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XI. Anthropometry and Body Composition

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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 | 170.9 | 6.1 | 268 | 168.9 | 5.7 | 265 | 165.7 | 5.9 | 284 | 163.2 | 5.6 | 262 | 160.0 | 4.8 | 99 | 166.6 | 6.7 | 1178 |
| Female | 157.4 | 5.0 | 276 | 155.1 | 5.1 | 260 | 152.5 | 5.0 | 265 | 149.8 | 5.3 | 246 | 146.1 | 5.9 | 105 | 153.1 | 6.2 | 1152 |
| Total | 164.0 | 8.8 | 544 | 162.1 | 8.7 | 525 | 159.3 | 8.6 | 549 | 156.7 | 8.7 | 508 | 152.9 | 8.8 | 204 | 159.9 | 9.3 | 2330 |

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 | 67.7 | 10.0 | 268 | 67.5 | 9.9 | 265 | 63.8 | 8.6 | 284 | 60.9 | 8.0 | 262 | 57.3 | 7.0 | 99 | 64.3 | 9.6 | 1178 |
| Female | 52.8 | 8.2 | 276 | 54.9 | 10.9 | 260 | 52.4 | 7.9 | 265 | 50.7 | 7.3 | 246 | 47.6 | 7.3 | 105 | 52.3 | 8.8 | 1152 |
| Total | 60.1 | 11.8 | 544 | 61.3 | 12.2 | 525 | 58.3 | 10.0 | 549 | 56.0 | 9.2 | 508 | 52.3 | 8.6 | 204 | 58.4 | 11.0 | 2330 |

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 | 3.1 | 268 | 23.6 | 2.8 | 265 | 23.2 | 2.5 | 284 | 22.9 | 2.7 | 262 | 22.3 | 2.4 | 99 | 23.1 | 2.8 | 1178 |
| Female | 21.3 | 2.9 | 276 | 22.8 | 4.2 | 260 | 22.6 | 3.3 | 265 | 22.6 | 3.0 | 246 | 22.3 | 3.2 | 105 | 22.3 | 3.4 | 1152 |
| Total | 22.2 | 3.2 | 544 | 23.2 | 3.6 | 525 | 22.9 | 2.9 | 549 | 22.7 | 2.9 | 508 | 22.3 | 2.9 | 204 | 22.7 | 3.2 | 2330 |

Trochanterion (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 | 81.5 | 3.9 | 268 | 80.5 | 3.5 | 265 | 78.8 | 3.6 | 284 | 78.1 | 3.3 | 262 | 77.1 | 2.9 | 99 | 79.5 | 3.8 | 1178 |
| Female | 76.0 | 3.5 | 276 | 74.7 | 3.3 | 260 | 73.3 | 3.1 | 265 | 72.7 | 3.4 | 246 | 71.7 | 3.2 | 104 | 74.0 | 3.6 | 1151 |
| Total | 78.7 | 4.6 | 544 | 77.6 | 4.5 | 525 | 76.2 | 4.4 | 549 | 75.5 | 4.3 | 508 | 74.3 | 4.1 | 203 | 76.8 | 4.6 | 2329 |

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 | 81.5 | 8.4 | 268 | 84.0 | 8.5 | 265 | 83.2 | 7.7 | 284 | 83.4 | 8.3 | 262 | 82.3 | 8.0 | 99 | 83.0 | 8.2 | 1178 |

| | | | | | | | | | | | | | | | | | | |
|--------|------|-----|-----|------|------|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|
| Female | 70.6 | 7.4 | 276 | 74.8 | 10.9 | 260 | 75.4 | 9.4 | 265 | 76.2 | 8.8 | 246 | 76.6 | 9.6 | 105 | 74.4 | 9.5 | 1152 |
| Total | 76.0 | 9.6 | 544 | 79.4 | 10.7 | 525 | 79.4 | 9.4 | 549 | 79.9 | 9.3 | 508 | 79.4 | 9.3 | 204 | 78.7 | 9.8 | 2330 |

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 | 83.3 | 8.4 | 268 | 85.7 | 8.3 | 265 | 84.9 | 7.5 | 284 | 85.5 | 7.9 | 262 | 84.3 | 8.4 | 99 | 84.8 | 8.1 | 1178 |
| Female | 77.2 | 8.5 | 276 | 82.3 | 11.0 | 260 | 82.9 | 9.7 | 265 | 84.3 | 9.3 | 246 | 84.4 | 9.5 | 105 | 81.8 | 10.0 | 1152 |
| Total | 80.2 | 9.0 | 544 | 84.0 | 9.8 | 525 | 84.0 | 8.7 | 549 | 84.9 | 8.6 | 508 | 84.3 | 9.0 | 204 | 83.3 | 9.2 | 2330 |

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 | 94.6 | 5.4 | 268 | 93.9 | 5.3 | 265 | 92.0 | 4.7 | 284 | 90.7 | 4.6 | 262 | 89.5 | 4.3 | 99 | 92.5 | 5.2 | 1178 |
| Female | 91.7 | 5.7 | 276 | 92.1 | 7.1 | 260 | 90.2 | 5.5 | 265 | 89.0 | 5.5 | 246 | 87.8 | 5.6 | 105 | 90.5 | 6.1 | 1152 |
| Total | 93.1 | 5.7 | 544 | 93.0 | 6.3 | 525 | 91.1 | 5.2 | 549 | 89.9 | 5.1 | 508 | 88.6 | 5.1 | 204 | 91.5 | 5.8 | 2330 |

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 | 49.6 | 3.8 | 268 | 48.9 | 3.8 | 265 | 46.9 | 3.5 | 284 | 45.5 | 3.6 | 262 | 43.7 | 3.4 | 99 | 47.4 | 4.1 | 1178 |
| Female | 47.2 | 4.2 | 276 | 47.4 | 4.6 | 260 | 45.5 | 4.1 | 265 | 44.7 | 3.7 | 246 | 42.0 | 4.0 | 105 | 45.8 | 4.4 | 1152 |
| Total | 48.4 | 4.1 | 544 | 48.1 | 4.2 | 525 | 46.3 | 3.8 | 549 | 45.1 | 3.7 | 508 | 42.8 | 3.8 | 204 | 46.6 | 4.3 | 2330 |

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 | 36.9 | 2.7 | 268 | 37.0 | 2.6 | 265 | 35.6 | 2.6 | 284 | 34.6 | 2.4 | 262 | 33.5 | 2.3 | 99 | 35.8 | 2.8 | 1178 |
| Female | 34.3 | 2.7 | 276 | 34.5 | 3.1 | 260 | 33.8 | 2.6 | 265 | 33.1 | 2.6 | 246 | 31.8 | 2.3 | 105 | 33.8 | 2.8 | 1152 |
| Total | 35.5 | 3.0 | 544 | 35.8 | 3.1 | 525 | 34.7 | 2.8 | 549 | 33.9 | 2.6 | 508 | 32.6 | 2.4 | 204 | 34.8 | 3.0 | 2330 |

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 | 2.6 | 268 | 28.9 | 2.4 | 265 | 28.1 | 2.2 | 284 | 27.1 | 2.3 | 262 | 25.9 | 2.2 | 99 | 28.1 | 2.5 | 1178 |
| Female | 25.9 | 2.8 | 276 | 27.0 | 3.2 | 260 | 26.6 | 2.8 | 265 | 26.5 | 2.6 | 246 | 25.1 | 3.0 | 105 | 26.4 | 2.9 | 1152 |
| Total | 27.4 | 3.1 | 544 | 28.0 | 3.0 | 525 | 27.4 | 2.6 | 549 | 26.8 | 2.5 | 508 | 25.5 | 2.6 | 204 | 27.2 | 2.9 | 2330 |

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 | 16.4 | 7.2 | 268 | 16.4 | 5.6 | 265 | 14.8 | 4.9 | 284 | 14.3 | 4.7 | 262 | 13.0 | 5.0 | 99 | 15.3 | 5.7 | 1178 |
| Female | 17.1 | 7.6 | 276 | 20.4 | 9.2 | 260 | 20.2 | 7.7 | 265 | 19.6 | 7.4 | 246 | 16.7 | 8.1 | 104 | 19.1 | 8.1 | 1151 |
| Total | 16.8 | 7.4 | 544 | 18.4 | 7.9 | 525 | 17.4 | 6.9 | 549 | 16.9 | 6.7 | 508 | 14.9 | 7.0 | 203 | 17.1 | 7.3 | 2329 |

| | | | | | | | | | | | | | | | | | | |
|--------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|
| Male | 21.5 | 5.2 | 268 | 21.2 | 5.2 | 265 | 19.5 | 5.0 | 284 | 17.9 | 4.9 | 262 | 15.7 | 4.2 | 99 | 19.7 | 5.3 | 1178 |
| Female | 15.7 | 4.6 | 276 | 16.1 | 4.6 | 260 | 15.7 | 4.0 | 265 | 15.2 | 4.2 | 246 | 13.5 | 4.0 | 104 | 15.5 | 4.4 | 1151 |
| Total | 18.6 | 5.7 | 544 | 18.7 | 5.5 | 525 | 17.7 | 4.9 | 549 | 16.6 | 4.7 | 508 | 14.6 | 4.2 | 203 | 17.6 | 5.3 | 2329 |

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 | 1.7 | 268 | 5.4 | 1.7 | 265 | 5.0 | 1.5 | 284 | 5.1 | 1.6 | 262 | 5.0 | 1.4 | 99 | 5.3 | 1.6 | 1178 |
| Female | 9.4 | 2.9 | 276 | 8.6 | 2.7 | 260 | 7.7 | 2.6 | 265 | 7.4 | 3.4 | 246 | 6.8 | 2.3 | 104 | 8.2 | 3.0 | 1151 |
| Total | 7.7 | 3.0 | 544 | 7.0 | 2.7 | 525 | 6.3 | 2.5 | 549 | 6.2 | 2.9 | 508 | 5.9 | 2.1 | 203 | 6.7 | 2.8 | 2329 |

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 | 5.1 | 1.4 | 267 | 4.6 | 1.4 | 265 | 4.2 | 1.3 | 284 | 4.3 | 1.2 | 262 | 4.3 | 1.3 | 99 | 4.5 | 1.4 | 1177 |
| Female | 7.5 | 1.8 | 276 | 6.9 | 1.9 | 260 | 6.1 | 1.9 | 265 | 5.8 | 1.9 | 245 | 5.5 | 1.9 | 104 | 6.5 | 2.0 | 1150 |
| Total | 6.3 | 2.0 | 543 | 5.7 | 2.0 | 525 | 5.1 | 1.8 | 549 | 5.0 | 1.8 | 507 | 4.9 | 1.7 | 203 | 5.5 | 2.0 | 2327 |

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 | 54.2 | 5.9 | 267 | 54.2 | 5.7 | 265 | 51.3 | 6.3 | 283 | 48.9 | 5.6 | 262 | 47.2 | 5.2 | 99 | 51.7 | 6.3 | 1176 |
| Female | 46.9 | 5.9 | 276 | 47.0 | 6.8 | 260 | 45.0 | 5.5 | 265 | 44.5 | 5.6 | 244 | 43.2 | 4.8 | 104 | 45.6 | 6.0 | 1149 |
| Total | 50.5 | 6.9 | 543 | 50.6 | 7.2 | 525 | 48.3 | 6.7 | 548 | 46.8 | 6.0 | 506 | 45.1 | 5.4 | 203 | 48.7 | 6.9 | 2325 |

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 | 77.3 | 34.4 | 268 | 102.2 | 46.9 | 263 | 106.2 | 43.9 | 284 | 104.5 | 44.6 | 262 | 101.7 | 46.5 | 99 | 97.9 | 44.4 | 1176 |
| Female | 41.2 | 24.7 | 273 | 61.4 | 37.8 | 259 | 75.4 | 40.6 | 265 | 82.0 | 37.7 | 245 | 88.7 | 44.6 | 103 | 66.7 | 40.0 | 1145 |
| Total | 59.1 | 34.9 | 541 | 81.9 | 47.2 | 522 | 91.3 | 45.0 | 549 | 93.6 | 42.9 | 507 | 95.1 | 45.9 | 202 | 82.5 | 45.1 | 2321 |

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 | 134.0 | 68.6 | 268 | 135.6 | 53.3 | 262 | 123.9 | 46.7 | 284 | 128.8 | 48.0 | 262 | 116.0 | 40.6 | 99 | 129.2 | 54.0 | 1175 |
| Female | 148.1 | 68.3 | 273 | 186.3 | 90.9 | 258 | 181.0 | 72.2 | 265 | 178.9 | 69.7 | 245 | 160.1 | 68.9 | 103 | 172.0 | 76.5 | 1144 |
| Total | 141.1 | 68.8 | 541 | 160.7 | 78.5 | 520 | 151.4 | 66.7 | 549 | 153.0 | 64.5 | 507 | 138.5 | 60.9 | 202 | 150.3 | 69.4 | 2319 |

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 | 86.9 | 8.8 | 268 | 89.2 | 8.5 | 263 | 88.3 | 7.7 | 284 | 88.1 | 8.2 | 262 | 86.4 | 7.9 | 99 | 88.0 | 8.3 | 1176 |
| Female | 82.1 | 8.9 | 273 | 87.2 | 11.0 | 259 | 87.6 | 9.8 | 265 | 89.0 | 8.9 | 245 | 87.8 | 9.9 | 103 | 86.5 | 10.0 | 1145 |

| | | | | | | | | | | | | | | | | | | |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|
| Total | 84.5 | 9.2 | 541 | 88.2 | 9.8 | 522 | 88.0 | 8.8 | 549 | 88.6 | 8.6 | 507 | 87.1 | 9.0 | 202 | 87.3 | 9.2 | 2321 |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|

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 | 1.043 | 0.097 | 267 | 1.040 | 0.097 | 262 | 1.020 | 0.084 | 280 | 0.999 | 0.095 | 254 | 0.965 | 0.078 | 90 | 1.021 | 0.095 | 1153 |
| Female | 0.882 | 0.082 | 271 | 0.896 | 0.085 | 256 | 0.896 | 0.074 | 259 | 0.880 | 0.071 | 242 | 0.861 | 0.078 | 98 | 0.886 | 0.079 | 1126 |
| Total | 0.962 | 0.120 | 538 | 0.969 | 0.116 | 518 | 0.960 | 0.100 | 539 | 0.941 | 0.103 | 496 | 0.911 | 0.094 | 188 | 0.954 | 0.110 | 2279 |

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 | 3.592 | 0.316 | 267 | 3.580 | 0.310 | 262 | 3.515 | 0.273 | 280 | 3.443 | 0.312 | 254 | 3.330 | 0.257 | 90 | 3.517 | 0.309 | 1153 |
| Female | 3.023 | 0.259 | 271 | 3.065 | 0.258 | 256 | 3.069 | 0.230 | 259 | 3.018 | 0.226 | 242 | 2.952 | 0.235 | 98 | 3.036 | 0.246 | 1126 |
| Total | 3.305 | 0.405 | 538 | 3.326 | 0.385 | 518 | 3.301 | 0.337 | 539 | 3.235 | 0.346 | 496 | 3.133 | 0.310 | 188 | 3.279 | 0.369 | 2279 |

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 | 0.390 | 267 | 0.852 | 0.303 | 262 | 0.794 | 0.248 | 280 | 0.810 | 0.293 | 254 | 0.765 | 0.226 | 90 | 0.816 | 0.307 | 1153 |
| Female | 0.957 | 0.377 | 271 | 1.156 | 0.590 | 256 | 1.091 | 0.378 | 259 | 1.065 | 0.366 | 242 | 0.988 | 0.395 | 98 | 1.059 | 0.440 | 1126 |
| Total | 0.893 | 0.388 | 538 | 1.002 | 0.491 | 518 | 0.937 | 0.350 | 539 | 0.935 | 0.354 | 496 | 0.882 | 0.343 | 188 | 0.936 | 0.397 | 2279 |

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 | 2.908 | 0.466 | 267 | 2.885 | 0.404 | 262 | 2.696 | 0.366 | 280 | 2.470 | 0.331 | 254 | 2.280 | 0.283 | 90 | 2.706 | 0.439 | 1153 |
| Female | 1.692 | 0.263 | 271 | 1.734 | 0.339 | 256 | 1.683 | 0.233 | 259 | 1.600 | 0.213 | 242 | 1.540 | 0.205 | 98 | 1.666 | 0.268 | 1126 |
| Total | 2.296 | 0.716 | 538 | 2.316 | 0.686 | 518 | 2.209 | 0.593 | 539 | 2.046 | 0.518 | 496 | 1.895 | 0.444 | 188 | 2.192 | 0.635 | 2279 |

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 | 0.854 | 0.380 | 267 | 0.867 | 0.315 | 262 | 0.805 | 0.264 | 280 | 0.825 | 0.290 | 254 | 0.772 | 0.237 | 90 | 0.832 | 0.310 | 1153 |
| Female | 0.966 | 0.390 | 271 | 1.166 | 0.600 | 256 | 1.097 | 0.404 | 259 | 1.071 | 0.365 | 242 | 0.993 | 0.413 | 98 | 1.067 | 0.452 | 1126 |
| Total | 0.910 | 0.389 | 538 | 1.015 | 0.500 | 518 | 0.946 | 0.369 | 539 | 0.945 | 0.351 | 496 | 0.887 | 0.357 | 188 | 0.948 | 0.404 | 2279 |

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 | 3.173 | 0.476 | 267 | 3.173 | 0.461 | 262 | 2.957 | 0.399 | 280 | 2.715 | 0.354 | 254 | 2.483 | 0.317 | 90 | 2.966 | 0.476 | 1153 |
| Female | 1.877 | 0.279 | 271 | 1.927 | 0.356 | 256 | 1.865 | 0.248 | 259 | 1.780 | 0.241 | 242 | 1.685 | 0.216 | 98 | 1.848 | 0.288 | 1126 |
| Total | 2.521 | 0.756 | 538 | 2.558 | 0.748 | 518 | 2.432 | 0.640 | 539 | 2.259 | 0.558 | 496 | 2.067 | 0.481 | 188 | 2.414 | 0.684 | 2279 |

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 | 7.715 | 3.137 | 267 | 8.228 | 3.025 | 262 | 7.797 | 2.745 | 280 | 7.820 | 2.692 | 254 | 7.141 | 2.499 | 90 | 7.830 | 2.884 | 1153 |
| Female | 6.889 | 2.713 | 271 | 8.623 | 3.799 | 256 | 8.683 | 3.017 | 259 | 8.695 | 2.788 | 242 | 7.957 | 3.055 | 98 | 8.177 | 3.188 | 1126 |
| Total | 7.299 | 2.957 | 538 | 8.423 | 3.432 | 518 | 8.223 | 2.910 | 539 | 8.247 | 2.771 | 496 | 7.566 | 2.825 | 188 | 8.001 | 3.042 | 2279 |

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 | 25.540 | 3.021 | 267 | 25.533 | 3.071 | 262 | 24.411 | 2.743 | 280 | 22.957 | 2.624 | 254 | 21.630 | 2.232 | 90 | 24.390 | 3.101 | 1153 |
| Female | 18.580 | 2.205 | 271 | 18.595 | 2.614 | 256 | 17.786 | 2.019 | 259 | 17.017 | 1.876 | 242 | 16.407 | 1.763 | 98 | 17.876 | 2.293 | 1126 |
| Total | 22.034 | 4.370 | 538 | 22.104 | 4.493 | 518 | 21.227 | 4.103 | 539 | 20.059 | 3.750 | 496 | 18.907 | 3.291 | 188 | 21.172 | 4.251 | 2279 |

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 | 2.439 | 0.733 | 267 | 2.337 | 0.730 | 262 | 2.146 | 0.615 | 280 | 2.202 | 0.635 | 254 | 2.157 | 0.613 | 90 | 2.270 | 0.684 | 1153 |
| Female | 3.183 | 0.806 | 271 | 3.143 | 0.926 | 256 | 2.896 | 0.756 | 259 | 2.737 | 0.814 | 242 | 2.499 | 0.807 | 98 | 2.953 | 0.854 | 1126 |
| Total | 2.814 | 0.855 | 538 | 2.735 | 0.924 | 518 | 2.506 | 0.782 | 539 | 2.463 | 0.774 | 496 | 2.335 | 0.739 | 188 | 2.607 | 0.844 | 2279 |

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 | 8.148 | 1.140 | 267 | 7.989 | 1.115 | 262 | 7.430 | 1.016 | 280 | 6.883 | 0.891 | 254 | 6.374 | 0.824 | 90 | 7.520 | 1.181 | 1153 |
| Female | 5.479 | 0.861 | 271 | 5.488 | 0.947 | 256 | 5.210 | 0.719 | 259 | 4.936 | 0.650 | 242 | 4.718 | 0.495 | 98 | 5.236 | 0.826 | 1126 |
| Total | 6.803 | 1.673 | 538 | 6.753 | 1.624 | 518 | 6.363 | 1.420 | 539 | 5.933 | 1.249 | 496 | 5.510 | 1.067 | 188 | 6.392 | 1.532 | 2279 |

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 | 2.371 | 0.748 | 267 | 2.269 | 0.731 | 262 | 2.101 | 0.613 | 280 | 2.141 | 0.627 | 254 | 2.092 | 0.568 | 90 | 2.210 | 0.681 | 1153 |
| Female | 3.163 | 0.818 | 271 | 3.099 | 0.894 | 256 | 2.875 | 0.744 | 259 | 2.737 | 0.834 | 242 | 2.521 | 0.833 | 98 | 2.935 | 0.849 | 1126 |
| Total | 2.770 | 0.878 | 538 | 2.679 | 0.914 | 518 | 2.473 | 0.781 | 539 | 2.432 | 0.793 | 496 | 2.315 | 0.748 | 188 | 2.568 | 0.850 | 2279 |

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 | 8.351 | 1.156 | 267 | 8.193 | 1.117 | 262 | 7.584 | 1.042 | 280 | 7.087 | 0.909 | 254 | 6.545 | 0.795 | 90 | 7.710 | 1.195 | 1153 |
| Female | 5.611 | 0.884 | 271 | 5.635 | 0.966 | 256 | 5.369 | 0.728 | 259 | 5.111 | 0.735 | 242 | 4.805 | 0.529 | 98 | 5.383 | 0.855 | 1126 |
| Total | 6.971 | 1.713 | 538 | 6.929 | 1.652 | 518 | 6.520 | 1.430 | 539 | 6.123 | 1.289 | 496 | 5.638 | 1.098 | 188 | 6.560 | 1.561 | 2279 |

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 | 15.2 | 5.2 | 265 | 15.6 | 4.9 | 262 | 14.7 | 4.3 | 280 | 14.8 | 4.3 | 254 | 13.9 | 3.9 | 90 | 15.0 | 4.6 | 1151 |

| | | | | | | | | | | | | | | | | | | |
|--------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|
| Female | 16.0 | 4.7 | 271 | 18.1 | 6.4 | 255 | 17.5 | 4.9 | 259 | 17.2 | 4.8 | 242 | 15.8 | 5.2 | 97 | 17.1 | 5.3 | 1124 |
| Total | 15.6 | 5.0 | 536 | 16.8 | 5.8 | 517 | 16.0 | 4.8 | 539 | 16.0 | 4.7 | 496 | 14.9 | 4.7 | 187 | 16.0 | 5.1 | 2275 |

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 | 51.7 | 6.1 | 265 | 51.4 | 6.0 | 262 | 48.6 | 5.4 | 280 | 45.6 | 4.9 | 254 | 42.6 | 4.2 | 90 | 48.8 | 6.3 | 1151 |
| Female | 36.3 | 4.5 | 271 | 36.4 | 5.2 | 255 | 35.0 | 3.8 | 259 | 33.5 | 3.6 | 242 | 32.1 | 3.1 | 97 | 35.0 | 4.5 | 1124 |
| Total | 43.9 | 9.4 | 536 | 44.0 | 9.3 | 517 | 42.1 | 8.3 | 539 | 39.7 | 7.4 | 496 | 37.2 | 6.4 | 187 | 42.0 | 8.8 | 2275 |

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 | 21.6 | 4.6 | 265 | 22.1 | 4.3 | 262 | 22.0 | 4.3 | 280 | 23.3 | 4.6 | 254 | 23.4 | 4.7 | 90 | 22.3 | 4.5 | 1151 |
| Female | 29.1 | 4.7 | 271 | 31.4 | 5.2 | 255 | 31.9 | 5.0 | 259 | 32.5 | 5.2 | 242 | 31.4 | 6.5 | 97 | 31.2 | 5.3 | 1124 |
| Total | 25.4 | 6.0 | 536 | 26.7 | 6.6 | 517 | 26.8 | 6.8 | 539 | 27.8 | 6.8 | 496 | 27.5 | 7.0 | 187 | 26.7 | 6.6 | 2275 |