

Supplementary data. Adapted prediction equations for lean body mass, body fat mass, and appendicular skeletal muscle mass among adults

1. Men

- $LBMI = 7.838 - 0.001 * Age + 0.667 * BMI - 0.065 * WC - 0.140 * sCr + 0.093 * PA_{mod} + 0.332 * PA_{vig} - 0.123 * Smk_{ex} + 0.098 * Smk_{cur} + 0.036 * Alc_{mod} + 0.121 * Alc_{heavy}$
- $BFMI = -7.715 + 0.001 * Age + 0.313 * BMI + 0.066 * WC + 0.137 * sCr - 0.083 * PA_{mod} - 0.305 * PA_{vig} + 0.174 * Smk_{ex} - 0.106 * Smk_{cur} - 0.033 * Alc_{mod} - 0.124 * Alc_{heavy}$
- $ASMI = 3.970 - 0.010 * Age + 0.303 * BMI - 0.033 * WC - 0.016 * sCr + 0.081 * PA_{mod} + 0.231 * PA_{vig} - 0.022 * Smk_{ex} - 0.01 * Smk_{cur} + 0.060 * Alc_{mod} + 0.085 * Alc_{heavy}$

2. Women

- $LBMI = 6.149 - 0.004 * Age + 0.456 * BMI - 0.023 * WC + 0.136 * sCr + 0.052 * PA_{mod} + 0.272 * PA_{vig} - 0.093 * Smk_{ex} + 0.081 * Smk_{cur} + 0.066 * Alc_{mod} + 0.090 * Alc_{heavy}$
- $BFMI = -6.075 - 0.003 * Age + 0.535 * BMI - 0.021 * WC - 0.108 * sCr - 0.018 * PA_{mod} - 0.223 * PA_{vig} + 0.110 * Smk_{ex} - 0.095 * Smk_{cur} - 0.067 * Alc_{mod} - 0.091 * Alc_{heavy}$
- $ASMI = 2.434 - 0.004 * Age + 0.187 * BMI - 0.008 * WC + 0.222 * sCr + 0.038 * PA_{mod} + 0.165 * PA_{vig} - 0.058 * Smk_{ex} - 0.012 * Smk_{cur} + 0.040 * Alc_{mod} + 0.014 * Alc_{heavy}$

Abbreviations: LBMI, lean body mass index; BFMI, body fat mass index; ASMI, appendicular skeletal muscle mass index; BMI, body mass index; WC, waist circumference; SCr, serum creatinine; PA_mod, moderate physical activity; PA_vig, vigorous physical activity; Smk_ex, ex-smokers; Smk_cur, current smokers; Alc_mod, moderate alcohol consumption; Alc_heavy, heavy alcohol consumption