

**Supplementary Table 1.** Group classification according to the status of NAFLD and sarcopenia at baseline and after 6 to 8 years ( $n=271$ )

Study population	No NAFLD or sarcopenia	Only NAFLD	Only sarcopenia	NAFLD with sarcopenia	<i>P</i> value
Number	108	124	15	24	
After 6–8 years					<0.001
No NAFLD or sarcopenia ( $n=94$ )	72 (66.7)	20 (16.1)	1 (6.7)	1 (4.2)	
Only NAFLD ( $n=131$ )	31 (28.7)	94 (75.8)	1 (6.7)	5 (20.8)	
Only sarcopenia ( $n=4$ )	1 (0.9)	0	3 (20.0)	0	
NAFLD with sarcopenia ( $n=42$ )	4 (3.7)	10 (8.1)	10 (66.7)	18 (75.0)	

Values are presented as number (%). Levels of significance:  $P < 0.001$  (chi-square test).  
NAFLD, non-alcoholic fatty liver disease.