**Table S2. Anthropometric, biochemical and clinical characteristics of the population by sex.**

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| --- | --- | --- | --- |
| **Variables** | **Men****n=130** | **Women****n= 384** |  ***P-*value** |
| Age, years\* (n= 514) | 34.0 (27.0, 44.0) | 39.0 (27.0, 49.0) | **0.05** |
| **Anthropometric** |  |
| Weight, Kg\* (n= 514) | 92.5 (79.3, 102.9) | 74.9 (64.8, 87.4) | **<0.001** |
| BMI, Kg/m2 \* (n= 514) | 31.5 (28.1, 35.5) | 30.8 (26.8, 35.7) | 0.24 |
| BMI categories (n= 514) |  |
|  Normal | 13 (10) | 59 (15.4) | 0.12 |
|  Overweight | 29 (22.3) | 116 (30.3) | 0.08 |
|  Obesity Class I | 48 (36.9) | 100 (26) | **0.01** |
|  Obesity Class II | 28 (21.5) | 66 (17.2) | 0.26 |
|  Obesity Class III | 12 (9.2) | 43 (11.2) | 0.53 |
| Waist circumference, cm \* (n= 511) | 103 (93.0, 113) | 92.3.0 (82.5, 104) | **<0.0001** |
| Hip circumference, cm (n= 429) | 107 (101, 114.5) | 107 (100, 115) | 0.71 |
| Waist/Hip ratio (n= 429) | 0.93 (0.87, 0.97) | 0.82 (0.78, 0.87) | **<0.001** |
| Waist/height\* (n= 511) | 0.58 (0.53, 0.63) | 0.57 (0.52, 0.63) | 0.16 |
| Wrist circumference, cm \* (n= 392) | 17.5 (16.6, 18.2) | 15.8 (15.0, 16.4) | **<0.001** |
| Conicity Index \* (n= 511) | 1.26 (1.21, 1.31) | 1.19 (1.14, 1.25) | **<0.001** |
| Body Adiposity Index \* (n= 429) | 30.0 (27.3, 33.2) | 36.9 (32.9, 41.8) | **<0.001** |
| A Body Shape Index \* (n= 511) | 0.078 (0.075, 0.080) | 0.074 (0.071, 0.076) | **<0.001** |
| Body Roundness Index (n= 511) | 5.00 (3.98, 6.17) | 4.79 (3.77, 6.21) | 0.47 |
| **Body composition, (n= 513)** |  |
| Fat mass, %\*  | 36.3 (29.6, 40.2) | 43.9 (38.7, 48.7) | **< 0.001** |
| SMM, %\* | 36.1 (33.6, 39.6) | 30.6 (28.1, 33.5) | **< 0.001** |
| SMI, Kg/m2 \* | 11.4 (10.8, 12.1) | 9.53 (8.78, 10.2) | **< 0.001** |
| LMM, %\*  | 60.0 (56.4, 66.3) | 52.6 (48.2, 57.7) | **< 0.001** |
| FFM, %\* | 63.6 (59.7, 70.4) | 56.0 (51.3, 61.2) | **< 0.001** |
| ASM, Kg\* | 24.2 (22.7, 26.4) | 16.7 (15.2, 18.7) | **< 0.001** |
| ASM, %\* | 26.6 (24.8, 28.8) | 22.2 (20.8, 24.3) | **< 0.001** |
| ASMI, Kg/m2 | 9.09 (8.51, 10.0) | 9.20 (88.47, 9.92) | 0.89 |
| Total body water, %\* | 46.4 (43.2, 51.3) | 41.0 (37.5, 44.8) | **< 0.001** |
| Minerals, %\* | 4.38 (3.98, 4.79) | 3.97 (3.56, 4.36) | **< 0.001** |
| Osseous tissue, %\* | 3.62 (3.27, 3.94) | 3.29 (2.94, 3.63) | **< 0.001** |
| VFA, cm2 \* | 138 (103.7, 170.5) | 124.4 (98.0, 147.4) | **0.001** |
| **Clinical parameters** |  |
| SBP, mmHg\* (n= 510) | 116 (109.6, 123) | 105 (97.2, 113.2) | **< 0.001** |
| DBP, mmHg\* (n= 510) | 81.0 (75.5, 87.0) | 74.0 (68.0, 80.1) | **< 0.001** |
| **Physical activity (n= 477)** |  |
|  Low  | 63 (50.4) | 220 (62.5) | 0.057 |
|  Moderate | 11 (8.8) | 26 (7.4) |
|  High | 51 (40.8) | 106 (30.1) |
| **Biochemical parameters** |  |
| Glucose, mg/dL (n= 510) | 93.0 (84.5, 102.0) | 90.0 (82.0, 100.0) | 0.10 |
| Cholesterol, mg/dL\* (n= 510) | 197 (169, 216) | 181 (160.1, 213) | **0.031** |
| C-HDL, mg/dL\* (n= 510) | 38.0 (31.9, 44.5) | 44.0 (36.0, 54.0) | **< 0.001** |
| C-LDL, mg/dL\* (n= 510) | 118.4 (99.6, 140.2) | 111.2 (90.3, 136.7) | **0.043** |
| Triglycerides, mg/dL\* (n= 510) | 167.0 (118.0, 234.0) | 134.0 (97.2, 193.0) | **< 0.001** |
| Insulin, UI/ml (n= 289) | 12.8 (8.19, 21.8) | 12.1 (5.76, 18.4) | 0.21 |
| HOMAR-IR (n= 289) | 3.11 (1.60, 5.04) | 2.63 (1.19, 4.68) | 0.19 |
| **Comorbidities** |  |
| Insulin resistance (n= 289) |  |
|  Yes | 41 (54.7) | 112 (52.3) | 0.41 |
|  No | 34 (45.3) | 102 (47.7) |
| Metabolic syndrome (n=510) |  |
|  Yes | 60 (46.5) | 164 (43.0) | 0.27 |
|  No | 69 (53.5) | 217 (57.0) |
| Prediabetes y diabetes (n= 510) |  |
|  Normal | 89 (68.5) | 282 (74.2) | 0.42 |
|  Prediabetes | 37 (28.5) | 90 (23.7) |
|  Diabetes Type 2 | 4 (3.1) | 8 (2.1) |
| Dyslipidaemia (n= 510) |  |
|  Yes | 95 (73.1) | 273 (71.8) | 0.44 |
|  No | 35 (26.9) | 107 (28.2) |
| Hypertension (n= 510) |  |
|  Yes | 37 (28.5) | 46 (12.1) | **<0.001** |
|  No | 93 (71.5) | 334 (87.9) |

Continuous variables are expressed as medians (25th-75th percentile). Qualitative variables are presented as frequency (%). Statistical analysis was performed using the Mann-Whitney U test. Statistical analysis of qualitative variables was performed with the chi-square test. *P* value < 0.05 was considered as statistical significance. BMI: body mass index; SMM: skeletal muscle mass; SMI: Skeletal Muscle Index; LMM: lean mass muscle; FFM: fat-free mass; ASM: Appendicular skeletal mass; ASMI: Appendicular skeletal muscle index; VFA: visceral fat area.