Table S4. Sensitivity analyses of the association between alternative lifestyle definitions and incident sarcopenia

Lifestyle category	Number of sarcopenia	Person-years	HR (95% CI)	p for trend
Lifestyle score excluding BMI				
Unfavorable lifestyle	70	2,965.74	Reference	0.0021
Intermediate lifestyle	207	10,586.84	0.804 (0.609–1.061)	
Favorable lifestyle	225	16,478.35	0.661 (0.500–0.875)	
Regression coefficient–weighted lifestyle score				
Unfavorable lifestyle	240	11,133.81	Reference	<0.001
Intermediate lifestyle	156	8,382.40	0.874 (0.714–1.071)	
Favorable lifestyle	106	10,514.73	0.615 (0.488–0.776)	
Individual lifestyle components and incident sarcopenia				
Physical activity				
Unhealthy	367	17,502.29	Reference	
Healthy	135	12,528.64	0.565 (0.463–0.689)	<0.0001
Smoking status				
Unhealthy	347	22,183.79	Reference	
Healthy	155	7,847.14	0.788 (0.640–0.970)	0.0244
Alcohol consumption				
Unhealthy	462	28,029.44	Reference	
Healthy	40	2,001.50	1.003 (0.722–1.393)	0.9879
Sleep duration				
Unhealthy	237	14,669.36	Reference	
Healthy	265	15,361.57	0.929 (0.780–1.108)	0.4145
Using health lifestyle assessed at wave 1				
Unfavorable lifestyle	295	10,772.32	Reference	<0.0001
Intermediate lifestyle	125	9,304.68	0.494 (0.392–0.622)	
Favorable lifestyle	82	9,953.93	0.348 (0.259–0.468)	

BMI, body mass index; HR, hazard ratio; CI, confidence interval.

For Model A, the lifestyle score was reconstructed after excluding BMI and ranged from 0 to 4. Unfavorable, intermediate, and favorable lifestyles were defined as scores of 0–1, 2, and 3–4, respectively.

For Model B, the weighted lifestyle score was constructed using regression coefficients of the four lifestyle components in relation to incident sarcopenia and was categorized into tertiles.

For Model C, each lifestyle component was analyzed separately. Healthy lifestyle components were coded as 1 and unhealthy components as 0.

For Model D, lifestyle assessed at wave 1 was analyzed.

All models were adjusted for age, sex, residential area, education level, marital status, household income, baseline cognitive status, and comorbidities.