

Supplementary Table 1. Metabolic body composition status classification

BMI < 24 kg/m ²		BMI ≥ 24 kg/m ²
Metabolically healthy	Metabolically healthy normal weight (MHNW)	Metabolically healthy Overweight (MHOW)
Metabolically unhealthy	Metabolically unhealthy normal weight (MUNW)	Metabolically unhealthy overweight (MUOW)

*Metabolically healthy: HOMA-IR score < 2.5 without metabolic syndrome

*Metabolically unhealthy: HOMA-IR score ≥ 2.5 or with metabolic syndrome