

Supplementary Table 3. Mean values of muscle and fat measures by weight-adjusted waist index quartiles

Variable	Quartiles of WWI				P value
	1st quartile	2nd quartile	3rd quartile	4th quartile	
All (n=1,946)					
TFA, cm ²	319.2±120.8	392.9±120.4	456.2±138.4	545.8±174.4	<0.001
SFA, cm ²	197.0±94.5	230.4±87.9	265.1±103.3	346.6±134.8	<0.001
VFA, cm ²	104.7±52.3	143.4±60.2	167.0±69.8	177.8±69.0	<0.001
TMA, cm ²	106.7±27.9	106.9±26.1	97.7±25.5	81.3±22.3	<0.001
Total abdominal muscle radiodensity, HU	45.2±4.7	44.1±4.8	41.3±4.7	38.1±5.0	<0.001
White (n=770)					
TFA, cm ²	326.7±124.2	415.4±118.8	464.5±147.5	565.1±180.0	<0.001
SFA, cm ²	191.4±88.2	233.8±80.2	262.7±103.7	345.2±131.9	<0.001
VFA, cm ²	115.3±60.4	158.0±67.1	176.0±76.4	188.2±75.1	<0.001
TMA, cm ²	103.6±27.5	107.2±28.6	98.8±24.9	80.9±19.2	<0.001
Total abdominal muscle radiodensity, HU	44.0±4.8	43.2±4.8	41.1±4.8	37.6±4.5	<0.001
Asian (n=252)					
TFA, cm ²	243.1±94.9	287.6±78.4	335.0±105.3	384.0±80.8	<0.001
SFA, cm ²	139.0±72.2	158.3±60.4	190.4±66.3	225.2±58.3	<0.001
VFA, cm ²	87.8±40.3	109.7±38.2	124.7±56.8	135.0±46.6	<0.001
TMA, cm ²	97.9±22.8	96.1±22.5	90.6±22.4	72.6±18.5	<0.001
Total abdominal muscle radiodensity, HU	45.6±4.0	45.1±4.5	43.2±4.4	38.9±5.6	<0.001
African American (n=404)					
TFA, cm ²	336.1±130.3	394.4±116.8	472.6±138.0	595.7±171.4	<0.001
SFA, cm ²	232.8±107.8	261.0±94.4	302.0±103.9	421.9±143.1	<0.001
VFA, cm ²	86.9±37.4	119.5±52.4	152.4±61.8	152.5±59.4	<0.001
TMA, cm ²	114.4±28.7	111.3±23.9	106.4±24.5	85.8±23.3	<0.001
Total abdominal muscle radiodensity, HU	47.0±5.1	45.3±4.8	43.3±4.9	39.8±4.8	<0.001
Hispanic (n=496)					
TFA, cm ²	345.1±101.3	439.1±105.5	480.3±132.6	554.3±163.4	<0.001
SFA, cm ²	204.4±74.8	247.8±85.6	291.5±110.1	344.4±117.8	<0.001
VFA, cm ²	122.9±53.0	168.1±54.5	173.5±65.1	192.0±66.9	<0.001
TMA, cm ²	110.4±27.1	107.2±27.6	97.9±26.9	78.2±21.0	<0.001
Total abdominal muscle radiodensity, HU	45.3±4.0	42.4±4.9	40.8±5.1	37.2±4.6	<0.001

Values are presented as mean ± standard deviation.

WWI, weight-adjusted waist index; TFA, total abdominal fat area; SFA, subcutaneous fat area; VFA, visceral fat area; TMA, total abdominal muscle area; HU, Hounsfield units.