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Fat-Free Mass and Total Daily Energy Expenditure Estimated using Doubly Labelled Water Predict Energy Intake in a Large Sample of Community-Dwelling Older Adults

M Hopkins

Online Supplementary Materials

Supplementary Table 1: Participant characteristics by age quartiles (mean \pm SD).

	Age Quintile 1	Age Quintile 2	Age Quintile 3	Age Quintile 4	Age Quintile 5
N =	118	118	118	118	118
% Male (n =)	34 (40)	41 (48)	59 (70)	59 (70)	62 (73)
% UR (n =)	40.7 (48)	38.9 (46)	34.7 (41)	34.7 (41)	24.6 (29)
	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	
Age (years)	54.7 \pm 1.99	59.6 \pm 1.13	63.2 \pm 0.92	66.7 \pm 1.28	71.3 \pm 1.69
Height (m)	1.69 \pm 0.09	1.69 \pm 1.00	1.71 \pm 0.89	1.72 \pm 0.10	1.70 \pm 0.09
Body mass (kg)	83.2 \pm 19.1	78.2 \pm 15.8	82.8 \pm 16.0	85.0 \pm 78.8 ^a	78.2 \pm 14.1
BMI (kg/m²)	29.0 \pm 5.4	27.4 \pm 4.8	28.2 \pm 4.2	28.6 \pm 5.6	27.3 \pm 4.0
Physical Activity (CPM/D)	729 \pm 276	742 \pm 252	675 \pm 226	622 \pm 223 ^b	646 \pm 243 ^c
TDEE (kcal/day)	2524 \pm 557	2410 \pm 539	2532 \pm 517	2506 \pm 504	2409 \pm 474
EI_{single} (kcal/day)	2165 \pm 910	2087 \pm 724	2137 \pm 791	2229 \pm 852	2154 \pm 922
EI_{mean} (kcal/day)	2180 \pm 690	2084 \pm 592	2188 \pm 583	2227 \pm 709	2140 \pm 544

UR; under-reporter. N; number of participants, BMI; body mass index, TDEE; total daily energy expenditure, CPM/D; counts per minute per day, EI_{single}; total daily energy intake estimated from a single 24-hour dietary recall, EI_{mean}, total daily energy intake estimated from up to six 24-hour dietary recalls. Under-reporters classified using the 95% confidence limits of agreement between self-reported EI and TDEE derived from DLW.

Differences between quintiles examined using one-way ANOVA with Tukey post-hoc tests (adjusted for multiple post-hoc comparisons).

^aSignificantly greater than quintiles 2 ($p = 0.020$) and 5 ($p = 0.042$).

^bSignificantly greater than quintiles 1 ($p = 0.001$) and 2 ($p = 0.001$).

^cSignificantly greater than quintile 2 ($p = 0.024$).