Table S7. Participant characteristics in the 2021–2022 physical examinations by sex

	Men (n=3,005)	**Women (n=3,649)**
Appendicular lean mass (ALM) (kg)	20.5 (18.2–22.8)	14.9 (13.6–16.2)
ALM adjusted for height square (kg/m^2)	7.7 (7.1–8.2)	6.5 (6.2–6.8)
Grip strength (kg)	37.3 (33.0–41.5)	24.3 (21.7–26.8)
Presence of low adjusted ALM[a)]	600 (20.0)	730 (20.0)
Presence of low grip strength[b)]	217 (7.2)	206 (5.7)
Presence of sarcopenia	142 (4.7)	130 (3.6)

Values are presented as median (interquartile range) or number (%).

[a)]Cutoff values of adjusted ALM are <7.0 kg/m^2 for men and <6.1 kg/m^2 for women.

[b)]Cutoff values of grip strength are <28 kg for men and <18 kg for women.