Variable	Annual change, % (95% CI)		P value
	Age 19–40	Age 41 or older	P value
L3SMA, cm ²			
Men	0.06 (-0.17 to 0.28)	-0.53 (-0.81 to -0.25)	0.001
Women	0.02 (-0.22 to 0.27)	-0.31 (-0.52 to -0.10)	0.043
L3SMI, cm ² /m ²			
Men	0.19 (-0.03 to 0.41)	-0.40 (-0.69 to -0.10)	0.002
Women	0.20 (-0.06 to 0.46)	-0.17 (-0.40 to 0.08)	0.038
L3SMD, HU			
Men	-0.50 (-0.68 to -0.32)	-0.53 (-0.67 to -0.23)	0.833
Women	-0.48 (-0.73 to -0.23)	-0.47 (-0.74 to -0.20)	0.956

L3SMA, skeletal muscle area at L3 level; L3SMI, skeletal muscle index at L3 level; L3SMD, skeletal muscle radiodensity at L3 level; CI, confidence interval; HU, Hounsfield unit.