

Table 3*Anthropometrical characteristics of the two age groups*

Variable	Age group					P-value
	Males		P-value	Females		
	21-35 years	36-73 years		18-35 years	36-67 years	
N	33	11		45	42	
Weight, kg	69.9 (18.7)↓	83.8 (30.70)	0.03	61.0 (18.1)	61.9 (26.1)	0.30
Waist circumference, cm	78.1 (5.6)	96.5 (29.5)	0.01	69.1 (8.9)	75.0 (21.5)	0.005
Hip circumference, cm	94.0 (7.0)	101.2 (16.4)	0.03	95.0 (9.0)	95.8 (16.3)	0.16
WHR	0.84 (0.08)	0.93 (0.13)	0.007	0.73 (0.05)	0.77 (0.13)	0.001
BMI, kg/m ²	22.8 (3.3)	25.8 (8.7)	0.06	21.5 (3.3)	23.1 (8.7)	0.002
WHtR	0.45 (0.06)	0.54 (0.15)	0.01	0.41 (0.05)	0.45 (0.15)	0.00009
Body fat mass, kg	10.2 (10.3)	23.7 (15.9)	0.03	16.9 (8.7)	17.3 (15.0)	0.11
Body fat, %	14.5 (9.3)	24 (12.0)	0.04	26.8 (9.2)	29.6 (14.1)	0.03
Lean mass, kg	61.2 (7.2)	64.4 (16.2)	0.12	44.1 (8.5)	44.8 (8.7)	0.76

↓ Median (interquartile range)