

Table S1. Cut off values for Sarcopenic Obesity screening

Parameter	Cut-off	Methods	Sample characteristics	Sample size	References
BMI	≥30 Kg/m ²	Consensus statement based on association of BMI with mortality	/	/	[22]
	≥27.5 Kg/m ²	Consensus statement based on association of BMI with health risks, high risk of type 2 diabetes and cardiovascular disease in Asian population	Asian	/	[23]
	≥28 Kg/m ² for M ≥24 Kg/m ² for F	Predictive value (sensitivity and specificity) and ROC analysis to identify cut points relative to percent body fat	Mixed ethnicity (White, Black, Hispanic, "Other"), M and F, ≥18y	1393	[24]
	≥25 Kg/m ²	Predictive value (sensitivity and specificity) and ROC analysis to identify cut points relative to percent body fat	Mixed ethnicity (non-Hispanic White, non-Hispanic Black, Hispanic, and "Other"), M and F, ≥60y	4984	[25]
	≥25 Kg/m ²	Predictive value (sensitivity and specificity) and ROC analysis to detect subjects with multiple risk factors (hyperglycemia, dyslipidemia, hypertension)	Asians, M and F, 20–84y	1193	[26]
WC	≥102 cm for M ≥88 cm for F	Predictive value (sensitivity and specificity) and ROC analysis to detect subjects with BMI ≥30 kg/m ²	Caucasian, M and F, 25–74y	1918	[27]
	2 levels I: ≥90 cm for M ≥80 cm for F; II: ≥102 cm for M ≥88 cm for F	Consensus statement on sex-specific cutoffs to identify increased relative risk for the development of obesity-associated risk factors in most adults with a BMI of 25 to 34.9 kg/m ²	/	/	[28]
	2 levels I: ≥78 cm for M ≥72 cm for F; II: ≥90 cm for M ≥80 cm for F	Predictive value (sensitivity and specificity) and ROC analysis to detect cut-off points associated with the presence of at least one cardiovascular risk factor	Asian-Indian, M and F, >18y	2050	[29]

Optimal thresholds: 87.4cm for F 97.6cm for M	Predictive value (sensitivity and specificity) and ROC analysis to identify cut points relative to percent body fat	Mixed ethnicity (non-Hispanic White, non-Hispanic Black, Hispanic, and Other), M and F, ≥60y	4984	[25]
Optimal cut-off values ranged from: 72.5 to 103cm for M 65.5 to 101.2cm for F	Predictive value (sensitivity and specificity) and ROC analysis to identify cut points associated to health outcomes	Mixed ethnicity (Caucasian, Asian, Asian-Indian, African-American, White American, Hispanic, Other), M and F, ≥18y	61 studies reviewed	[30]

Legend: ROC Receiver Operator Curves, BMI body mass index, WC waist circumference