# Table1

Demographic characteristics of the participants.

| | Men (n = 65) | | | | | Women (n = 77) | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | mean | SD | min | max | median | mean | SD | min | max | median |
| Age (years) | 65.7 | 12.1 | 39 | 87 | 67 | 64.7 | 12.6 | 38 | 91 | 66 |
| Height (cm) | 165.6 | 6.5 | 147.4 | 177.6 | 165.5 | 152.9 | 6.7 | 132.1 | 171.6 | 153.3 |
| Weight (kg) | 65.7 | 9.9 | 42.2 | 91.5 | 64 | 52.1 | 8.9 | 27.9 | 74.5 | 52.3 |
| BMI (kg/m$^2$) | 23.9 | 2.8 | 19 | 31.8 | 23.5 | 22.4 | 3.4 | 16.1 | 33 | 22.1 |
| Fat mass (kg) | 15.4 | 4.7 | 6.2 | 29.4 | 14.8 | 16.3 | 5.9 | 5.2 | 34.3 | 16 |
| Muscle mass (kg) | 47.7 | 5.6 | 32.1 | 60.6 | 47.6 | 33.9 | 3.4 | 27.2 | 42.8 | 33.7 |
| Body fat ratio (%) | 22.9 | 4.1 | 12.6 | 32.1 | 22.7 | 30.3 | 6.7 | 12.0 | 46.1 | 30.2 |
| Physical function | | | | | | | | | | |
| Functional reach (cm) | 30.8 | 7.7 | 2.8 | 48 | 31 | 29.4 | 8.5 | 7 | 48 | 29 |
| 4M gait time (s) | 2.89 | 6.0 | 2.01 | 5.8 | 2.71 | 3.46 | 3.6 | 2 | 7.5 | 3.06 |
| Hand grip strength (kg) | 37.2 | 7.5 | 20.6 | 53.7 | 37.2 | 20.9 | 5.1 | 10 | 31.6 | 20.7 |
| Toe grip strength (kg) | 8.92 | 4.2 | 2.4 | 23.7 | 8.8 | 4.87 | 3.1 | 1 | 19.1 | 4.5 |
| Congeners (pg/g lipid) | | | | | | | | | | |
| 1,2,3,7,8-PeCDD | 6.31 | 4.0 | 0.5 | 21.3 | 5.18 | 8.72 | 6.4 | 0.5 | 32.2 | 7.13 |
| 1,2,3,6,7,8-HxCDD | 24.2 | 19.8 | 1 | 115 | 19.2 | 39.4 | 42.2 | 5.3 | 254.1 | 24.3 |
| 1,2,3,4,6,7,8-HpCDD | 43.5 | 76.8 | 10.9 | 638.8 | 31.2 | 39.9 | 28.4 | 9.55 | 231.9 | 36.5 |
| 2,3,4,7,8-PeCDF | 54.0 | 85.1 | 4.42 | 478.9 | 20.9 | 117.9 | 179.1 | 3.46 | 851.3 | 29.5 |
| 3,3′,4,4′,5-PeCB(#126) | 77.7 | 53.4 | 13.6 | 192.1 | 53.1 | 66.8 | 43.9 | 2.34 | 210.8 | 53.6 |
| 3,3′,4,4′,5,5′-HxCB(#169) | 126.3 | 113.5 | 15.5 | 677.2 | 97.4 | 148.6 | 162.7 | 13.3 | 738.8 | 86.8 |
| Total TEQ | 44.5 | 43.4 | 7.9 | 241.4 | 33 | 64.2 | 79.9 | 7.6 | 415.7 | 27.9 |

# Table2

Factors associated with Functional reach:multiple regression.

| | Men (n = 65) | | | | Women (n = 77) | | | |
|---|---|---|---|---|---|---|---|---|
| | b | SE | t | p | b | SE | t | p |
| Age | 0.1626322 | 0.128636 | 1.26 | 0.2128 | -0.125487 | 0.091258 | -1.38 | 0.1742 |
| Height | 0.3945988 | 0.288482 | 1.37 | 0.1783 | 0.4872851 | 0.192674 | 2.53 | 0.0141 |
| Muscle mass | 0.0918823 | 0.320907 | 0.29 | 0.776 | -0.184179 | 0.306455 | -0.6 | 0.5501 |
| Hand grip strength | -0.050298 | 0.25642 | -0.2 | 0.8454 | 0.4034887 | 0.189326 | 2.13 | 0.0372 |
| Toe grip strength | 0.5216215 | 0.336659 | 1.55 | 0.1284 | 0.2633973 | 0.289112 | 0.91 | 0.3659 |
| Log [Total TEQ] | -4.078505 | 1.644629 | -2.48 | 0.017 | -0.9811 | 0.952079 | -1.03 | 0.3069 |

# Table3

Factors associated with 4M gait time:multiple regression.

| | Men (n = 65) | | | | Women (n = 77) | | | |
|---|---|---|---|---|---|---|---|---|
| | b | SE | t | p | b | SE | t | p |
| Age | -0.006762 | 0.114333 | -0.06 | 0.9531 | 0.0206167 | 0.011568 | 1.78 | 0.0797 |
| Height | -0.609405 | 0.258061 | -2.36 | 0.0226 | -0.088157 | 0.023294 | -3.78 | 0.0004 |
| Muscle mass | 0.4899113 | 0.274994 | 1.78 | 0.0816 | 0.1333505 | 0.038684 | 3.45 | 0.001 |
| Hand grip strength | -0.14679 | 0.226209 | -0.65 | 0.5197 | -0.049477 | 0.024021 | -2.06 | 0.0437 |
| Toe grip strength | 0.295504 | 0.298024 | 0.99 | 0.3267 | -0.048862 | 0.036686 | -1.33 | 0.1878 |
| Log [Total TEQ] | 0.4234022 | 1.471497 | 0.29 | 0.7749 | 0.2401731 | 0.120897 | 1.99 | 0.0515 |

## Table4

Factors associated with hand grip strength:multiple regression.

| | Men (n = 65) | | | | Women (n = 77) | | | |
|---|---|---|---|---|---|---|---|---|
| | b | SE | t | p | b | SE | t | p |
| Age | -0.054754 | 0.077114 | -0.71 | 0.4812 | -0.060692 | 0.060673 | -1 | 0.321 |
| Height | 0.2518264 | 0.171928 | 1.46 | 0.1497 | 0.1866969 | 0.120852 | 1.54 | 0.1275 |
| Muscle mass | 0.1496828 | 0.179455 | 0.83 | 0.4084 | 0.1607535 | 0.203498 | 0.79 | 0.4326 |
| Toe grip strength | 0.6377272 | 0.1788 | 3.57 | 0.0008 | 0.51006 | 0.182821 | 2.79 | 0.007 |
| Log [Total TEQ] | -2.204849 | 0.948922 | -2.32 | 0.0245 | -0.233044 | 0.638498 | -0.36 | 0.7164 |

## Table5

Factors associated with toe grip strength:multiple regression.

| | Men (n = 65) | | | | Women (n = 77) | | | |
|---|---|---|---|---|---|---|---|---|
| | b | SE | t | p | b | SE | t | p |
| Age | -0.064577 | 0.055311 | -1.17 | 0.2489 | 0.0049657 | 0.040042 | 0.12 | 0.9017 |
| Height | -0.002612 | 0.127234 | -0.02 | 0.9837 | 0.0939571 | 0.079752 | 1.18 | 0.2433 |
| Muscle mass | -0.003309 | 0.130831 | -0.03 | 0.9799 | 0.0345901 | 0.133844 | 0.26 | 0.7969 |
| Hand grip strength | 0.3340187 | 0.093649 | 3.57 | 0.0008 | 0.218682 | 0.078382 | 2.79 | 0.007 |
| Log [Total TEQ] | 0.9202673 | 0.712587 | 1.29 | 0.2029 | 0.0130998 | 0.418522 | 0.03 | 0.9751 |

## Figure1
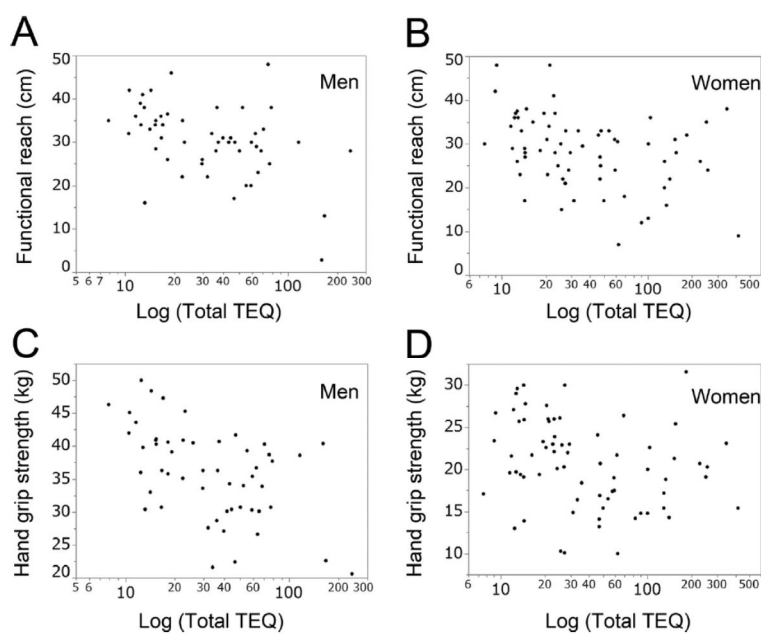


**Fig. 1.** (Upper) The distribution of functional reach and total TEQ in men (A) and women (B). (Lower) The distribution of hand grip strength and total TEQ in men (C) and women (D).