

Supplementary Table 4. A longitudinal analysis of body composition cohort (from 2nd exam to 4th exam)

Variable	Total (n=595)		Men (n=295)		Women (n=300)	
	At 2nd exam	At 4th exam	At 2nd exam	At 4th exam	At 2nd exam	At 4th exam
Fat measures, cm ²						
TFA	389.0±135.4	400.9±140.5 ^a	358.4±121.6	372.6±131.7 ^a	418.3±141.6	428.1±143.6 ^a
SFA	240.2±105.0	243.0±107.0	196.9±81.7	201.8±87.2 ^a	281.9±108.1	282.7±109.5
VFA	146.0±63.9	150.5±66.8 ^a	160.8±64.5	166.4±70.4 ^a	131.4±60.0	134.8±59.0 ^a
Muscle measures						
TMA, cm ²	99.0±26.7	94.1±26.5 ^a	117.0±22.9	111.5±23.1 ^a	82.1±17.5	77.7±17.5 ^a
Total abdominal muscle radiodensity, HU	42.8±5.4	40.1±5.9 ^a	44.9±4.7	42.1±5.4 ^a	40.8±5.3	38.2±5.7 ^a
WWI	11.17±0.91	11.31±0.91 ^a	10.89±0.63	11.03±0.64 ^a	11.46±1.05	11.60±1.04 ^a
BMI	28.21±5.20	28.14±5.33	27.88±4.40	27.81±4.61	28.54±5.91	28.49±5.97
WC	98.16±13.90	99.05±14.26 ^a	99.00±11.82	99.88±12.25 ^a	97.29±15.74	98.19±16.04 ^a

Values are presented as mean ± standard deviation.

TFA, total abdominal fat area; SFA, subcutaneous fat area; VFA, visceral fat area; TMA, total abdominal muscle area; HU, Hounsfield units; WWI, weight-adjusted waist index; BMI, body mass index; WC, waist circumference.

^a*P*<0.05 by paired *t*-test.