**Supplementary Material 3. Bivariate analysis of the sample characteristics according to lean-to-fat mass ratio in tertiles**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristics** |  | **Lean-to-fat mass ratio** | | |  |
| **Total** | **Lowest** | **Middle** | **Highest** | ***p\**** |
| **(n = 959)** | **(n = 470)** | **(n = 489)** | **(n = 470)** |
|  | **n (%)** | **n (%)** | **n (%)** |
| **Sex** |  |  |  |  | 0.991 |
| Female | 510 (53.18) | 172 (33.73) | 173 (33.92) | 165 (32.35) |  |
| Male | 449 (46.82) | 150 (33.41) | 152 (33.85) | 147 (32.74) |  |
| **Age** |  |  |  |  | **< 0.001** |
| 30 to 44 years | 421 (43.90) | 102 (24.23) | 146 (34.68) | 173 (41.09) |  |
| 45 to 59 years | 395 (41.19) | 173 (43.80) | 124 (31.39) | 98 (24.81) |  |
| 60 or older | 143 (14.91) | 47 (32.87) | 55 (38.46) | 41 (28.67) |  |
| **Migration status** |  |  |  |  | **< 0.001** |
| Rural | 189 (19.71) | 9 (4.76) | 49 (25.93) | 131 (69.31) |  |
| Migrant | 574 (59.85) | 225 (39.20) | 213 (37.11) | 136 (23.69) |  |
| Urban | 196 (20.44) | 88 (44.9) | 63 (32.14) | 45 (22.96) |  |
| **Current smoker** |  |  |  |  | 0.391 |
| No | 851 (88.74) | 280 (32.9) | 289 (33.96) | 282 (33.14) |  |
| Yes | 108 (11.26) | 42 (38.89) | 36 (33.33) | 30 (27.78) |  |
| **Alcohol intake** |  |  |  |  | 0.225 |
| Low | 874 (91.14) | 292 (33.41) | 303 (34.67) | 279 (31.92) |  |
| High | 85 (8.86) | 30 (35.29) | 22 (25.88) | 33 (38.82) |  |
| **Physical activity level** |  |  |  |  | **< 0.001** |
| Low | 249 (25.96) | 101 (40.56) | 89 (35.74) | 89 (23.69) |  |
| Moderate | 282 (29.41) | 111 (39.36) | 97 (34.40) | 74 (26.24) |  |
| High | 428 (44.63) | 110 (25.7) | 139 (32.48) | 179 (41.82) |  |
| **Educational level** |  |  |  |  | **0.001** |
| None/ Incomplete primary | 312 (32.53) | 97 (31.09) | 87 (27.88) | 128 (41.03) |  |
| Incomplete primary | 148 (15.43) | 59 (39.86) | 49 (33.11) | 40 (27.03) |  |
| Secondary | 499 (52.03) | 166 (33.27) | 189 (37.88) | 144 (28.86) |  |
| **Socioeconomic status** |  |  |  |  | **< 0.001** |
| Low | 329 (34.91) | 58 (17.63) | 96 (29.18) | 175 (53.19) |  |
| Medium | 324 (33.79) | 139 (42.9) | 116 (35.8) | 69 (21.30) |  |
| High | 306 (31.91) | 125 (40.85) | 113 (36.93) | 68 (22.22) |  |
| **Hypertensive medication** |  |  |  |  | **0.028** |
| No | 923 (96.25) | 303 (32.83) | 314 (34.02) | 306 (33.15) |  |
| Yes | 36 (3.75) | 19 (52.78) | 11 (30.56) | 6 (16.67) |  |
| **Blood glucose medication** |  |  |  |  | 0.289¶ |
| No | 950 (99.06) | 317 (33.37) | 332 (33.89) | 311 (32.74) |  |
| Yes | 9 (0.94) | 5 (55.56) | 3 (33.33) | 1 (11.11) |  |
| **BMI categories** |  |  |  |  | **< 0.001** |
| Normal | 393 (40.98) | 5 (1.27) | 92 (23.41) | 296 (75.32) |  |
| Overweigth | 373 (38.89) | 128 (34.32) | 229 (61.39) | 16 (4.29) |  |
| Obesity | 193 (30.12) | 189 (97.93) | 4 (2.07) | 0 (0.00) |  |
| **Cardiometabolic abnormality** |  |  |  |  | **< 0.001** |
| No | 470 (49.01) | 84 (17.87) | 164 (34.89) | 222 (47.23) |  |
| Yes | 489 (50.99) | 238 (48.67) | 161 (32.92) | 90 (18.40) |  |
| **Hypertriglyceridemia** |  |  |  |  | **< 0.001** |
| No | 577 (60.17) | 133 (23.05) | 197 (34.14) | 247 (42.81) |  |
| Yes | 382 (39.83) | 189 (49.48) | 128 (33.51) | 65 (17.02) |  |
| **Dysglycemia** |  |  |  |  | **< 0.001** |
| No | 864 (90.09) | 258 (29.86) | 301 (34.84) | 305 (35.30) |  |
| Yes | 95 (9.91) | 64 (67.37) | 24 (25.26) | 7 (7.37) |  |
| **Altered blood pressure** |  |  |  |  | **< 0.001** |
| No | 702 (73.2) | 202 (28.77) | 247 (35.19) | 253 (36.04) |  |
| Yes | 257 (26.8) | 120 (46.69) | 78 (30.35) | 59 (22.96) |  |
| **Low HDL-c** |  |  |  |  | **< 0.001** |
| No | 408 (42.54) | 105 (25.74) | 123 (30.15) | 180 (44.12) |  |
| Yes | 551 (57.46) | 217 (39.38) | 202 (36.66) | 132 (23.96) |  |
| **Insulin resistance** |  |  |  |  | **< 0.001** |
| No | 794 (82.79) | 200 (25.19) | 290 (36.52) | 304 (38.29) |  |
| Yes | 165 (17.21) | 122 (73.94) | 35 (21.21) | 8 (4.85) |  |
| **High CRP** |  |  |  |  | **< 0.001** |
| No | 708 (73.83) | 193 (27.26) | 259 (36.58) | 256 (36.16) |  |
| Yes | 251 (26.17) | 129 (51.39) | 66 (26.29) | 56 (22.31) |  |
| **Lean-to-fat mass ratio**¥ | | 1.29 (1.19 to 2.27) | 1.53 (1.41 to 2.88) | 2.14 (1.70 to 4.04) | **< 0.001**ⱡ |

\*Analysis performed with the Chi-square test for independence.¶ Analysis performed with Fisher’s exact test. ¥ Median (interquartile ranges). ⱡ Analysis performed with the Kruskal Wallis test. The significative p-value (p < 0.05) is **bold.**