

Table S1. Demographic, clinical and instrumental characteristics of the females' population according to relative handgrip strength tertiles

Variables	T1 (n=90)	T2 (n=91)	T3 (n=90)	<i>p</i> for trend	<i>p</i> for Post-Hoc Analysis
rHGS (range)	0.26-0.65	0.66-0.77	0.78-1.23		
Age (years)	63±7	62±7	59±6	0.001	T1 vs T3 0.001
BMI (kg/m ²)	31.9±4	27.7±4	26.2±4	<0.001	T1 vs T2 <0.001 T1 vs T3 <0.001 T2 vs T3 0.02
HGS (kg)	17.6±3.1	19.6±2.8	24.7±4.6	<0.001	T1 vs T2 <0.001 T1 vs T3 <0.001 T2 vs T3 <0.001
WHR	0.90±0.07	0.88±0.07	0.86±0.08	0.002	T1 vs T3 0.009
SBP (mmHg)	127±16	127±18	121±14	0.03	/
DBP (mmHg)	76±10	77±11	75±8	0.33	/
Glucose (mg/dL)	99±18	94±11	95±11	0.01	T1 vs T2 0.01
TC (mg/dL)	210±38	211±44	216±35	0.52	/
HDL-C (mg/dL)	61±17	60±15	63±15	0.51	/
TG (mg/dL)	122±60	122±62	112±43	0.35	/
LDL-C (mg/dL)	125±36	125±40	131±31	0.42	/
Creatinine (mg/dL)	0.77±0.2	0.72±0.1	0.74±0.1	0.11	/
AST (IU/L)	21±7	20±6	21±6	0.25	/
ALT (IU/L)	22±13	20±9	22±18	0.67	/
γGT (IU/L)	34±38	28±30	22±16	0.29	/
CAP (Db/m)	268±49	256±46	237±45	<0.001	T1 vs T3 <0.001 T2 vs T3 0.02
CAP [§] (Db/m)	259±5	258±4	243±5	0.03	T1 vs T3 0.02 T2 vs T3 0.02
Liver stiffness (KPa)	4.86±1.2	4.80±1.1	4.37±1.0	0.006	T1 vs T3 0.01 T2 vs T3 0.02
<i>Prevalence (%)</i>					
Smokers	19	19	30	0.06	/
Physical activity	22	14	41	0.004	/
T2DM	12	4	9	0.42	/
Dyslipidaemia	64	66	68	0.63	/
Hypertension	57	47	31	0.001	/
General Obesity	62	26	17	<0.001	/
Android Obesity	74	64	58	0.02	/
Hepatic steatosis (%)	66	55	38	<0.001	T1 vs T3 0.05 [§] 0.08 [§] T2 vs T3 0.04 [§]
Hepatic steatosis S3 grade (%)	38	33	18	<0.001	T1 vs T3 0.03 [§] 0.03 [§] T2 vs T3 0.01 [§]

[§]Adjusted for age, physical activity, hypertension, general and android obesity, and glucose.

Data are mean ± SD or prevalences.

rHGS = relative handgrip strength; BMI = body mass index; WHR = waist to hip ratio; SBP = systolic blood pressure; DBP = diastolic blood pressure; CAP = controlled attenuation parameter; TC = total cholesterol; TG = triglycerides; LDL-C = low density lipoprotein cholesterol; AST = aspartate aminotransferase; ALT = alanine aminotransferase; γGT = gamma glutamyltransferase; T2DM = Type 2 diabetes mellitus; general obesity = obesity classified on BMI; android obesity = obesity classified on WHR.

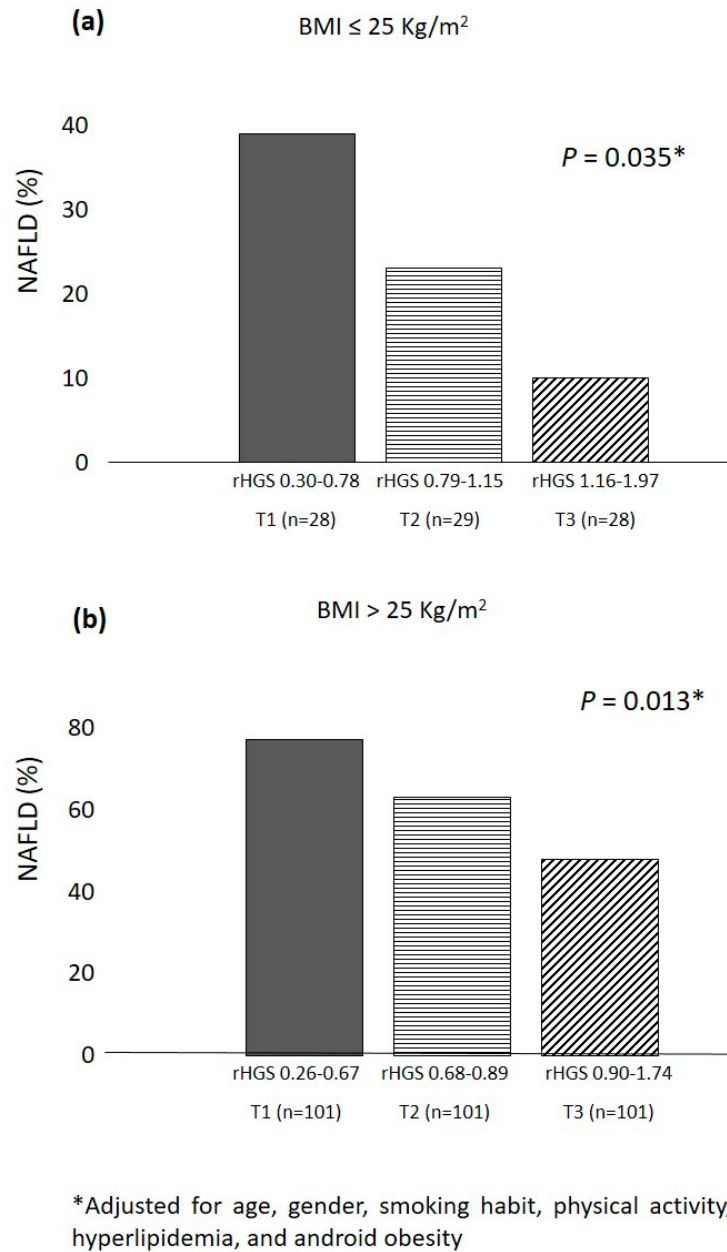


Figure S1: Prevalence of NAFLD in the population according to relative handgrip strength tertiles and stratified by BMI