

XI. Anthropometry and Body Composition

[1\) Anthropometric measurements](#)

[2\) Thickness of subcutaneous fat and muscle](#)

[3\) Abdominal fat distribution](#)

[4\) Body composition by DXA](#)

1) Anthropometric measurements

Height (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	170.5	6.1	257	168.2	5.9	274	165.6	5.6	276	162.5	5.5	270	159.7	4.8	96	166.1	6.7	1173
Female	157.1	5.1	262	154.8	5.2	249	152.5	4.7	271	149.3	4.9	249	145.6	5.9	98	152.8	6.2	1129
Total	163.7	8.8	519	161.8	8.7	523	159.1	8.4	547	156.2	8.4	519	152.6	8.9	194	159.6	9.3	2302

Weight (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	67.5	8.9	257	66.9	9.8	274	63.3	8.2	276	60.2	7.8	270	56.3	7.5	96	63.8	9.3	1173
Female	53.3	8.2	262	53.9	9.7	249	52.5	7.6	271	50.6	7.1	249	47.1	7.5	98	52.1	8.3	1129
Total	60.3	11.1	519	60.7	11.7	523	57.9	9.6	547	55.6	8.9	519	51.7	8.8	194	58.0	10.6	2302

Body mass index (kg/m²)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.2	2.5	257	23.6	2.7	274	23.1	2.6	276	22.8	2.7	270	22.0	2.6	96	23.1	2.7	1173
Female	21.6	3.1	262	22.5	3.8	249	22.6	3.1	271	22.7	3.1	249	22.2	3.4	98	22.3	3.3	1129
Total	22.4	2.9	519	23.0	3.3	523	22.8	2.9	547	22.7	2.9	519	22.1	3.0	194	22.7	3.0	2302

Trochanterion height (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	81.4	3.8	257	80.2	3.8	274	78.8	3.6	276	77.8	3.2	270	76.9	2.8	96	79.3	3.8	1173
Female	76.3	3.5	262	74.7	3.2	249	74.0	3.2	271	72.8	3.1	249	71.9	3.4	97	74.3	3.6	1128
Total	78.8	4.4	519	77.6	4.5	523	76.4	4.2	547	75.4	4.0	519	74.4	4.0	193	76.8	4.5	2301

Waist circumference at midway (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	81.3	7.4	257	83.9	8.0	274	82.9	7.9	276	83.3	8.2	270	80.9	8.6	96	82.7	8.0	1173

Female	71.0	7.9	262	73.9	9.9	249	74.9	8.7	271	76.8	9.3	249	75.6	9.9	97	74.2	9.3	1128
Total	76.1	9.3	519	79.1	10.3	523	78.9	9.2	547	80.2	9.3	519	78.3	9.6	193	78.6	9.6	2301

Waist circumference at umbilicus (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	83.4	7.2	257	85.7	7.7	274	84.8	7.6	276	85.3	8.0	270	83.3	8.6	96	84.7	7.7	1173
Female	77.5	8.8	262	81.0	10.2	249	82.7	9.0	271	84.3	9.0	249	83.9	9.4	97	81.6	9.6	1128
Total	80.4	8.5	519	83.5	9.2	523	83.8	8.4	547	84.9	8.5	519	83.6	9.0	193	83.2	8.8	2301

Hip circumference (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	94.5	4.5	257	93.8	5.1	274	91.7	4.6	276	90.5	4.3	270	89.1	4.3	96	92.3	4.9	1173
Female	91.7	5.4	262	91.7	6.3	249	90.0	5.1	271	89.1	5.1	249	87.8	5.4	97	90.4	5.6	1128
Total	93.1	5.2	519	92.8	5.8	523	90.9	4.9	547	89.8	4.7	519	88.5	4.9	193	91.4	5.4	2301

Thigh circumference at midway (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	49.8	3.2	257	48.9	3.6	274	47.0	3.5	276	45.5	3.4	270	43.8	3.8	96	47.5	3.9	1173
Female	47.9	4.0	262	47.2	4.2	249	46.2	4.0	271	44.8	4.0	249	42.5	4.1	97	46.2	4.3	1128
Total	48.8	3.8	519	48.1	4.0	523	46.6	3.7	547	45.2	3.7	519	43.2	4.0	193	46.8	4.2	2301

Calf circumference (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	37.0	2.5	257	36.7	2.7	274	35.4	2.5	276	34.3	2.5	270	33.3	2.6	96	35.6	2.8	1173
Female	34.3	2.7	262	34.4	2.7	249	33.7	2.7	271	32.8	2.4	249	31.8	2.6	97	33.6	2.7	1128
Total	35.6	2.9	519	35.6	2.9	523	34.6	2.7	547	33.6	2.6	519	32.5	2.7	193	34.6	3.0	2301

Upper-arm circumference (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	29.0	2.3	257	28.9	2.3	274	28.0	2.2	276	27.0	2.2	270	25.8	2.3	96	28.0	2.5	1173
Female	26.1	2.9	262	26.8	3.0	249	26.7	2.6	271	26.5	2.6	249	25.0	2.7	98	26.4	2.8	1129
Total	27.5	3.0	519	27.9	2.9	523	27.4	2.5	547	26.7	2.4	519	25.4	2.5	194	27.2	2.8	2302

2) Thickness of subcutaneous fat and muscle

(Ultrasound scanner, ECHOPAL: Hitachi Medical Corp.)

Thickness of subcutaneous fat at right of umbilicus (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.1	5.9	257	16.1	5.5	274	14.3	4.9	276	14.1	4.5	270	12.6	4.5	96	14.9	5.3	1173
Female	17.1	7.0	262	19.9	8.6	249	20.7	7.8	271	19.9	7.0	249	17.2	7.8	97	19.2	7.8	1128
Total	16.6	6.5	519	17.9	7.4	523	17.5	7.2	547	16.9	6.5	519	14.9	6.8	193	17.0	7.0	2301

Thickness of musculus rectus abdominis at right of umbilicus (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.9	1.9	257	10.3	2.1	274	9.7	1.8	276	8.9	1.7	270	8.0	1.7	96	9.8	2.1	1173
Female	8.5	1.7	262	7.8	1.6	249	7.3	1.4	271	7.1	1.6	249	6.7	1.9	97	7.6	1.7	1128
Total	9.7	2.2	519	9.1	2.2	523	8.5	2.0	547	8.1	1.9	519	7.4	1.9	193	8.7	2.2	2301

Thickness of subcutaneous fat at thigh (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.8	2.0	257	6.4	1.9	274	5.8	1.8	276	5.8	1.8	270	5.9	1.9	96	6.2	1.9	1173
Female	11.1	2.5	262	10.4	2.6	249	9.7	2.9	271	8.8	3.0	249	7.4	3.0	97	9.8	3.0	1128
Total	9.0	3.1	519	8.3	3.1	523	7.7	3.1	547	7.2	2.9	519	6.7	2.6	193	7.9	3.1	2301

Thickness of musculus rectus femoris at thigh (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.4	6.9	257	30.2	7.4	274	27.2	6.9	276	23.7	6.2	270	20.0	5.9	96	27.4	7.7	1173
Female	26.4	6.2	262	24.6	6.5	249	23.0	5.4	271	19.8	4.9	249	17.1	4.3	97	22.9	6.4	1128
Total	28.9	7.0	519	27.5	7.5	523	25.1	6.6	547	21.8	5.9	519	18.5	5.4	193	25.2	7.4	2301

Thickness of subcutaneous fat at anterior calf (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.6	0.9	257	2.5	0.9	274	2.2	0.8	276	2.3	0.8	270	2.3	0.8	96	2.4	0.9	1173
Female	4.2	1.7	262	3.6	1.5	249	3.4	1.5	271	3.5	1.5	249	3.3	1.8	97	3.7	1.6	1128
Total	3.4	1.6	519	3.0	1.4	523	2.8	1.3	547	2.8	1.4	519	2.8	1.5	193	3.0	1.4	2301

Thickness of musculus tibialis anterior (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.2	3.7	257	24.0	3.7	274	23.1	3.7	276	22.1	3.3	270	20.7	3.5	96	23.2	3.8	1173
Female	20.5	3.2	262	20.3	3.5	249	20.3	3.1	271	19.4	3.1	249	18.2	2.6	97	20.0	3.3	1128
Total	22.3	3.9	519	22.3	4.1	523	21.7	3.7	547	20.8	3.5	519	19.4	3.3	193	21.6	3.9	2301

Thickness of subcutaneous fat at upper-arm (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	1.6	257	6.4	1.9	274	5.7	1.6	276	5.8	1.8	270	5.5	1.6	96	6.1	1.8	1173
Female	10.2	2.6	262	10.2	2.7	249	10.1	2.6	271	9.8	2.5	249	8.3	2.5	97	9.9	2.6	1128
Total	8.4	2.8	519	8.2	3.0	523	7.9	3.1	547	7.7	2.9	519	6.9	2.6	193	8.0	3.0	2301

Thickness of musculus triceps brachii (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	1.6	257	6.4	1.9	274	5.7	1.6	276	5.8	1.8	270	5.5	1.6	96	6.1	1.8	1173
Female	10.2	2.6	262	10.2	2.7	249	10.1	2.6	271	9.8	2.5	249	8.3	2.5	97	9.9	2.6	1128
Total	8.4	2.8	519	8.2	3.0	523	7.9	3.1	547	7.7	2.9	519	6.9	2.6	193	8.0	3.0	2301

Male	21.6	5.0	257	21.5	4.9	274	20.1	5.3	276	18.0	4.4	270	15.4	3.9	96	19.9	5.2	1173
Female	16.0	4.1	262	16.6	4.6	249	16.4	4.0	271	15.6	3.9	249	13.5	3.6	97	15.9	4.2	1128
Total	18.8	5.4	519	19.2	5.3	523	18.3	5.0	547	16.9	4.3	519	14.5	3.9	193	18.0	5.1	2301

Thickness of subcutaneous fat at posterior mid-thigh (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.8	1.5	257	5.3	1.5	274	5.1	1.5	276	5.1	1.5	270	5.0	1.3	96	5.3	1.5	1173
Female	9.5	2.8	262	8.4	2.7	249	7.8	2.9	271	7.2	2.6	249	6.8	2.4	97	8.1	2.9	1128
Total	7.7	2.9	519	6.8	2.7	523	6.4	2.7	547	6.1	2.4	519	5.9	2.1	193	6.7	2.7	2301

Thickness of subcutaneous fat at posterior calf (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.0	1.3	256	4.5	1.3	274	4.2	1.3	276	4.4	1.4	270	4.5	1.5	96	4.5	1.4	1172
Female	7.4	1.8	262	6.7	1.8	249	6.1	1.8	271	5.8	2.0	249	5.6	1.8	97	6.4	2.0	1128
Total	6.2	2.0	518	5.5	1.9	523	5.1	1.9	547	5.1	1.8	519	5.1	1.8	193	5.5	1.9	2300

Thickness of musculus gastrocnemius and soleus (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	55.4	5.5	249	54.1	5.7	270	51.7	6.2	274	49.3	5.7	270	48.1	5.7	96	52.2	6.3	1159
Female	48.6	5.6	259	47.7	6.2	249	46.4	5.7	271	45.4	5.7	249	43.9	5.8	97	46.8	6.0	1125
Total	51.9	6.5	508	51.1	6.7	519	49.1	6.5	545	47.4	6.0	519	46.0	6.1	193	49.5	6.7	2284

3) Abdominal fat distribution

(CT scan, SCT-6800TX; Shimadzu, Fat Scan; N2 Corp.)

Intra-abdominal fat area at umbilicus by CT (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	73.4	32.6	255	94.3	43.4	273	98.2	43.8	276	99.2	45.0	270	90.4	46.7	96	91.5	43.1	1170
Female	39.6	28.1	258	53.9	34.0	248	65.1	36.7	271	80.2	39.7	248	71.7	36.9	96	60.7	37.9	1121
Total	56.4	34.7	513	75.1	44.1	521	81.8	43.7	547	90.1	43.6	518	81.1	43.0	192	76.4	43.5	2291

Subcutaneous fat area at umbilicus by CT (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	126.8	51.7	255	131.5	50.7	273	116.4	46.0	276	120.7	46.8	270	107.8	41.8	96	122.5	48.7	1170
Female	148.1	67.2	258	173.3	84.9	248	177.6	69.3	271	173.0	66.6	248	157.3	72.0	96	167.1	73.0	1121
Total	137.5	60.9	513	151.4	72.2	521	146.7	66.2	547	145.8	62.8	518	132.5	63.8	192	144.3	65.7	2291

Waist circumference at umbilicus by CT (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	86.1	7.5	255	88.6	8.0	273	87.1	7.9	276	87.4	8.2	270	84.8	8.4	96	87.1	8.0	1170
Female	82.1	8.8	258	86.0	10.3	248	87.6	9.2	271	89.0	9.2	248	86.9	9.6	96	86.2	9.7	1121

Total	84.1	8.4	513	87.3	9.3	521	87.3	8.6	547	88.2	8.7	518	85.9	9.1	192	86.7	8.9	2291
-------	------	-----	-----	------	-----	-----	------	-----	-----	------	-----	-----	------	-----	-----	------	-----	------

4) Body composition by DXA

(Dual energy x-ray absorptiometry, QDR4500A; Hologic) 縹?

Head fat weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.040	0.090	255	1.037	0.093	271	1.021	0.089	274	0.993	0.088	259	0.955	0.084	89	1.017	0.093	1148
Female	0.881	0.079	258	0.894	0.086	248	0.893	0.070	268	0.879	0.077	237	0.855	0.091	91	0.884	0.080	1102
Total	0.960	0.116	513	0.969	0.114	519	0.958	0.103	542	0.938	0.101	496	0.905	0.101	180	0.952	0.109	2250

Head lean weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.585	0.293	255	3.570	0.302	271	3.521	0.290	274	3.421	0.288	259	3.293	0.274	89	3.507	0.304	1148
Female	3.017	0.248	258	3.061	0.269	248	3.062	0.221	268	3.010	0.234	237	2.934	0.280	91	3.030	0.249	1102
Total	3.299	0.393	513	3.327	0.383	519	3.294	0.346	542	3.225	0.334	496	3.112	0.330	180	3.273	0.367	2250

Left arm fat weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.828	0.271	255	0.825	0.288	271	0.768	0.241	274	0.806	0.263	259	0.721	0.217	89	0.800	0.264	1148
Female	0.977	0.369	258	1.101	0.442	248	1.079	0.376	268	1.082	0.355	237	0.935	0.351	91	1.049	0.388	1102
Total	0.903	0.332	513	0.957	0.394	519	0.922	0.351	542	0.938	0.339	496	0.829	0.310	180	0.922	0.353	2250

Left arm lean weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.922	0.489	255	2.869	0.391	271	2.701	0.364	274	2.471	0.344	259	2.250	0.297	89	2.703	0.446	1148
Female	1.697	0.253	258	1.709	0.284	248	1.674	0.220	268	1.598	0.221	237	1.522	0.193	91	1.658	0.248	1102
Total	2.306	0.726	513	2.315	0.674	519	2.193	0.595	542	2.054	0.525	496	1.882	0.442	180	2.191	0.636	2250

Right arm fat weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.828	0.272	255	0.835	0.300	271	0.767	0.257	274	0.796	0.252	259	0.733	0.236	89	0.800	0.270	1148
Female	0.986	0.409	258	1.106	0.463	248	1.078	0.379	268	1.084	0.364	237	0.943	0.352	91	1.053	0.404	1102
Total	0.908	0.356	513	0.964	0.409	519	0.921	0.358	542	0.933	0.342	496	0.839	0.317	180	0.924	0.365	2250

Right arm lean weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.194	0.505	255	3.142	0.419	271	2.958	0.398	274	2.699	0.355	259	2.433	0.333	89	2.955	0.479	1148
Female	1.900	0.288	258	1.896	0.312	248	1.858	0.233	268	1.776	0.241	237	1.663	0.219	91	1.843	0.275	1102
Total	2.543	0.767	513	2.546	0.725	519	2.414	0.640	542	2.258	0.553	496	2.044	0.477	180	2.410	0.681	2250

Trunk fat weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.624	2.723	255	8.085	2.973	271	7.586	2.640	274	7.695	2.719	259	6.991	2.470	89	7.691	2.755	1148
Female	7.089	2.778	258	8.289	3.632	248	8.590	2.959	268	8.679	2.730	237	7.641	2.920	91	8.112	3.094	1102
Total	7.355	2.761	513	8.182	3.303	519	8.082	2.844	542	8.165	2.766	496	7.320	2.718	180	7.897	2.933	2250

Trunk lean weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	25.448	2.817	255	25.251	3.047	271	24.178	2.606	274	22.652	2.509	259	21.200	2.460	89	24.138	3.047	1148
Female	18.594	2.116	258	18.378	2.440	248	17.698	1.929	268	16.893	1.838	237	16.396	1.836	91	17.780	2.202	1102
Total	22.001	4.237	513	21.967	4.415	519	20.974	3.972	542	19.900	3.631	496	18.771	3.236	180	21.024	4.149	2250

Left leg fat weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.399	0.615	255	2.243	0.683	271	2.076	0.581	274	2.154	0.603	259	2.090	0.573	89	2.206	0.629	1148
Female	3.148	0.757	258	3.010	0.831	248	2.796	0.749	268	2.703	0.798	237	2.454	0.852	91	2.878	0.815	1102
Total	2.776	0.785	513	2.609	0.848	519	2.432	0.760	542	2.416	0.754	496	2.274	0.748	180	2.535	0.800	2250

Left leg lean weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.124	1.073	255	7.876	1.107	271	7.321	0.943	274	6.742	0.868	259	6.224	0.871	89	7.415	1.166	1148
Female	5.479	0.882	258	5.434	0.858	248	5.177	0.718	268	4.887	0.608	237	4.639	0.564	91	5.199	0.809	1102
Total	6.794	1.647	513	6.709	1.575	519	6.261	1.362	542	5.855	1.195	496	5.423	1.079	180	6.329	1.497	2250

Right leg fat weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.327	0.627	255	2.202	0.677	271	2.028	0.570	274	2.109	0.599	259	2.064	0.583	89	2.157	0.625	1148
Female	3.136	0.758	258	2.989	0.819	248	2.796	0.762	268	2.726	0.822	237	2.453	0.855	91	2.876	0.818	1102
Total	2.734	0.805	513	2.578	0.845	519	2.408	0.774	542	2.404	0.777	496	2.261	0.757	180	2.509	0.810	2250

Right leg lean weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.345	1.103	255	8.076	1.132	271	7.518	0.956	274	6.955	0.869	259	6.379	0.883	89	7.618	1.186	1148
Female	5.635	0.890	258	5.577	0.888	248	5.390	0.765	268	5.023	0.643	237	4.770	0.607	91	5.359	0.839	1102
Total	6.982	1.686	513	6.882	1.614	519	6.466	1.373	542	6.032	1.234	496	5.566	1.104	180	6.512	1.529	2250

Total fat weight (kg)

	40 – 49yr			50 – 59yr			60 – 69yr			70 – 79yr			80yr –			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.0	4.3	255	15.2	4.8	271	14.2	4.1	274	14.6	4.2	259	13.6	3.9	89	14.7	4.3	1148

Female	16.2	4.6	258	17.4	5.8	248	17.2	4.8	268	17.2	4.6	236	15.3	5.0	91	16.9	5.0	1101
Total	15.6	4.5	513	16.3	5.4	519	15.7	4.7	542	15.8	4.6	495	14.4	4.6	180	15.7	4.8	2249

Lean body weight (kg)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	51.6	5.8	255	50.8	6.0	271	48.2	5.1	274	44.9	4.8	259	41.8	4.7	89	48.3	6.2	1148
Female	36.3	4.4	258	36.1	4.7	248	34.9	3.7	268	33.2	3.4	236	31.9	3.4	91	34.9	4.3	1101
Total	43.9	9.2	513	43.7	9.1	519	41.6	8.0	542	39.3	7.2	495	36.8	6.4	180	41.7	8.6	2249

Percent body fat (%)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.5	4.1	255	21.9	4.1	271	21.7	4.3	274	23.2	4.6	259	23.3	4.6	89	22.2	4.4	1148
Female	29.3	4.7	258	30.9	5.3	248	31.6	5.2	268	32.7	5.5	236	30.8	5.9	91	31.1	5.3	1101
Total	25.4	5.9	513	26.2	6.5	519	26.6	6.9	542	27.7	6.9	495	27.1	6.5	180	26.5	6.6	2249