

**Annex 1** Characteristics of participants, by gender

| Variable                          | Male                   |   |   |  |   |                 | Female                 |   |   |   |   |                 |
|-----------------------------------|------------------------|---|---|--|---|-----------------|------------------------|---|---|---|---|-----------------|
|                                   | All<br>n=341<br>(100%) | Normal BMI  |   | High BMI   |   | p value         | All<br>n=413<br>(100%) | Normal BMI  |   | High BMI  |   | p value         |
|                                   |                        | No central obesity<br>n=126 (37.0%)<br>[Normal BMI<br>without CO] | Central obesity<br>n=12 (3.5%)<br>[Normal BMI<br>with CO] | No central obesity<br>n=51 (15.0%)<br>[High BMI<br>without CO] | Central obesity<br>n=152 (44.6%)<br>[High BMI<br>with CO] |                 |                        | No central obesity<br>n=103 (24.9%)<br>[Normal BMI<br>without CO] | Central obesity<br>n=39 (9.4%)<br>[Normal BMI<br>with CO] | No central obesity<br>n=19 (4.6%)<br>[High BMI<br>without CO] | Central obesity<br>n=252 (61.0%)<br>[High BMI<br>with CO] |                 |
| Age, mean                         | 71.1 ± 5.4             | 72.1 ± 5.8  | 69.9 ± 5.3  | 70.3 ± 4.5   | 70.7 ± 5.2  | 0.07            | 70.4 ± 4.9             | 70.0 ± 4.5  | 71.7 ± 4.7  | 69.9 ± 5.7  | 70.5 ± 4.9  | 0.28            |
| Ethnicity <sup>#</sup>            |                        |   |   |  |   | 0.09            |                        |   |   |   |   | 0.09            |
| Chinese                           | 272 (100.0)            | 111 (40.8)  | 10 (3.7)  | 43 (15.8)  | 108 (39.7)  |                 | 348 (100.0)            | 93 (26.7)   | 39 (11.2)   | 15 (4.3)  | 201 (57.8)  |                 |
| Malay                             | 20 (100.0)             | 3 (15.0)  | 1 (5.0)   | 2 (10.0)   | 14 (70.0)   |                 | 23 (100.0)             | 3 (13.0)  | 0 (0.0)   | 2 (8.7)   | 18 (78.3)   |                 |
| Indian                            | 23 (100.0)             | 6 (26.1)  | 1 (4.3)   | 3 (13.0)   | 13 (56.5)   |                 | 23 (100.0)             | 4 (17.4)  | 0 (0.0)   | 1 (4.3)   | 18 (78.3)   |                 |
| Others                            | 26 (100.0)             | 6 (23.1)  | 0 (0.0)   | 3 (11.5)   | 17 (65.4)   |                 | 19 (100.0)             | 3 (15.8)  | 0 (0.0)   | 1 (5.3)   | 15 (78.9)   |                 |
| Education (years), mean           | 8.0 ± 4.1              | 7.5 ± 3.8   | 9.3 ± 3.8   | 7.8 ± 4.5  | 8.3 ± 4.2   | 0.27            | 4.9 ± 4.1              | 5.9 ± 4.6 <sup>a</sup>  | 4.6 ± 4.0   | 6.0 ± 4.3   | 4.5 ± 3.9 <sup>a</sup>                                    | <b>0.03</b>     |
| Hypertension                      | 258 (75.7)             | 74 (58.7) <sup>a,b</sup>  | 7 (58.3) <sup>c</sup>                                     | 46 (90.2) <sup>b,c</sup>                                       | 131 (86.2) <sup>b</sup>                                   | <b>&lt;0.01</b> | 305 (73.8)             | 63 (61.2) <sup>a</sup>  | 29 (74.4)   | 12 (63.2)   | 201 (79.8) <sup>a</sup>                                   | <b>&lt;0.01</b> |
| Hyperlipidaemia*                  | 189 (55.4)             | 59 (46.8)   | 6 (50.0)  | 32 (62.7)  | 92 (60.5)   | 0.11            | 240 (58.1)             | 48 (46.6)   | 27 (69.2)   | 11 (57.9)   | 154 (61.1)  | 0.13            |
| Diabetes                          | 113 (33.1)             | 34 (27.0)   | 5 (41.7)  | 16 (31.4)  | 58 (38.2)   | 0.23            | 118 (28.6)             | 13 (12.6) <sup>a</sup>  | 10 (25.6)   | 1 (5.3) <sup>b</sup>  | 94 (37.3) <sup>a,b</sup>                                  | <b>&lt;0.01</b> |
| Stroke**                          | 13 (3.8)               | 3 (2.4)   | 0 (0.0)   | 1 (2.0)  | 9 (5.9)   | 0.32            | 10 (2.4)               | 2 (1.9)   | 0 (0.0)   | 0 (0.0)   | 8 (3.2)   | 0.23            |
| Heart attack***                   | 29 (8.5)               | 9 (7.1)   | 2 (16.7)  | 4 (7.8)  | 14 (9.2)  | 0.84            | 8 (1.9)                | 1 (1.0)   | 1 (2.6)   | 0 (0.0)   | 6 (2.4)   | 0.86            |
| Multimorbidity                    | 234 (68.6)             | 73 (57.9) <sup>a</sup>  | 7 (58.3)  | 36 (70.6)  | 118 (77.6) <sup>a</sup>                                   | <b>&lt;0.01</b> | 288 (69.7)             | 57 (55.3) <sup>a</sup>  | 26 (66.7)   | 11 (57.9)   | 194 (77.0) <sup>a</sup>                                   | <b>&lt;0.01</b> |
| Polypharmacy                      | 53 (15.5)              | 16 (12.7)   | 3 (25.0)  | 5 (9.8)  | 29 (19.1)   | 0.23            | 50 (12.1)              | 9 (8.7)   | 7 (17.9)  | 0 (0.0)   | 34 (13.5)   | 0.14            |
| Frailty status                    |                        |   |   |  |   | 0.30            |                        |   |   |   |   | 0.22            |
| Robust                            | 209 (61.3)             | 82 (65.1)   | 6 (50.0)  | 32 (62.7)  | 89 (58.6)   |                 | 229 (55.4)             | 59 (57.3)   | 23 (59.0)   | 14 (73.7)   | 133 (52.8)  |                 |
| Pre-frail                         | 119 (34.9)             | 42 (33.3)   | 6 (50.0)  | 18 (35.3)  | 53 (34.9)   |                 | 155 (37.5)             | 38 (36.9)   | 11 (28.2)   | 3 (15.8)  | 103 (40.9)  |                 |
| Frail                             | 13 (3.8)               | 2 (1.6)   | 0 (0.0)   | 1 (2.0)  | 10 (6.6)  |                 | 29 (7.0)               | 6 (5.8)   | 5 (12.8)  | 2 (10.5)  | 16 (6.3)  |                 |
| Nutritional risk (3-MinNS ≥ 3)    | 9 (2.6)                | 7 (5.6)   | 0 (0.0)   | 0 (0.0)  | 2 (1.3)   | 0.08            | 13 (3.1)               | 6 (5.8)   | 1 (2.6)   | 0 (0.0)   | 6 (2.4)   | 0.31            |
| At least one ADL impairment       | 58 (17.0)              | 19 (15.1)   | 1 (8.3)   | 7 (13.7)   | 31 (20.4)   | 0.46            | 70 (16.9)              | 14 (13.6)   | 8 (20.5)  | 3 (15.8)  | 45 (17.9)   | 0.72            |
| At least one IADL impairment      | 182 (53.4)             | 70 (55.6)   | 7 (58.3)  | 21 (41.2)  | 84 (55.3)   | 0.31            | 110 (26.6)             | 23 (22.3)   | 9 (23.1)  | 4 (21.1)  | 74 (29.4)   | 0.48            |
| Falls (≥ 1 in past year)          | 32 (9.4)               | 9 (7.1)   | 3 (25.0)  | 3 (5.9)  | 17 (11.2)   | 0.14            | 60 (14.5)              | 14 (13.6)   | 5 (12.8)  | 3 (15.8)  | 38 (15.1)   | 0.97            |
| Physically active                 | 60 (17.6)              | 22 (17.5)   | 1 (8.3)   | 13 (25.5)  | 24 (15.8)   | 0.36            | 67 (16.2)              | 30 (29.1) <sup>a</sup>  | 6 (15.4)  | 0 (0.0) <sup>a</sup>  | 31 (12.3) <sup>a</sup>                                    | <b>&lt;0.01</b> |
| MMSE score, mean                  | 27.8 ± 2.2             | 27.8 ± 2.5  | 26.8 ± 3.6  | 27.9 ± 2.0   | 27.7 ± 1.9  | 0.42            | 26.3 ± 3.4             | 26.9 ± 3.2  | 26.6 ± 3.7  | 26.3 ± 4.7  | 26.1 ± 3.4  | 0.25            |
| Perceived Health (EQ-VAS), score  | 79.7 ± 13.6            | 79.0 ± 13.0   | 76.1 ± 11.8   | 82.2 ± 13.3  | 79.6 ± 14.4   | 0.42            | 81.5 ± 15.1            | 79.5 ± 16.9   | 82.0 ± 12.7   | 83.7 ± 13.4   | 82.1 ± 14.8   | 0.45            |
| Grip strength (kg), mean          | 27.7 ± 5.8             | 27.1 ± 5.8 <sup>a</sup>   | 25.1 ± 5.0  | 29.5 ± 5.3 <sup>a</sup>  | 27.7 ± 5.9  | <b>0.04</b>     | 18.2 ± 4.1             | 18.2 ± 4.1  | 18.3 ± 5.1  | 18.7 ± 3.5  | 18.2 ± 4.0  | 0.97            |
| Relative grip strength (kg), mean | 0.43 ± 0.10            | 0.49 ± 0.10 <sup>b</sup>  | 0.40 ± 0.06 <sup>a</sup>                                  | 0.46 ± 0.08 <sup>c</sup>                                       | 0.38 ± 0.08 <sup>b,c</sup>                                | <b>&lt;0.01</b> | 0.32 ± 0.08            | 0.38 ± 0.08 <sup>a,b</sup>  | 0.35 ± 0.09 <sup>c</sup>                                  | 0.33 ± 0.06 <sup>a,d</sup>                                    | 0.29 ± 0.07 <sup>b,c,d</sup>                              | <b>&lt;0.01</b> |
| TUG (secs), mean                  | 11.1 ± 3.5             | 10.9 ± 4.2  | 12.7 ± 5.2  | 10.2 ± 2.8   | 11.4 ± 3.0  | 0.06            | 11.5 ± 4.3             | 10.4 ± 5.0 <sup>a</sup>   | 10.7 ± 2.5  | 11.1 ± 3.1  | 12.1 ± 4.1 <sup>a</sup>                                   | <b>&lt;0.01</b> |

Bold indicates significance; Values are n (%), otherwise mean ± Standard Deviation (SD); Each superscript denotes significant difference from each other at p<0.05; <sup>#</sup>Row %, otherwise column %; \*male n=335 female n=403, \*\*female n=411, \*\*\*male n=340 female n=409; Abbreviation: 3-MinNS, 3-Minute Nutrition Screening; ADL, Activities of Daily Living; IADL, Instrumental Activities of Daily Living; MMSE, Mini Mental State Examination; EQ-VAS, EuroQol Visual Analogue Scale; TUG, Timed Up and Go