**Tables**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 1: participant characteristics** | | | | | |
|  | N | Mean (SD) |  | Min | Max |
| Age (yrs) | 99 | 72.4 (2.4) |  | 68.3 | 76.8 |
| Height (cm) | 99 | 174.1 (6.5) |  | 157.6 | 193.7 |
| Weight (kg) | 99 | 82.7 (12.6) |  | 58.1 | 118.8 |
| DXA lean mass (kg) | 99 | 56.4 (6.5) |  | 42.7 | 75.9 |
| Grip strength (kg) | 99 | 38.7 (8.1) |  | 18.0 | 66.0 |
| Walking speed (m/s)\* | 97 | 1.1 (0.2) |  | 0.5 | 1.6 |
| Chair rise time (s)\*\* | 96 | 17.1 (4.0) |  | 8.3 | 27.2 |
| Diagnosis of Sarcopenia | 97 | 6 (6.2%) |  |  |  |
| **Fibre morphology** |  |  |  |  |  |
| Satellite cell density (cell/ mm2)± | 69 | 3.6 (2.5) |  | 0.0 | 26.4 |
| Satellite cell to fibre ratio | 69 | 0.05 (0.04) |  | 0.00 | 0.18 |
| Fibre counts | 69 | 189.5 (1.96) |  | 23.0 | 723.0 |
|  |  |  |  |  |  |
| Slow-fibre proportion (%) | 99 | 43.9 (13.1) |  | 18.9 | 88.3 |
| Fast-fibre proportion (%) | 99 | 56.1 (13.1) |  | 11.7 | 81.1 |
| Slow fibre area (µm2) + | 95 | 4775 (1202) |  | 2059 | 9868 |
| Fast fibre area (µm2) + | 95 | 3953 (1144) |  | 1843 | 7424 |
|  |  |  |  |  |  |
| Capillary density (capillary/mm2)# | 96 | 146.5 (43.2) |  | 57.1 | 254.1 |
| Capillary to fibre ratio# | 96 | 1.3 (0.3) |  | 0.6 | 2.2 |
| Fibre counts | 96 | 248.5 (110.5) |  | 44.0 | 577.00 |
| + 4 slides were unsuitable for fibre area determination,\* Data not available on two participants  \*\* Data not available on three participants, # 3 slides were unsuitable due to suboptimal capillary staining, ± Geometric mean (SD), 30 slides were unsuitable due to suboptimal SC staining | | | | | |
|  | | | | | |
|  | | | | | |
|  | | | | | |
|  | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 2: Muscle morphology according to sarcopenia status among community dwelling older men** | | | | | |
|  |  | |  | |  |
|  | No sarcopenia | | Sarcopenia | | P value\*\* |
|  | N | Mean (SD) | N | Mean (SD) |
| Fibre morphology | | |  |  |  |
|  | | |  |  |  |
| Satellite cell density (cell/ mm2)\* | 63 | 3.8 (2.4) | 6 | 1.7 (2.2) | 0.061 |
| Satellite cells to fibre ratio | 63 | 0.06 (0.04) | 6 | 0.02 (0.02) | 0.063 |
| Fibre counts | 63 | 187.9 (1.96) | 6 | 207.3 (2.07) | - |
|  |  |  |  |  |  |
| Slow fibre proportion (%) | 91 | 44.3 (12.4) | 6 | 40.8 (24.0) | 0.530 |
| Fast fibre proportion (%) | 91 | 55.7 (12.4) | 6 | 59.2 (24.0) | 0.530 |
| Slow fibre area (µm2) | 88 | 4820 (1198) | 5 | 4113 (1122) | 0.202 |
| Fast fibre area (µm2) | 88 | 3960 (1115) | 5 | 3397 (1363) | 0.280 |
|  |  |  |  |  |  |
| Capillary density(capillary/mm2) | 88 | 146.9 (42.8) | 6 | 150.2 (55.3) | 0.856 |
| Capillary: fibre ratio | 88 | 1.3 (0.3) | 6 | 1.2 (0.4) | 0.493 |
| Fibre counts | 88 | 241.9 (105.0) | 6 | 350.8 (164.0) | - |
|  |  |  |  |  |  |
| **\* Geometric mean (SD)** | | | | | |
| **\*\* p value for t-test between non sarcopenic and sarcopenic individuals as defined by the EWGSOP criteria.**  **Sarcopenia status could not to be determined for two participants because of missing walking speed data hence maximum sample size of 97.** | | | | | |