**Table A1.** Incidence of LSMI during the follow-up study

|  |  |  |  |
| --- | --- | --- | --- |
| Year range | Follow-up | Incident NAFLD rate per 2 years | Incident LSMI rate per 2 years |
| 2001–2002 | Baseline |  |  |
| 2003–2004 | 2 years | 10.4 | 19.9 |
| 2005–2006 | 4 years | 8.6 | 8.0 |
| 2007–2008 | 6 years | 10.2 | 4.0 |
| 2009–2010 | 8 years | 9.3 | 3.0 |
| 2011–2012 | 10 years | 4.6 | 2.0 |
| 2013–2014 | 12 years | 5.0 | 2.7 |

Abbreviations: LSMI, low skeletal muscle mass index; NAFLD, non-alcoholic fatty liver disease.

**Table A2**. HR and 95% CI for incident LSMI per 1 SD increase in NAFLD-liver fat score

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | |  |  | |
| NAFLD-liver fat score per 1 SD increase | HR | 95% CI | | | *p* |
| Unadjusted | 1.179 | 1.143–1.216 | | | <0.001 |
| Model 1 | 1.164 | 1.118–1.213 | | | <0.001 |
| Model 2 | 1.155 | 1.102–1.211 | | | <0.001 |

Model 1: Adjusted for age, sex, abdominal obesity, physical activity, smoking status, current drinking status, basal energy expenditure, and daily protein intake.

Model 2: Adjusted for variables in Model 1 plus mean blood pressure, fasting glucose, total cholesterol, and history of CVD.

Abbreviations: HR, hazard ratio; CI, confidence interval; LSMI, low skeletal muscle mass index; SD, standard deviation; NAFLD, non-alcoholic fatty liver disease; CVD, cardiovascular disease.

**Table A3**. HR and 95% CI for incident NAFLD per 1 SD increase in SMI according to sex

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Men | |  |  | | |  | | Women | |  |  | |
| SMI per 1 SD increase | HR | 95% CI | | | *P* |  | | HR | | 95% CI | | | *p* |
| Unadjusted | 0.766 | 0.709–0.827 | | | <0.001 |  | | 0.648 | | 0.604–0.695 | | | <0.001 |
| Model 1 | 0.665 | 0.607–0.729 | | | <0.001 |  | | 0.696 | | 0.642–0.753 | | | <0.001 |
| Model 2 | 0.680 | 0.619–0.746 | | | <0.001 |  | | 0.718 | | 0.663–0.778 | | | <0.001 |

Model 1: Adjusted for age, sex, abdominal obesity, physical activity, smoking status, current drinking status, basal energy expenditure, and daily protein intake.

Model 2: Adjusted for variables in Model 1 plus mean blood pressure, fasting glucose, total cholesterol, and history of CVD.

Abbreviations: HR, hazard ratio; CI, confidence interval; SD, standard deviation; SMI, skeletal muscle mass index; NAFLD, non-alcoholic fatty liver disease; CVD, cardiovascular disease.

**Table A4.** Definitions of previous risk models for NAFLD

|  |  |  |
| --- | --- | --- |
| Model | Cut-off point | Equation |
| NAFLD liver fat score | ≥ -0.640 | -2.89 + 1.18 × metabolic syndrome (yes = 1/no = 0) + 0.45 × diabetes (yes = 2/no = 0) + 0.15 × (fasting insulin, μU/L) + 0.04 × AST + 0.94 × AST/ALT ratio |

Abbreviations: NAFLD, non-alcoholic fatty liver disease; AST, aspartate aminotransferase; ALT, alanine transaminase

**Table A5.** Equations to calculate basal energy expenditure (kcal/day)

|  |  |
| --- | --- |
| Sex | Equations |
| men | 204 - 4.00 \* age(year) + 450.5 \* height (m) + 11.69 \* weight (kg) |
| women | 255 - 2.35 \* age(year) + 361.6 \* height (m) + 9.39 \* weight (kg) |