**Table S2**. Age- and sex-specific anthropometric and body-composition characteristics

| Characteristic | Female | | | Male | | |
|---|---|---|---|---|---|---|
| | **60–69 y (n=3,623)** | **70–79 y (n=2,267)** | **≥80 y (n=273)** | **60–69 y (n=966)** | **70–79 y (n=811)** | **≥80 y (n=133)** |
| Body weight (kg) | 55.75±9.24 | 54.03±8.85 | 52.15±8.34 | 69.00±10.19 | 65.98±9.57 | 62.24±9.26 |
| ASM (kg) | 17.57±1.17 | 17.25±1.19 | 16.78±1.10 | 24.76±1.69 | 24.25±1.67 | 23.62±1.53 |
| BMI (kg/m²) | 23.35±3.71 | 23.04±3.58 | 22.86±3.42 | 24.54±3.13 | 23.97±3.11 | 23.19±2.91 |
| PBF (%) | 35.21±6.60 | 35.34±6.86 | 36.06±7.08 | 26.79±6.02 | 27.26±6.40 | 28.70±6.92 |
| VFA (cm²) | 102.67±38.89 | 103.14±38.33 | 106.58±38.11 | 84.66±31.93 | 85.28±31.62 | 90.14±35.57 |

Values are presented as mean±standard deviation.

ASM, appendicular skeletal muscle mass; BMI, body mass index; PBF, percent body fat; VFA, visceral fat area.