

Supplementary File 1. Structured Data Collection Form

Sociodemographic Characteristics

Date of Birth:/...../..... (Day/Month/Year)

Sex:

1. Male
2. Female

Marital Status:

1. Married
2. Single

What is your income–expense status?

1. Income is higher than expenses
2. Income equals expenses
3. Income is lower than expenses

Anthropometric Measurements

Height: cm

Body weight: kg

Body mass index (BMI): kg/m²

Waist circumference: cm

Hip circumference: cm

Waist-to-hip ratio (WHR):

Waist-to-height ratio (WHtR):

Neck circumference: cm

Body Composition Analysis

(To be completed after bioelectrical impedance analysis [BIA])

Body fat (%):

Fat-free mass:

Fat mass:

Total body water:

Body water (%):

Metabolic age:

Basal metabolic rate (BMR):