

Stabilometry - total locus length with eyes opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	88.1	14.8	132	93.4	17.6	102	98.8	21.1	150	115.7	31.0	125	131.0	45.4	26	100.6	26.5	535
Female	80.4	11.3	137	86.6	14.7	131	94.5	18.5	135	99.3	22.0	110	114.8	20.1	19	90.6	18.9	532
Total	84.2	13.7	269	89.5	16.4	233	96.8	20.0	285	108.0	28.3	235	124.2	37.5	45	95.7	23.6	1067

Stabilometry - out around area with eyes closed (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.06	2.10	132	4.19	2.03	102	4.74	2.49	150	7.07	5.38	125	6.86	3.80	26	5.12	3.54	535
Female	3.21	1.71	137	3.62	1.93	131	4.42	2.23	135	5.44	7.26	109	6.16	4.55	18	4.18	3.89	530
Total	3.63	1.95	269	3.87	1.99	233	4.59	2.37	285	6.31	6.37	234	6.57	4.09	44	4.65	3.75	1065

Stabilometry - total power spectram X with eyes closed (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.49	0.38	132	0.45	0.28	102	0.54	0.31	150	0.83	0.70	125	0.72	0.36	26	0.59	0.47	535
Female	0.38	0.28	137	0.43	0.31	131	0.50	0.29	135	0.65	0.67	109	0.77	0.68	18	0.49	0.43	530
Total	0.44	0.34	269	0.44	0.30	233	0.52	0.30	285	0.74	0.69	234	0.74	0.51	44	0.54	0.45	1065

Stabilometry - total power spectram Y with eyes closed (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.62	0.41	132	0.63	0.37	102	0.70	0.40	150	0.91	0.57	125	0.95	0.62	26	0.73	0.47	535
Female	0.49	0.30	137	0.53	0.33	131	0.65	0.40	135	0.74	0.65	109	0.79	0.65	18	0.60	0.45	530
Total	0.55	0.37	269	0.57	0.35	233	0.67	0.40	285	0.83	0.61	234	0.89	0.63	44	0.66	0.46	1065

Stabilometry - center coodainates X with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.12	0.70	132	-0.02	0.70	102	0.09	0.78	150	0.19	0.88	125	0.18	0.73	26	0.10	0.77	535
Female	0.12	0.64	137	0.18	0.71	131	0.30	0.69	135	0.24	0.80	109	0.56	1.05	18	0.22	0.73	530
Total	0.12	0.67	269	0.10	0.71	233	0.19	0.74	285	0.21	0.84	234	0.33	0.88	44	0.16	0.75	1065

Stabilometry - center coordinates Y with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	-1.24	1.55	132	-1.29	1.46	102	-1.26	1.39	150	-1.41	1.36	125	-1.54	1.67	26	-1.31	1.45	535
Female	-2.36	1.21	137	-2.24	1.38	131	-1.95	1.47	135	-2.28	1.12	109	-2.22	1.61	18	-2.20	1.32	530
Total	-1.81	1.50	269	-1.82	1.49	233	-1.58	1.47	285	-1.81	1.32	234	-1.82	1.67	44	-1.75	1.46	1065

Stabilometry - back and forth difference with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.04	0.89	132	3.08	0.86	102	3.25	0.86	150	3.72	1.17	125	3.94	1.42	26	3.31	1.02	535
Female	2.64	0.70	137	2.85	0.85	131	3.13	0.89	135	3.22	1.20	109	3.45	1.22	18	2.97	0.95	530
Total	2.84	0.82	269	2.95	0.86	233	3.19	0.88	285	3.49	1.20	234	3.74	1.35	44	3.14	1.00	1065

Stabilometry - right and left difference with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.77	0.81	132	2.74	0.72	102	2.99	0.87	150	3.57	1.35	125	3.49	0.96	26	3.05	1.02	535
Female	2.44	0.78	137	2.58	0.82	131	2.78	0.76	135	3.10	1.25	109	3.32	1.41	18	2.73	0.96	530
Total	2.60	0.81	269	2.65	0.78	233	2.89	0.82	285	3.35	1.32	234	3.42	1.15	44	2.89	1.00	1065

Stabilometry - total locus length with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	115.6	27.9	132	120.2	32.4	102	135.6	43.9	150	175.2	97.5	125	181.1	69.0	26	139.2	62.9	535
Female	97.9	19.4	137	106.8	25.9	131	120.4	33.9	135	128.0	46.3	109	144.2	33.6	18	113.6	34.5	530
Total	106.6	25.5	269	112.7	29.6	233	128.4	40.2	285	153.2	81.3	234	166.0	59.6	44	126.5	52.4	1065

5) Physical activity accessed by electric pedometer

Electric pedometer, Suzuken corp.

Electric pedmeter - total energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2191.6	195.7	122	2120.0	198.1	95	1927.7	183.0	138	1742.0	210.1	118	1457.2	89.2	20	1966.5	277.9	493
Female	1718.7	186.1	129	1676.1	154.4	125	1625.7	174.9	128	1489.6	152.2	96	1356.0	106.1	12	1629.8	190.1	490
Total	1948.5	303.9	251	1867.8	280.9	220	1782.4	234.2	266	1628.8	224.5	214	1419.2	106.5	32	1798.7	291.7	983

Electric pedmeters - exercise energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	274.7	103.8	122	279.3	124.4	95	223.9	117.4	138	182.1	127.0	118	84.2	39.7	20	231.5	125.4	493
Female	203.1	86.3	129	209.8	93.7	125	191.9	97.7	128	145.5	78.6	96	117.2	56.9	12	188.5	92.7	490
Total	237.9	101.5	251	239.8	113.2	220	208.5	109.3	266	165.7	109.3	214	96.5	48.8	32	210.1	112.3	983

Electric pedmeters - steps average (step)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9045	3213	122	9353	3727	95	8136	3674	138	7053	4005	118	4167	2105	20	8175	3788	493
Female	8713	2898	129	9279	3195	125	8493	3466	128	6854	2978	96	6387	2949	12	8379	3259	490
Total	8875	3054	251	9311	3427	220	8308	3573	266	6964	3574	214	4999	2644	32	8277	3534	983

6) Physical activity questionnaire

Distribution of 4 categories of leisure-time physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
2. 5METs	Male	34	25.8	48	46.6	94	62.3	84	66.7	18	69.2	278	51.7
	Female	26	19.0	59	45.0	61	45.2	69	61.6	12	60.0	227	42.4
	Total	60	22.3	107	45.7	155	54.2	153	64.3	30	65.2	505	47.1
4. 5METs	Male	36	27.3	28	27.2	41	27.2	25	19.8	2	7.7	132	24.5
	Female	28	20.4	38	29.0	51	37.8	32	28.6	4	20.0	153	28.6
	Total	64	23.8	66	28.2	92	32.2	57	23.9	6	13.0	285	26.6
6. 5METs	Male	15	11.4	8	7.8	6	4.0	1	0.8	0	0.0	30	5.6
	Female	5	3.6	3	2.3	0	0.0	0	0.0	0	0.0	8	1.5
	Total	20	7.4	11	4.7	6	2.1	1	0.4	0	0.0	38	3.5
8. 5METs	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Male	132	100.0	103	100.0	151	100.0	126	100.0	26	100.0	538	100.0
	Female	137	100.0	131	100.0	135	100.0	112	100.0	20	100.0	535	100.0
	Total	269	100.0	234	100.0	286	100.0	238	100.0	46	100.0	1073	100.0

Leisure-time physical activity score (2.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.0	9.8	132	9.2	14.6	103	27.2	39.1	151	36.6	52.6	125	28.4	39.7	26	20.3	37.1	537
Female	3.6	13.0	137	12.3	20.9	131	16.4	27.7	135	22.7	37.8	112	26.6	46.0	20	13.8	27.7	535
Total	3.8	11.5	269	10.9	18.4	234	22.1	34.6	286	30.1	46.6	237	27.6	42.1	46	17.0	32.9	1072

Leisure-time physical activity score (4.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.0	18.3	132	7.6	17.9	103	15.0	36.1	151	8.7	24.2	125	1.9	7.3	26	9.8	25.7	537
Female	5.6	14.7	137	8.7	17.1	131	14.4	25.2	135	8.5	18.7	112	2.9	6.8	20	9.1	19.3	535
Total	6.8	16.6	269	8.2	17.4	234	14.7	31.4	286	8.6	21.8	237	2.3	7.0	46	9.4	22.7	1072

Leisure-time physical activity score (6.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.5	15.3	132	3.3	16.0	103	4.1	23.7	151	0.1	0.8	125	0.0	0.0	26	2.9	16.3	537
Female	1.7	14.6	137	0.5	3.3	131	0.0	0.0	135	0.0	0.0	112	0.0	0.0	20	0.5	7.6	535
Total	3.1	15.0	269	1.7	10.9	234	2.1	17.3	286	0.0	0.6	237	0.0	0.0	46	1.7	12.8	1072

Leisure-time physical activity score (8.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	132	0.0	0.0	103	0.0	0.0	151	0.0	0.0	125	0.0	0.0	26	0.0	0.0	537
Female	0.0	0.0	137	0.0	0.0	131	0.0	0.0	135	0.0	0.0	112	0.0	0.0	20	0.0	0.0	535
Total	0.0	0.0	269	0.0	0.0	234	0.0	0.0	286	0.0	0.0	237	0.0	0.0	46	0.0	0.0	1072

Leisure-time physical activity score (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.5	25.3	132	20.1	28.2	103	46.2	54.6	151	45.4	58.0	125	30.3	39.2	26	32.9	46.6	537
Female	10.8	26.5	137	21.5	27.3	131	30.7	34.7	135	31.2	39.9	112	29.5	45.2	20	23.4	33.7	535
Total	13.6	26.0	269	20.9	27.6	234	38.9	46.8	286	38.7	50.6	237	29.9	41.4	46	28.2	40.9	1072

Time spent on the leisure-time physical activity (hour/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	68.9	99.9	132	97.8	126.5	103	247.0	283.5	151	276.4	362.4	125	196.3	261.7	26	179.0	263.3	537
Female	49.6	121.4	137	115.6	153.4	131	162.3	194.6	135	183.1	252.1	112	187.9	302.8	20	127.3	195.3	535
Total	59.1	111.6	269	107.8	142.1	234	207.1	248.8	286	232.3	317.9	237	192.7	277.1	46	153.2	233.2	1072

Leisure-time physical activity score (METs\*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.05	0.08	132	0.06	0.08	103	0.14	0.16	151	0.13	0.17	125	0.09	0.12	26	0.10	0.14	537
Female	0.03	0.08	137	0.06	0.08	131	0.09	0.10	135	0.09	0.12	112	0.09	0.13	20	0.07	0.10	535
Total	0.04	0.08	269	0.06	0.08	234	0.12	0.14	286	0.12	0.15	237	0.09	0.12	46	0.08	0.12	1072

Time spent on the leisure-time physical activity (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.3	132	0.3	0.4	103	0.7	0.8	151	0.8	1.1	125	0.6	0.8	26	0.5	0.8	537
Female	0.1	0.4	137	0.3	0.5	131	0.5	0.6	135	0.5	0.8	112	0.6	0.9	20	0.4	0.6	535
Total	0.2	0.3	269	0.3	0.4	234	0.6	0.7	286	0.7	0.9	237	0.6	0.8	46	0.5	0.7	1072

Distribution of 4 categories of the job physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
1. 5METs	Male	131	99.2	103	100.0	119	78.8	69	54.8	14	53.8	436	81.0
	Female	135	98.5	125	95.4	122	90.4	87	77.7	14	70.0	483	90.3
	Total	266	98.9	228	97.4	241	84.3	156	65.5	28	60.9	919	85.6
2. 5METs	Male	128	97.0	101	98.1	132	87.4	87	69.0	22	84.6	470	87.4
	Female	137	100.0	131	100.0	135	100.0	112	100.0	20	100.0	535	100.0
	Total	265	98.5	232	99.1	267	93.4	199	83.6	42	91.3	1005	93.7
4. 5METs	Male	38	28.8	26	25.2	37	24.5	30	23.8	6	23.1	137	25.5
	Female	82	59.9	81	61.8	80	59.3	71	63.4	9	45.0	323	60.4
	Total	120	44.6	107	45.7	117	40.9	101	42.4	15	32.6	460	42.9
7. 5METs	Male	11	8.3	13	12.6	10	6.6	8	6.3	0	0.0	42	7.8
	Female	6	4.4	1	0.8	1	0.7	1	0.9	0	0.0	9	1.7
	Total	17	6.3	14	6.0	11	3.8	9	3.8	0	0.0	51	4.8
Total	Male	132	100.0	103	100.0	151	100.0	126	100.0	26	100.0	538	100.0
	Female	137	100.0	131	100.0	135	100.0	112	100.0	20	100.0	535	100.0
	Total	269	100.0	234	100.0	286	100.0	238	100.0	46	100.0	1073	100.0

On the job physical activity score (1.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	152.0	84.8	132	134.2	72.2	103	66.3	78.6	151	15.3	34.4	125	8.9	14.0	26	85.8	88.6	537
Female	64.6	61.4	137	52.6	60.1	131	27.6	39.8	135	15.7	28.3	112	7.0	9.8	20	39.9	53.0	535
Total	107.5	85.7	269	88.5	77.1	234	48.1	66.2	286	15.5	31.6	237	8.1	12.3	46	62.9	76.5	1072

On the job physical activity score (2.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	129.3	106.5	132	126.6	96.7	103	77.6	73.6	151	53.8	68.1	125	46.1	60.5	26	92.6	91.5	537
Female	233.0	97.3	137	211.6	96.7	131	172.6	86.0	135	131.8	70.2	112	129.8	95.8	20	187.5	96.9	535
Total	182.1	114.2	269	174.2	105.3	234	122.5	92.6	286	90.7	79.2	237	82.5	87.6	46	140.0	105.5	1072

On the job physical activity score (4.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	51.6	120.2	132	52.8	119.2	103	21.8	70.4	151	13.3	43.9	125	13.4	55.5	26	32.7	92.3	537
Female	22.3	52.8	137	18.6	40.2	131	13.0	31.8	135	13.2	21.5	112	3.7	4.9	20	16.4	38.4	535
Total	36.7	93.3	269	33.7	86.1	234	17.6	55.7	286	13.2	35.1	237	9.2	41.8	46	24.6	71.2	1072

On the job physical activity score (7.5METs) (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.0	73.0	132	17.3	71.8	103	6.1	46.0	151	3.8	17.3	125	0.0	0.0	26	9.1	54.5	537
Female	2.5	14.0	137	0.0	0.5	131	0.1	1.5	135	0.2	1.7	112	0.0	0.0	20	0.7	7.2	535
Total	7.6	52.3	269	7.6	48.3	234	3.3	33.5	286	2.1	12.7	237	0.0	0.0	46	4.9	39.1	1072

On the job physical activity score (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	345.9	130.0	132	330.8	133.1	103	171.9	143.5	151	86.2	115.1	125	68.5	100.9	26	220.2	170.3	537
Female	322.3	118.0	137	282.8	109.2	131	213.3	102.0	135	160.8	83.6	112	140.6	98.2	20	244.5	122.0	535
Total	333.9	124.4	269	303.9	122.4	234	191.4	127.1	286	121.5	107.9	237	99.8	105.0	46	232.4	148.6	1072

Time spent on the job (hour/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2771.2	571.6	132	2568.7	579.0	103	1349.1	1049	151	586.7	740.8	125	456.2	552.7	26	1711.9	1191	537
Female	2358.9	803.3	137	2063.5	809.5	131	1505.9	723.6	135	1102.4	611.1	112	957.5	665.2	20	1755.9	891.3	535
Total	2561.2	727.9	269	2285.9	758.6	234	1423.1	911.6	286	830.4	728.4	237	674.2	647.8	46	1733.9	1052	1072

On the job physical activity score (METs\*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.03	0.39	132	0.98	0.40	103	0.51	0.43	151	0.26	0.34	125	0.20	0.30	26	0.66	0.51	537
Female	0.96	0.35	137	0.84	0.32	131	0.63	0.30	135	0.48	0.25	112	0.42	0.29	20	0.73	0.36	535
Total	0.99	0.37	269	0.90	0.36	234	0.57	0.38	286	0.36	0.32	237	0.30	0.31	46	0.69	0.44	1072

Time spent on the job (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.2	1.7	132	7.6	1.7	103	4.0	3.1	151	1.7	2.2	125	1.4	1.6	26	5.1	3.5	537
Female	7.0	2.4	137	6.1	2.4	131	4.5	2.2	135	3.3	1.8	112	2.8	2.0	20	5.2	2.7	535
Total	7.6	2.2	269	6.8	2.3	234	4.2	2.7	286	2.5	2.2	237	2.0	1.9	46	5.2	3.1	1072

Residual physical activity score (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	267.1	49.0	132	274.2	56.7	103	355.2	86.1	151	401.9	74.0	125	391.6	60.9	26	330.6	88.6	537
Female	309.9	71.3	137	322.2	70.5	131	356.4	59.0	135	372.6	64.7	112	382.4	62.5	20	340.5	71.1	535
Total	288.9	64.9	269	301.1	68.9	234	355.8	74.4	286	388.1	71.1	237	387.6	61.1	46	335.6	80.5	1072

Time spent on residual physical activity (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.8	1.6	132	9.1	1.9	103	11.7	2.8	151	13.3	2.4	125	13.0	2.0	26	10.9	2.9	537
Female	10.2	2.4	137	10.7	2.3	131	11.8	2.0	135	12.3	2.1	112	12.6	2.1	20	11.3	2.4	535
Total	9.6	2.1	269	10.0	2.3	234	11.8	2.5	286	12.8	2.4	237	12.8	2.0	46	11.1	2.7	1072

Sleeping time (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.7	1.0	132	7.0	0.9	103	7.5	1.1	151	8.1	1.2	125	9.1	1.3	26	7.4	1.3	537
Female	6.6	0.9	137	6.9	0.9	131	7.2	1.1	135	7.9	1.3	112	7.9	1.1	20	7.1	1.2	535
Total	6.6	1.0	269	6.9	0.9	234	7.4	1.2	286	8.0	1.3	237	8.6	1.3	46	7.3	1.2	1072



Sleep activity score (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	101.5	14.7	132	105.8	13.9	103	113.5	17.3	151	123.1	18.4	125	137.7	19.1	26	112.5	19.1	537
Female	99.5	14.2	137	103.7	13.7	131	109.6	17.3	135	118.7	19.4	112	120.1	16.5	20	107.9	17.7	535
Total	100.5	14.4	269	104.6	13.8	234	111.6	17.4	286	121.0	19.0	237	130.1	19.9	46	110.2	18.5	1072

Total physical activity score (METs\*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	731.1	113.5	132	730.9	112.8	103	686.8	83.5	151	656.6	57.6	125	628.1	55.1	26	696.3	97.9	537
Female	742.5	65.6	137	730.2	54.3	131	710.1	51.8	135	683.4	42.4	112	672.6	53.1	20	716.4	59.1	535
Total	736.9	92.3	269	730.5	84.9	234	697.8	71.2	286	669.3	52.6	237	647.4	58.1	46	706.3	81.5	1072

Total physical activity score (METs\*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.18	0.34	132	2.18	0.34	103	2.04	0.25	151	1.95	0.17	125	1.87	0.16	26	2.07	0.29	537
Female	2.21	0.20	137	2.17	0.16	131	2.11	0.15	135	2.03	0.13	112	2.00	0.16	20	2.13	0.18	535
Total	2.19	0.27	269	2.17	0.25	234	2.08	0.21	286	1.99	0.16	237	1.93	0.17	46	2.10	0.24	1072

Intensity index (METs)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	0.2	132	1.5	0.2	103	1.4	0.2	151	1.4	0.1	125	1.3	0.1	26	1.4	0.2	537
Female	1.5	0.1	137	1.5	0.1	131	1.5	0.1	135	1.4	0.1	112	1.4	0.1	20	1.5	0.1	535
Total	1.5	0.2	269	1.5	0.2	234	1.4	0.1	286	1.4	0.1	237	1.3	0.1	46	1.5	0.2	1072

Active intensity index (METs)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	0.3	132	1.8	0.3	103	1.7	0.2	151	1.7	0.2	125	1.6	0.2	26	1.7	0.3	537
Female	1.8	0.2	137	1.8	0.1	131	1.8	0.1	135	1.7	0.1	112	1.7	0.1	20	1.8	0.1	535
Total	1.8	0.2	269	1.8	0.3	234	1.7	0.2	286	1.7	0.1	237	1.7	0.2	46	1.8	0.2	1072

Exercise experiments during each life period

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
20-29 years	Male	59	44.7	43	41.7	58	38.4	33	26.2	3	11.5	196	36.4
	Female	34	24.8	13	9.9	6	4.4	5	4.5	0	0.0	58	10.8
	Total	93	34.6	56	23.9	64	22.4	38	16.0	3	6.5	254	23.7
30-39 years	Male	61	46.2	47	45.6	49	32.5	35	27.8	4	15.4	196	36.4
	Female	56	40.9	48	36.6	24	17.8	2	1.8	0	0.0	130	24.3
	Total	117	43.5	95	40.6	73	25.5	37	15.5	4	8.7	326	30.4
40-59 years	Male	38	28.8	58	56.3	76	50.3	45	35.7	9	34.6	226	42.0
	Female	36	26.3	84	64.1	84	62.2	30	26.8	4	20.0	238	44.5
	Total	74	27.5	142	60.7	160	55.9	75	31.5	13	28.3	464	43.2
60- years	Male	0	0.0	0	0.0	92	60.9	79	62.7	18	69.2	189	35.1
	Female	0	0.0	0	0.0	76	56.3	69	61.6	13	65.0	158	29.5
	Total	0	0.0	0	0.0	168	58.7	148	62.2	31	67.4	347	32.3
Total	Male	132	100.0	103	100.0	151	100.0	126	100.0	26	100.0	538	100.0
	Female	137	100.0	131	100.0	135	100.0	112	100.0	20	100.0	535	100.0
	Total	269	100.0	234	100.0	286	100.0	238	100.0	46	100.0	1073	100.0

# XI. Anthropometry, Body Composition and Resting Metabolic Profiles

## XI. Anthropometry and Body composition

1) Anthropometric measurements

2) Body composition

1. Body composition by DXA

2. Extra- and intra-cellular fluid volume by multi-frequency impedance method

3) Thickness of subcutaneous fat, preperitoneal fat and muscle tissue

4) Abdominal fat distribution

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	170.3	6.6	132	168.0	6.0	103	165.0	5.3	151	162.1	5.1	126	159.3	4.7	26	165.9	6.6	538
Female	155.9	5.0	137	153.9	4.8	131	152.4	4.9	135	148.2	5.0	112	144.5	5.2	20	152.5	5.8	535
Total	163.0	9.2	269	160.1	8.8	234	159.0	8.1	286	155.6	8.6	238	152.9	8.8	46	159.2	9.2	1073

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	67.0	9.3	132	65.6	10.1	103	63.2	7.8	151	59.7	7.9	126	53.9	6.8	26	63.3	9.2	538
Female	53.7	9.0	137	52.7	6.9	131	53.0	8.3	135	51.7	7.4	112	48.4	7.7	20	52.7	8.0	535
Total	60.2	11.3	269	58.4	10.6	234	58.4	9.5	286	55.9	8.6	238	51.5	7.7	46	58.0	10.2	1073

Body mass index (kg/m<sup>2</sup>)

	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	23.1	2.7	132	23.2	2.8	103	23.2	2.6	151	22.7	2.7	126	21.3	2.6	26	23.0	2.7	538
Female	22.1	3.5	137	22.3	2.9	131	22.8	3.1	135	23.5	3.2	112	23.2	3.8	20	22.6	3.3	535
Total	22.6	3.2	269	22.7	2.9	234	23.0	2.9	286	23.1	3.0	238	22.1	3.3	46	22.8	3.0	1073

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	83.3	4.4	132	81.8	4.3	103	80.2	3.8	151	79.3	3.5	126	78.6	3.5	26	81.0	4.3	538
Female	76.8	3.4	137	75.1	3.6	131	74.9	3.5	135	73.1	3.4	112	72.8	3.3	20	75.0	3.7	535
Total	80.0	5.1	269	78.1	5.1	234	77.7	4.5	286	76.4	4.6	238	76.1	4.5	46	78.0	5.0	1073

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	81.4	7.2	132	82.7	8.3	103	83.9	8.1	151	83.5	8.5	126	77.6	8.7	26	82.7	8.2	538
Female	71.1	8.2	137	72.7	7.5	131	75.8	8.7	135	78.9	8.8	112	77.4	9.0	20	74.5	8.8	535
Total	76.1	9.3	269	77.1	9.3	234	80.0	9.3	286	81.3	9.0	238	77.5	8.8	46	78.6	9.4	1073

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	83.6	7.4	132	84.8	8.7	103	85.7	8.1	151	85.4	7.9	126	79.9	9.0	26	84.7	8.1	538
Female	76.9	9.2	137	80.2	8.7	131	83.2	9.4	135	86.4	9.7	112	85.4	10.3	20	81.6	9.9	535
Total	80.2	9.0	269	82.2	9.0	234	84.6	8.8	286	85.9	8.8	238	82.3	9.9	46	83.1	9.2	1073

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	94.3	4.9	132	93.2	5.3	103	91.8	4.1	151	89.8	4.6	126	87.1	4.4	26	92.0	5.0	538
Female	91.9	6.1	137	90.7	4.7	131	89.8	5.4	135	89.7	5.0	112	88.1	8.0	20	90.5	5.5	535
Total	93.1	5.7	269	91.8	5.1	234	90.9	4.9	286	89.8	4.8	238	87.5	6.2	46	91.2	5.3	1073

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	50.0	3.5	132	48.7	4.0	103	47.4	3.4	150	45.6	3.6	126	43.2	3.2	26	47.7	4.0	537
Female	48.8	4.4	137	47.4	3.9	131	46.4	3.8	135	45.2	3.9	112	44.2	4.0	20	46.9	4.2	535
Total	49.4	4.0	269	48.0	4.0	234	46.9	3.6	285	45.4	3.7	238	43.6	3.6	46	47.3	4.2	1072

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	36.7	2.5	132	36.1	2.6	103	35.3	2.4	150	34.1	2.5	126	32.4	2.4	26	35.4	2.7	537
Female	34.7	2.9	137	33.9	2.2	131	33.6	2.6	135	32.8	2.3	112	32.5	3.7	20	33.8	2.6	535
Total	35.7	2.9	269	34.9	2.6	234	34.5	2.6	285	33.5	2.5	238	32.5	3.0	46	34.6	2.8	1072

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	132	28.7	2.4	103	28.1	2.2	151	27.0	2.2	126	25.5	2.1	26	28.1	2.4	538
Female	26.4	2.9	137	26.8	2.5	131	27.0	2.8	135	27.0	2.8	112	25.6	2.6	20	26.8	2.7	535
Total	27.7	2.9	269	27.6	2.6	234	27.6	2.5	286	27.0	2.5	238	25.6	2.3	46	27.4	2.7	1073

2) Body composition

1. Dual energy x-ray absorptiometry (DXA) (Hologic QDR-4500)

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	1.035	0.081	131	1.033	0.093	101	1.013	0.085	149	0.979	0.093	120	0.947	0.088	26	1.011	0.091	527
Female	0.886	0.084	135	0.894	0.083	131	0.893	0.073	133	0.894	0.086	111	0.852	0.065	19	0.890	0.081	529
Total	0.960	0.111	266	0.954	0.112	232	0.956	0.100	282	0.938	0.099	231	0.907	0.092	45	0.951	0.106	1056

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	4.086	0.316	131	4.073	0.345	101	3.988	0.324	149	3.823	0.347	120	3.730	0.332	26	3.978	0.350	527
Female	3.590	0.331	135	3.543	0.305	131	3.475	0.272	133	3.439	0.303	111	3.312	0.239	19	3.508	0.308	529
Total	3.834	0.408	266	3.774	0.416	232	3.746	0.395	282	3.638	0.378	231	3.554	0.360	45	3.743	0.405	1056

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	0.819	0.264	131	0.828	0.398	101	0.768	0.240	149	0.813	0.242	120	0.699	0.244	26	0.799	0.284	527
Female	1.043	0.424	135	1.095	0.349	131	1.146	0.422	133	1.151	0.364	111	0.914	0.245	19	1.100	0.391	529
Total	0.933	0.371	266	0.979	0.394	232	0.947	0.387	282	0.975	0.350	231	0.790	0.264	45	0.950	0.373	1056

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	3.083	0.435	131	2.984	0.420	101	2.808	0.378	149	2.572	0.327	120	2.318	0.278	26	2.832	0.444	527
Female	1.817	0.308	135	1.736	0.255	131	1.751	0.237	133	1.693	0.240	111	1.551	0.214	19	1.745	0.266	529
Total	2.440	0.737	266	2.279	0.705	232	2.309	0.617	282	2.150	0.526	231	1.994	0.458	45	2.287	0.655	1056

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	0.789	0.284	131	0.793	0.435	101	0.746	0.254	149	0.801	0.266	120	0.695	0.266	26	0.776	0.307	527
Female	1.029	0.441	135	1.060	0.336	131	1.136	0.457	133	1.155	0.389	111	0.935	0.260	19	1.087	0.408	529
Total	0.911	0.390	266	0.944	0.404	232	0.930	0.413	282	0.971	0.375	231	0.796	0.287	45	0.931	0.393	1056

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	3.339	0.496	131	3.252	0.492	101	3.077	0.424	149	2.779	0.363	120	2.522	0.315	26	3.080	0.500	527
Female	1.999	0.362	135	1.948	0.282	131	1.965	0.281	133	1.881	0.272	111	1.722	0.219	19	1.943	0.305	529
Total	2.659	0.798	266	2.516	0.755	232	2.552	0.664	282	2.347	0.553	231	2.184	0.485	45	2.511	0.704	1056

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	7.547	2.427	131	7.653	3.041	101	7.790	2.739	149	7.780	2.623	120	6.122	2.487	26	7.619	2.702	527
Female	7.319	2.773	135	8.294	2.508	131	9.092	3.019	133	9.378	2.868	111	7.877	1.911	19	8.459	2.872	529
Total	7.431	2.606	266	8.015	2.765	232	8.404	2.942	282	8.548	2.852	231	6.863	2.404	45	8.039	2.819	1056

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	26.463	3.073	131	26.018	3.119	101	25.049	2.717	149	23.344	2.639	120	21.450	2.407	26	25.020	3.177	527
Female	19.307	2.377	135	18.647	1.945	131	18.486	2.159	133	17.742	1.978	111	16.554	2.068	19	18.510	2.218	529
Total	22.831	4.510	266	21.856	4.444	232	21.954	4.105	282	20.652	3.653	231	19.383	3.320	45	21.759	4.255	1056

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	2.447	0.691	131	2.326	0.730	101	2.202	0.634	149	2.234	0.551	120	2.056	0.545	26	2.287	0.654	527
Female	3.230	0.752	135	3.002	0.692	131	2.874	0.825	133	2.723	0.745	111	2.503	0.822	19	2.952	0.781	529
Total	2.845	0.821	266	2.708	0.783	232	2.519	0.802	282	2.469	0.694	231	2.245	0.703	45	2.620	0.793	1056



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	8.472	1.199	131	8.003	1.181	101	7.587	0.883	149	7.061	0.922	120	6.393	0.765	26	7.708	1.186	527
Female	5.846	0.994	135	5.549	0.748	131	5.448	0.729	133	5.097	0.654	111	4.977	0.615	19	5.484	0.836	529
Total	7.139	1.713	266	6.617	1.551	232	6.578	1.343	282	6.117	1.269	231	5.795	0.994	45	6.594	1.513	1056

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	2.322	0.668	131	2.210	0.719	101	2.108	0.620	149	2.161	0.568	120	1.986	0.586	26	2.187	0.644	527
Female	3.165	0.745	135	2.948	0.693	131	2.834	0.793	133	2.710	0.757	111	2.437	0.872	19	2.907	0.772	529
Total	2.750	0.823	266	2.627	0.793	232	2.450	0.793	282	2.425	0.718	231	2.176	0.746	45	2.547	0.797	1056

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	8.629	1.233	131	8.183	1.186	101	7.761	0.934	149	7.192	0.911	120	6.528	0.735	26	7.867	1.209	527
Female	5.963	1.023	135	5.681	0.781	131	5.586	0.764	133	5.236	0.688	111	4.996	0.608	19	5.611	0.866	529
Total	7.276	1.749	266	6.770	1.580	232	6.735	1.384	282	6.252	1.271	231	5.881	1.022	45	6.737	1.542	1056

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	4.1	131	14.8	5.1	101	14.6	4.2	149	14.8	4.0	120	12.5	3.8	26	14.7	4.3	527
Female	16.7	4.7	135	17.3	4.1	131	18.0	5.1	133	18.0	4.7	111	15.5	3.6	19	17.4	4.7	529
Total	15.8	4.5	266	16.2	4.7	232	16.2	4.9	282	16.3	4.7	231	13.8	4.0	45	16.0	4.7	1056

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	54.1	6.2	131	52.5	6.2	101	50.3	5.1	149	46.8	5.0	120	42.9	4.3	26	50.5	6.4	527
Female	38.5	5.1	135	37.1	3.9	131	36.7	4.1	133	35.1	3.7	111	33.1	3.7	19	36.8	4.4	529
Total	46.2	9.6	266	43.8	9.2	232	43.9	8.2	282	41.2	7.3	231	38.8	6.3	45	43.6	8.8	1056

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	21.4	3.9	131	21.6	4.7	101	22.2	4.7	149	23.7	4.4	120	22.2	4.9	26	22.2	4.5	527
Female	29.8	4.5	135	31.5	4.3	131	32.3	4.8	133	33.4	5.4	111	31.6	4.3	19	31.7	4.9	529
Total	25.7	6.0	266	27.2	6.6	232	27.0	6.9	282	28.4	6.9	231	26.2	6.6	45	27.0	6.7	1056

3) Thickness of subcutaneous fat, preperitoneal fat, and muscle tissue

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	17.5	6.6	132	17.0	6.4	103	15.1	5.3	151	14.8	5.3	126	11.7	5.7	26	15.8	6.0	538
Female	20.3	8.7	137	24.0	8.4	131	24.6	8.7	135	24.1	9.0	112	20.3	8.6	20	23.1	8.8	535
Total	18.9	7.9	269	20.9	8.3	234	19.6	8.5	286	19.2	8.6	238	15.5	8.3	46	19.4	8.4	1073

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	11.2	2.1	132	10.2	2.3	103	9.8	1.8	151	9.1	1.8	126	7.9	1.7	26	9.9	2.1	538
Female	8.6	1.8	137	7.7	1.6	131	7.4	1.5	135	7.0	1.8	112	6.4	2.3	19	7.7	1.8	534
Total	9.9	2.3	269	8.8	2.3	234	8.6	2.0	286	8.1	2.1	238	7.2	2.1	45	8.8	2.3	1072

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	6.4	1.7	132	6.2	1.9	103	5.6	1.8	150	5.7	1.8	126	5.8	1.9	26	6.0	1.8	537
Female	10.9	2.6	137	10.1	2.7	131	9.3	2.8	135	8.6	3.1	112	7.7	2.7	20	9.7	2.9	535
Total	8.7	3.1	269	8.4	3.1	234	7.4	3.0	285	7.1	2.9	238	6.6	2.5	46	7.8	3.1	1072

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	33.3	5.8	132	31.3	6.0	103	28.8	5.9	149	25.4	6.0	126	21.0	4.9	26	29.2	6.8	536
Female	30.9	6.8	137	27.5	6.3	131	26.3	5.8	135	23.4	5.1	112	21.7	5.4	20	27.0	6.7	535
Total	32.1	6.4	269	29.1	6.5	234	27.6	6.0	284	24.5	5.7	238	21.3	5.1	46	28.1	6.8	1071

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	2.5	0.8	132	2.5	0.8	103	2.1	0.6	150	2.2	0.7	126	2.1	0.7	26	2.3	0.7	537
Female	4.0	1.5	137	3.3	1.3	131	3.1	1.5	135	3.1	1.2	112	3.1	1.7	20	3.4	1.4	535
Total	3.3	1.4	269	2.9	1.2	234	2.6	1.2	285	2.6	1.1	238	2.5	1.3	46	2.8	1.3	1072

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	26.9	2.9	132	26.3	3.4	103	25.6	3.0	150	23.8	3.5	126	21.9	3.6	26	25.5	3.5	537
Female	23.0	2.9	137	22.6	2.9	131	22.3	2.9	135	21.3	2.7	112	20.7	2.4	20	22.3	2.9	535
Total	24.9	3.5	269	24.3	3.6	234	24.0	3.4	285	22.7	3.4	238	21.4	3.1	46	23.9	3.6	1072

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	6.2	1.8	132	6.0	2.0	103	5.2	1.6	150	5.4	1.4	126	4.8	1.7	26	5.6	1.8	537
Female	10.5	2.6	137	10.0	2.3	131	10.0	2.5	135	9.5	2.7	112	8.4	1.7	20	10.0	2.5	535
Total	8.4	3.1	269	8.2	3.0	234	7.5	3.1	285	7.3	3.0	238	6.4	2.5	46	7.8	3.1	1072

Thickness of musculus triceps brachi (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	24.3	4.8	132	23.8	4.7	103	22.3	5.3	150	19.5	4.4	126	18.3	4.0	26	22.2	5.2	537
Female	18.7	4.5	137	18.5	4.4	131	18.7	4.3	135	18.6	4.1	112	16.6	3.7	20	18.5	4.3	535
Total	21.4	5.4	269	20.8	5.2	234	20.6	5.2	285	19.1	4.3	238	17.6	3.9	46	20.4	5.1	1072

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	5.6	1.6	132	5.3	1.8	103	4.9	1.5	150	4.8	1.5	126	4.6	1.2	26	5.1	1.6	537
Female	9.7	3.3	136	8.6	3.1	131	7.5	3.1	135	7.2	3.0	112	7.5	3.9	20	8.3	3.3	534
Total	7.7	3.3	268	7.2	3.1	234	6.1	2.7	285	5.9	2.6	238	5.9	3.0	46	6.7	3.0	1071