate	579 (7.7)	46 (6.5)	0.274
Poor	4569 (50.2)	472 (54.4)	
Healthy diet score risk, n (%)			
Ideal	188 (2.3)	13 (1.0)	
Intermediate	3716 (44.7)	330 (38.8)	0.001
Poor	4615 (52.9)	464 (60.0)	
Total cholesterol risk, n (%)			
Ideal	4853 (54.8)	360 (45.7)	
Intermediate	2292 (28.4)	256 (32.1)	0.002
Poor	1374 (16.8)	191 (22.2)	
Blood pressure risk, n (%)			
Ideal	4203 (46.6)	271 (25.7)	
Intermediate	2650 (33.3)	283 (37.6)	< 0.001
Poor	1666 (20.1)	253 (36.8)	
Fasting plasma glucose risk, n (%)			
Ideal	6103 (50.4)	406 (32.3)	
Intermediate	1711 (31.8)	234 (33.9)	< 0.001
Poor	705 (17.8)	167 (33.8)	
Scores of seven healthy metrics, mean (SE)			
	8.4 (0.0)	6.8 (0.1)	< 0.001
Overall CVH metrics, n (%)			
Poor	3193 (34.3)	479 (59.3)	
Intermediate or Ideal	5326 (65.7)	328 (40.7)	< 0.001

Abbreviations: CVH, cardiovascular health.

Poor CVH: CVH metrics scores 0-7; Intermediate or Ideal CVH: CVH metrics scores 8-14.