

Supplemental Table S2. Lumbar Spine SMA, SMI, SMD, and Sarcopenia Cutoff Derived from Healthy Young Korean Adults Aged 18 to 39

Variable	SMA, cm ²	SMI, cm ² /m ²	SMD, HU
Men (n=162)			
L1	143.4±18.4	47.6±6.2	45.8±4.3
L2	158.4±19.7	52.6±6.6	45.7±4.5
L3	174.0±21.0	57.7±6.8	47.1±4.7
L4	163.3±19.0	54.2±6.1	46.4±4.5
L5	164.6±19.5	54.6±6.2	49.3±4.5
Women (n=136)			
L1	94.1±12.7	36.4±4.7	41.4±6.4
L2	101.2±14.2	39.1±5.1	40.0±4.6
L3	111.3±14.4	43.0±5.2	41.7±4.8
L4	111.8±13.0	43.2±4.7	40.9±4.4
L5	108.3±14.8	41.8±5.3	43.9±3.8

Values are expressed as mean±standard deviation.

SMA, skeletal muscle area; SMI, skeletal muscle index; SMD, skeletal muscle radiodensity; HU, Hounsfield unit.