

Table S1. General characteristics

Variable	Total (n=187)	High WC (n=45)	Low WC (n=142)
Demographics			
Age (y)	66.8±7.02	67.15±7.46	66.23±6.23
Sex			
Male	50 (26.7)	21 (17.9)	29 (41.4)
Female	137 (73.3)	96 (82.1)	41 (58.6)
Race			
Chinese	175 (93.6)	109 (93.2)	66 (94.3)
Malay	2 (1.1)	2 (1.7)	0
Indian	7 (3.7)	5 (4.3)	2 (2.9)
Others	3 (1.6)	1 (0.9)	2 (2.8)
Cardiovascular risk factors			
Hypertension	62 (33.2)	44 (37.6)	18 (25.7)
Hyperlipidemia	116 (62)	82 (70.1)	34 (48.6)
Diabetes mellitus	23 (12.3)	14 (12)	9 (12.9)
Ischemic heart disease	2 (1.1)	1 (0.9)	1 (1.4)
Atrial fibrillation	5 (2.7)	5 (4.3)	0
Stroke/TIA	6 (3.2)	5 (4.3)	1 (1.4)
Smoking	2 (1.1)	1 (0.9)	1 (1.4)
Nutritional status			
MNA scoring	27.52±1.78	27.50±1.85	27.59±1.68
SNAQ scoring	15.80±1.63	15.69±1.72	15.97±1.45
Muscle strength and physical performance			
SPPB	11.44±1.04	11.24±1.19	11.77±0.59
Grip strength	23.65±7.10	23.15±6.99	24.47±7.25
Knee strength	48.35±4.16	47.00±12.69	50.54±16.13
Usual gait speed	1.09±0.18	1.08±0.18	1.12±0.18
Anthropometric measurements			
Height (m)	1.58±0.08	1.57±0.07	1.59±0.09
Weight (kg)	58.05±9.29	61.13±8.66	52.89±7.96
BMI (kg/m ²)	23.36±3.24	24.84±3.02	20.87±1.73
Relative appendicular skeletal mass (kg/m ²)	6.07± 0.88	6.10±0.83	6.02±0.97
Calf circumference			
Standing non-dominant (cm)	34.58±2.77	35.13±2.74	33.64±2.57
Screen positive	61 (32.6)	28 (23.9)	33 (47.1)
Standing dominant (cm)	34.50±2.71	35.05±2.71	33.59±2.45
Screen positive	64 (34.2)	29 (24.8)	35 (50)
Sitting non-dominant (cm)	35.23±2.91	35.87±2.91	34.17±2.61
Screen positive	44 (23.5)	18 (15.4)	26 (37.1)

Sitting dominant (cm)	35.19±2.91	35.82±2.92	34.14±2.60
Screen positive	49 (26.2)	22 (18.8)	27 (38.6)
Finger-ring			
Smaller	31 (16.6)	15 (12.8)	16 (22.9)
Just fits	54 (28.9)	26 (22.2)	28 (40.0)
Bigger	102 (54.5)	76 (65.0)	26 (37.1)
Functional ability			
Basic ADL (0–100)	100 (95–100)	100 (95–100)	100 (100–100)
Instrumental ADL (0–23)	23 (22–23)	23 (22–23)	23 (22–23)
FAI (0–45)	30.97±4.59	30.75±4.62	31.33±4.54
Frailty			
Fried frailty phenotype	1 (1–2)	1 (1–2)	1 (1–2)
FRAIL score (0–5)	0 (0–1)	0 (0–1)	0 (0–1)
Sarcopenia (AWGS2019) ^{a)}			
Yes	45 (24.1)	24 (20.5)	21 (30)
No	142 (75.9)	93 (79.5)	49 (70)
ALMI			
Normal	98 (52.4)	76 (65)	22 (31.4)
Low	89 (47.6)	41 (35)	48 (68.6)

Values are presented as mean±standard deviation, number (%) or median (interquartile range).

WC, waist circumference; TIA, transient ischemic attack; MNA, Mini-Nutritional Assessment; SNAQ, Simplified Nutritional Appetite Questionnaire; SPPB, Short Physical Performance Battery; BMI, body mass index; ADL, activities of daily living; FAI, Frenchay Activities Index; ALMI, low appendicular lean mass.

^{a)}The Asian Working Group of Sarcopenia 2019 (AWGS 2019) cutoffs were used for Sarcopenia diagnosis.