Supplementary Table S1

Table 1. Anthropometric and Body Composition Indices

Name of Index	**Formula**	**References**
Body Mass Index (BMI)	BMI= weight [kg] / height [m]^2	[9]
Body Adiposity Index (BAI)	BAI= hip circumference [cm] / height [m]$^{1.5}$- 18	[10]
Waist-hip ratio (WHR)	WHR= waist circumference [cm]/hip circumference [cm]	[11]
Waist-height ratio (WHtR)	WHtR= waist circumference [cm]/height [cm]	[11]
Visceral Adiposity Index (VAI)	Men: VAI= [waist circumference [cm]/(39.68 + (1.88 x BMI))] x (triglyceride concentration [mmol/L] / 1.03) x (1.31/HDL concentration [mmol/L])	[12]
	Women: VAI= [waist circumference [cm]/(36.58 + (1.89 x BMI))] x (triglyceride concentration [mmol/L] / 0.81) x (1.52/HDL concentration [mmol/L])	
Body Roundness Index (BRI)	BRI=365.2 − 365.5 × √(1 − ((WC/2π)2)/[(0.5 × height)]^2	[13]
A Body Shape Index (ABSI)	ABSI= WC[m]/[(BMI)$^{2/3}$) x (height [m])$^{1/2}$)	[14]
Abdominal Volume Index (AVI)	AVI= [2 x (waist circumference in cm) 2+0.7x (waist circumference in cm – hip circumference in cm)^2]/ 1000	[15]
Fat free mass index (FFMI)	FFMI=free fat mass [kg] / height [m]^2	[16]
Fat mass index (FMI)	FMI=fat mass [kg] / / height [m]^2	[16]
The Mid-Arm Muscle Circumference (MAMC)	MAMC= mid-arm circumference [cm] − 0.3142 × triceps skinfold (TS) thickness [mm]	[17]