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Daily Energy Expenditure through the Human Life Course

- 2
- 3 Herman Pontzer^{1,2}^{†*}, Yosuke Yamada^{3,4}[†], Hiroyuki Sagayama⁵[†], Philip N. Ainslie⁶, Lene F.
- 4 Andersen⁷, Liam J. Anderson^{6,8}, Lenore Arab⁹, Issaad Baddou¹⁰, Kweku Bedu-Addo¹¹, Ellen E.
- 5 Blaak¹², Stephane Blanc^{13,14}, Alberto G. Bonomi¹⁵, Carlijn V.C. Bouten¹², Pascal Bovet¹⁶,
- 6 Maciej S. Buchowski¹⁷, Nancy F. Butte¹⁸, Stefan G. Camps¹², Graeme L. Close⁶, Jamie A.
- 7 Cooper¹³, Richard Cooper¹⁹, Sai Krupa Das²⁰, Lara R. Dugas¹⁹, Ulf Ekelund²¹, Sonja
- 8 Entringer^{22,23}, Terrence Forrester²⁴, Barry W. Fudge²⁵, Annelies H Goris¹², Michael Gurven²⁶,
- 9 Catherine Hambly²⁷, Asmaa El Hamdouchi¹⁰, Marjije B. Hoos¹², Sumei Hu²⁸, Noorjehan
- 10 Joonas²⁹, Annemiek M. Joosen¹², Peter Katzmarzyk³⁰, Kitty P. Kempen¹², Misaka Kimura³,
- 11 William E. Kraus³¹, Robert F. Kushner³², Estelle V. Lambert³³, William R. Leonard³⁴, Nader
- 12 Lessan³⁵, Corby Martin³⁰, Anine C. Medin^{7,36}, Erwin P. Meijer¹², James C. Morehen^{37,6}, James P.
- 13 Morton⁶, Marian L. Neuhouser³⁸, Theresa A. Nicklas¹⁸, Robert M. Ojiambo^{39,40}, Kirsi H.
- 14 Pietiläinen⁴¹, Yannis P. Pitsiladis⁴², Jacob Plange-Rhule^{43**}, Guy Plasqui⁴⁴, Ross L. Prentice³⁸,
- 15 Roberto A. Rabinovich⁴⁵, Susan B. Racette⁴⁶, David A. Raichlen⁴⁷, Eric Ravussin³⁰, Rebecca M.
- 16 Reynolds⁴⁸, Susan B. Roberts²⁰, Albertine J. Schuit⁴⁹, Anders M. Sjödin⁵⁰, Eric Stice⁵¹, Samuel
- 17 S. Urlacher⁵², Giulio Valenti^{12,15}, Ludo M. Van Etten¹², Edgar A. Van Mil⁵³, Jonathan C. K.
- 18 Wells⁵⁴, George Wilson⁶, Brian M. Wood^{55,56}, Jack Yanovski⁵⁷, Tsukasa Yoshida⁴, Xueying
- 19 Zhang^{27,28}, Alexia J. Murphy-Alford⁵⁸, Cornelia Loechl⁵⁸, Amy H Luke⁵⁹[†], Jennifer Rood³⁰[†],
- 20 Dale A. Schoeller⁶⁰[†], Klaas R. Westerterp⁶¹[†], William W. Wong¹⁸[†], John R.
- 21 Speakman^{62,27,28,63}*† and the IAEA DLW database consortium#.
- 22 *co-lead corresponding author
- 23 *†*co-corresponding author
- 24 ** deceased
- 25 # see supplementary materials
- 26
- 27 1. Evolutionary Anthropology, Duke University, Durham NC, USA
- 28 2. Duke Global Health Institute, Duke University, Durham, NC, USA
- 29 3. Institute for Active Health, Kyoto University of Advanced Science, Kyoto, Japan.
- 304National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health
and Nutrition, Tokyo, Japan.
- 32 5 Faculty of Health and Sport Sciences, University of Tsukuba, Ibaraki, Japan.
- Research Institute for Sport and Exercise Sciences, Liverpool John Moores University, Liverpool,
 UK.
- 35 7 Department of Nutrition, Institute of Basic Medical Sciences, University of Oslo, 0317 Oslo,
 36 Norway.
- 37 8 Crewe Alexandra Football Club, Crewe, UK.
- 38 9 David Geffen School of Medicine, University of California, Los Angeles.
- Unité Mixte de Recherche en Nutrition et Alimentation, CNESTEN- Université Ibn Tofail URAC39,
 Regional Designated Center of Nutrition Associated with AFRA/IAEA.
- 41 11 Department of Physiology, Kwame Nkrumah University of Science and Technology, Kumasi,42 Ghana.
- 43 12 Maastricht University, Maastricht, The Netherlands.

44	13	Nutritional Sciences, University of Wisconsin, Madison, WI, USA
45	14	Institut Pluridisciplinaire Hubert Curien. CNRS Université de Strasbourg, UMR7178, France.
46	15	Phillips Research, Eindoven, The Netherlands.
47	16	Institute of Social and Preventive Medicine, Lausanne University Hospital, Lausanne,
48		Switzerland.
49	17	Division of Gastroenterology, Hepatology and Nutritiion, Department of Medicine, Vanderbilt
50		University, Nashville, Tennessee, USA
51	18	Department of Pediatrics, Baylor College of Medicine, USDA/ARS Children's Nutrition Research
52		Center, Houston, Texas, USA.
53	19	Department of Public Health Sciences, Parkinson School of Health Sciences and Public Health,
54		Loyola University, Maywood, IL, USA.
55	20	Friedman School of Nutrition Science and Policy, Tufts University, 150 Harrison Ave,
56		Boston, Massachusetts, USA
57	21	Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway,
58	22	Charité – Universitätsmedizin Berlin, corporate member of Freie Universität Berlin, Humboldt-
59		Universität zu Berlin, and Berlin Institute of Health (BIH). Institute of Medical Psychology, Berlin,
60		Germany.
61	23	University of California Irvine. Irvine. California. USA.
62	24	Solutions for Developing Countries, University of the West Indies, Mona, Kingston, Jamaica,
63	25	University of Glasgow, Glasgow, UK.
64	26	Department of Anthropology, University of California Santa Barbara, Santa Barbara, CA, USA,
65	27	Institute of Biological and Environmental Sciences. University of Aberdeen, Aberdeen, UK
66	28	State Key Laboratory of Molecular developmental Biology. Institute of Genetics and
67		Developmental Biology, Chinese Academy of Sciences, Beijing, China
68	29	Central Health Laboratory, Ministry of Health and Wellness, Mauritius.
69	30	Pennington Biomedical Research Center, Baton Rouge, Louisiana, USA.
70	31	Department of Medicine, Duke University, Durham, North Carolina, USA.
71	32	Northwestern University, Chicago, IL, USA.
72	33	Health through Physical Activity, Lifestyle and Sport Research Centre (HPALS)
73		Division of Exercise Science and Sports Medicine (ESSM), FIMS International Collaborating
74		Centre of Sports Medicine, Department of Human Biology, Faculty of Health Sciences, University
75		of Cape Town
76	34	Department of Anthropology, Northwestern University, Evanston, IL, USA.
77	35	Imperial College London Diabetes Centre, Abu Dhabi, United Arab Emirates and Imperial College
78		London, London, United Kingdom
79	36	Department of Nutrition and Public Health, Faculty of Health and Sport Sciences, University of
80		Agder, 4630 Kristiansand, Norway.
81	37	The FA Group, Burton-Upon-Trent, Staffordshire, UK.
82	38	Division of Public Health Sciences, Fred Hutchinson Cancer Research Center and School of Public
83		Health, University of Washington, Seattle, WA, USA.
84	39	Moi University, Eldoret, Kenya.
85	40	University of Global Health Equity, Rwanda.
86	11	Helsinki University Central Hospital, Helsinki, Finland.
87	41	
07	41 42	University of Brighton, Eastbourne, UK.
88	41 42 43	University of Brighton, Eastbourne, UK. Department of Physiology, Kwame Nkrumah University of Science and Technology, Kumasi,
88 89	41 42 43	University of Brighton, Eastbourne, UK. Department of Physiology, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana
88 89 90	41 42 43 44	University of Brighton, Eastbourne, UK. Department of Physiology, Kwame Nkrumah University of Science and Technology, Kumasi, Ghana Department of Nutrition and Movement Sciences, Maastricht University, Maastricht, The

University of Edinburgh, Edinburgh, UK. Program in Physical Therapy and Department of Medicine, Washington University School of Medicine, St. Louis, Missouri, USA. Biological Sciences and Anthropology, University of Southern California, California, USA. Centre for Cardiovascular Sciences, Queen's Medical Research Institute, University of Edinburgh, Edinburgh, UK. University of Wageningen, Wageningen, The Netherlands. Department of Nutrition, Exercise and Sports, Copenhagen University, Copenhagen, Denmark. Stanford University, Stanford CA, USA. Department of Anthropology, Baylor University, Waco, TX, USA. Maastricht University, Maastricht and Lifestyle Medicine Center for Children, Jeroen Bosch Hospital's-Hertogenbosch, The Netherlands. Population, Policy and Practice Research and Teaching Department, UCL Great Ormond Street Institute of Child Health, London, UK. University of California Los Angeles, Los Angeles, USA. Max Planck Institute for Evolutionary Anthropology, Department of Human Behavior, Ecology, and Culture. Growth and Obesity, Division of Intramural Research, NIH, Bethesda, MD, USA. Nutritional and Health Related Environmental Studies Section, Division of Human Health, International Atomic Energy Agency, Vienna, Austria. Division of Epidemiology, Department of Public Health Sciences, Loyola University School of Medicine, Maywood Illinois, USA. Biotech Center and Nutritional Sciences University of Wisconsin, Madison, Wisconsin, USA. Department of Human Biology, University of Maastricht, Maastricht, The Netherlands. Center for Energy Metabolism and Reproduction, Shenzhen Institutes of Advanced Technology, Chinese Academy of Sciences, Shenzhen, China CAS Center of Excellence in Animal Evolution and Genetics, Kunming, China.

119	Abstract: Total daily energy expenditure ("total expenditure", MJ/d) reflects daily energy needs
120	and is a critical variable in human health and physiology, yet it is unclear how daily expenditure
121	changes over the life course. Here, we analyze a large, globally diverse database of total
122	expenditure measured by the doubly labeled water method for males and females aged 8 days to
123	95 yr. We show that total expenditure is strongly related to fat free mass in a power-law manner
124	and identify four distinct metabolic life stages. Fat free mass-adjusted daily expenditure
125	accelerates rapidly in neonates (0-1yr) to \sim 46% above adult values at \sim 1 yr, declines slowly
126	throughout childhood and adolescence (1-20 yr) to adult levels at ~20 yr, remains stable in
127	adulthood (20-60 yr) even during pregnancy, and declines in older adults (60+ yr). These
128	changes in total expenditure shed new light on human development and aging and should help
129	shape nutrition and health strategies across the lifespan.

130

One Sentence Summary: Expenditure varies as we age, with four distinct metabolic life stages
reflecting changes in behavior, anatomy, and tissue metabolism.

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134 Main Text: All of life's essential tasks, from development and reproduction to maintenance and 135 movement, require energy. Total expenditure is thus fundamental to understanding both daily 136 nutritional requirements and the body's investment among activities. Yet we know surprisingly 137 little about the determinants of total expenditure in humans or how it changes over the lifespan. 138 Most large (n>1,000) analyses of human energy expenditure have been limited to basal 139 expenditure, the metabolic rate at rest (1), which accounts for only a portion (usually ~50-70%) 140 of total expenditure, or have estimated total expenditure from basal expenditure and daily 141 physical activity (2-5). Measurements of total expenditure in humans during daily life, outside of the laboratory, became possible in the 1980's with the advancement of the doubly labeled water method, but doubly labeled water studies to date have been limited in sample size (n < 600),

geographic and socioeconomic representation, and/or age (6-9).

144

145 Body composition, size, and physical activity change over the life course, often in 146 concert, making it difficult to parse the determinants of energy expenditure. Total expenditure 147 increases with age as children grow (10), but the relative effects of increasing physical activity 148 (11-13) and age-related changes in tissue-specific metabolic rates, as have been reported for the 149 brain (14), are unclear. Total and basal expenditure increase from childhood through puberty, but 150 much of this increase is attributable to increased fat free mass, and the role of endocrine or other 151 effects is uncertain (15). The decline in total expenditure beginning in the sixth decade of life 152 corresponds with a decline in fat free mass (9) and "physical activity level", PAL (the ratio of 153 total/basal expenditure), but may also reflect age-related reductions in organ metabolism.

154 We investigated the effects of age, body composition, and sex on total expenditure and its 155 components, using a large (n = 6.421; 64% female), geographically and economical diverse (n =156 29 countries) database of doubly labeled water measurements for subjects aged eight days to 95 157 years (16), calculating total expenditure from isotopic measurements using a single, validated 158 equation for all subjects (17). Basal expenditure, measured via indirect calorimetry, was 159 available for a n = 2,008 subjects, and we augmented the dataset with additional published 160 meaures of basal expenditure in neonates and doubly labeled water-mesaured total expenditure in 161 pregnant and post-partum women (Methods; Table S1).

We found that both total and basal expenditure increased with fat free mass in a powerlaw manner (TEE= 0.677FFM^{0.708}, r²=0.83 Figures 1, S1, S2, Table S1). Thus, body size, particularly fat free mass, accounted for most (83%) of the variation in daily expenditure, 165 requiring us to adjust for body size in subsequent analyses of expenditure across subjects and 166 cohorts to isolate potential effects of age, sex, and other factors. Notably, analyses indicated an 167 exponent <1, meaning that the ratio of energy expenditure/mass does not adequately control for 168 body size because the ratio inherently trends lower for larger individuals (Figure S1 (18)). 169 Instead, we used regression analysis to control for body size (18). A general linear model with 170 *In*-transformed values of energy expenditure (total or basal), fat free mass, and fat mass in adults 171 20-60 y (Table S2) was used to calculate residual energy expenditures for each subject. We 172 converted these residuals to "adjusted" expenditures for clarity in discussing age-related 173 changes: 100% indicates an expenditure that matches the expected value given the subject's fat 174 free mass and fat mass, 120% indicates an expenditure 20% above expected, etc. (Methods). 175 Using this approach, we also calculated the portion of adjusted total expenditure attributed to 176 basal expenditure (Figure 2D; Methods). Segmented regression analysis of (Methods) revealed 177 four distinct phases of adjusted (or residual) total and basal expenditure over the lifespan. 178 <u>Neonates (0 to 1 y)</u>: Neonates in the first month of life had size-adjusted energy expenditures 179 similar to adults, with adjusted total expenditure of $99.0 \pm 17.2\%$ (n = 35) and adjusted basal 180 expenditure of $78.1 \pm 15.0\%$ (n = 34; Figure 2). Both measures increased rapidly in the first year. 181 In segmented regression analysis, adjusted total expenditure rose $84.7 \pm 7.2\%$ per year from birth 182 to a break point at 0.7 years (95% CI: 0.6, 0.8); a similar rise (75.5 \pm 5.6%) and break point (1.0 183 y, 95% CI: 0.9, 1.1) were evident in adjusted basal expenditure (Table S4). For subjects between 184 9 and 15 months, adjusted total and basal expenditures were nearly ~50% elevated compared to adults (Figure 2). 185

186 Juveniles (1 to 20 y): Total and basal expenditure, along with fat free mass, continued to increase

187 with age throughout childhood and adolescence (Figure 1), but body size-adjusted expenditures

188 steadily declined. Adjusted total expenditure declined at a rate of $-2.8 \pm 0.1\%$ per year from 189 $147.8 \pm 22.6\%$ for subjects 1 - 2 y (n = 102) to $102.7 \pm 18.1\%$ for subjects 20 - 25 y (n = 314; 190 Tables S2, S4). Segmented regression analysis identified a breakpoint in adjusted total 191 expenditure at 20.5 y (95% CI: 19.8, 21.2), after which it plateaued at adult levels (Figure 2). A 192 similar decline (-3.8 \pm 0.2% per year) and break point (18.0 y, 95% CI: 16.8, 19.2) were evident 193 in adjusted basal expenditure (Figure 2, Text S1, Table S4). No pubertal increases in adjusted 194 total or basal expenditure were evident among subjects 10 - 15 y. In multivariate regression for 195 subjects 1 to 20 y, males had a higher total expenditure and adjusted total expenditure (Tables 196 S2, S3), but sex had no detectable effect on the rate of decline in adjusted total expenditure with 197 age (sex:age interaction p=0.30).

198 <u>Adults (20 to 60 y)</u>: Total and basal expenditure and fat free mass were all stable from age 20 to 199 60 (Figure 1, 2; Tables S1, S2; Text S1). Sex had no effect on total expenditure in multivariate 200 models with fat free mass and fat mass, nor in analyses of adjusted total expenditure (Tables S2, 201 S4). Adjusted total and basal expenditures were stable even during pregnancy, the elevation in 202 unadjusted expenditures matching those expected from the gain in mothers' fat free mass and fat 203 mass (Figure 2C). Segmented regression analysis identified a break point at 63.0 y (95% CI: 204 60.1, 65.9), after which adjusted TEE begins to decline. This break point was somewhat earlier 205 for adjusted basal expenditure (46.5, 95% CI: 40.6, 52.4), but the relatively small number of 206 basal measures for 45 - 65 y (Figure 2D) reduces our precision in determining this break point. 207 Older adults (>60 y): At ~60 y, total and basal expenditure begin to decline, along with fat free 208 mass and fat mass (Figures 1, S3, Table S1). Declines in expenditure are not only a function of 209 reduced fat free mass and fat mass, however. Adjusted total expenditure declined by -0.7 $\pm 0.1\%$ 210

211

per year, and adjusted basal expendiure fell at a similar rates (Figure 2, Figure S3, Text S1, Table S4). For subjects in their nineties, adjusted TEE was ~26% below that of middle-aged adults.

212 In addition to providing empirical measures and predictive equations for total expenditure 213 from infancy to old age (Tables S1, S2), our analyses bring to light major changes in metabolic 214 rate across the life course. To begin, we can infer fetal metabolic rates from maternal measures 215 during pregnancy: if body size-adjusted expenditures were elevated in the fetus, then adjusted 216 expenditures for pregnant mothers, particularly late in pregnancy when the fetus accounts for a 217 substantial portion of a mother's weight, would be likewise elevated. Instead, the stability of 218 adjusted total and basal expenditures at ~100% during pregnancy (Figure 2B) indicates that the 219 growing fetus maintains a fat free mass- and fat mass-adjusted metabolic rate similar to adults, 220 which is consistent with adjusted expenditures of neonates (both $\sim 100\%$; Figure 2) in the first 221 weeks after birth. Total and basal expenditures, both absolute and size-adjusted values, then 222 accelerate rapidly over the first year. This early period of metabolic acceleration corresponds to a 223 critical period in early development in which growth often falters in nutritionally-stressed 224 populations (19). Increasing energy demands could be a contributing factor.

After rapid acceleration in total and basal expenditure during the first year, adjusted expenditures progressively decline thereafter, reaching adult levels at ~20 yr. Elevated adjusted expenditures in this life stage may reflect the metabolic demands of growth and development. Adult expenditures, adjusted for body size and composition, are remarkably stable, even during pregnancy and post-partum. Declining metabolic rates in older adults could increase the risk of weight gain. However, neither fat mass nor percentage increased in this period (Figure S3), consistent with the hypothesis that energy intake is coupled to expenditure (*20*).

232	Following previous studies (21-25), we calculated the effect of organ size on basal
233	expenditure over the lifespan (Methods). At rest, the tissue-specific metabolic rates (Watts/gram)
234	of the heart, liver, brain, and kidneys are much greater than those of the muscles and other lean
235	tissue or fat (21-25). Organs with a high tissue-specific metabolic rate, particularly the brain and
236	liver, account for a greater proportion of fat free mass in young individuals, and thus organ-based
237	basal expenditure, estimated from organ size and tissue-specific metabolic rate, follows a power-
238	law relationship with fat free mass, roughly consistent with observed basal expenditures
239	(Methods, Figure S6). Still, observed basal expenditure exceeded organ-based estimates by
240	~30% in early life $(1 - 20 \text{ y})$ and was ~20% lower than organ-based estimates in subjects over 60
241	y (Figure S6), consistent with previous work indicating that tissue-specific metabolic rates are
242	elevated in children and adolescents (22, 24) and reduced in older adults (21, 23, 25).
243	We investigated the contributions of daily physical activity and changes in tissue-specific
244	metabolic rate to total and basal expenditure using a simple model with two components: activity
245	and basal expenditure (Figure 3; Meethods). Activity expenditure was modeled as a function of
246	physical activity and body mass, assuming activity costs are proportional to weight, and could
247	either remain constant at adult levels over the lifespan or follow the trajectory of daily physical
248	activity measured via accelerometry, peaking at $5 - 10$ y and declining thereafter (11, 26, 27)
249	(Figure 3). Similarly, basal expenditure was modeled as a power function of fat free mass
250	(consistent with organ-based BEE estimates; Methods) multiplied by a "tissue specific
251	metabolism" term, which could either remain constant at adult levels across the lifespan or
252	follows the trainestery changed in a diversed hereal even and itsues (Figure 2). For each second is total
	follow the trajectory observed in adjusted basal expenditure (Figure 2). For each scenario, total

254 Models that hold physical activity or tissue-specific metabolic rates constant over the 255 lifespan do not reproduce the observed patterns of age-related change in absolute or adjusted 256 measures of total or basal expenditure (Figure 3). Only when age-related changes in physical 257 activity and tissue-specific metabolism are included does model output match observed 258 expenditures, indicating that variation in both physical activity and tissue-specific metabolism 259 contribute to total expenditure and its components across the lifespan. Elevated tissue-specific 260 metabolism in early life may be related to growth or development (22, 24). Conversely, reduced 261 expenditures in later life may reflect a decline in organ level metabolism (23, 25, 28). 262 Metabolic models of life history commonly assume continuity in tissue-specific 263 metabolism over the life course, with cellular metabolic rates increasing in a power-law manner 264 (Energy = aMass^b) and the energy available for growth during the juvenile period made available 265 for reproduction in adults (29, 30). Measures of humans here challenge this view, with size 266 adjusted metabolism elevated \sim 50% in childhood compared to adults (including pregnant 267 females), and $\sim 25\%$ lower in the oldest subjects. It remains to be determined whether these 268 fluctuations occur in other species. In addition to affecting energy balance, nutritional needs, and 269 body weight, these metabolic changes present a potential target for clinical investigation into the 270 kinetics of disease, pharmaceutical activity, and healing, processes intimately related to metabolic rate. Further, there is considerable metabolic variation among individuals, with TEE 271 272 and its components varying more than $\pm 20\%$ even when controlling for fat free mass, fat mass, 273 sex, and age (Figure 1, 2, Table S2). Elucidating the processes underlying metabolic changes 274 across the life course and variation among individuals may help reveal the roles of metabolic 275 variation in health and disease.

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283 Conflict of interest

284 The authors have no conflicts of interest to declare.

285 Data Availability

- All data used in these analyses is freely available via the IAEA Doubly Labelled Water Database
- 287 (https://doubly-labelled-water-database.iaea.org/home or https://www.dlwdatabase.org/).

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Figure 1. A. Total expenditure (TEE) increases with fat free mass in a power-law manner, but age groups cluster about the trend line differently. **B.** Total expenditure rises in childhood, is stable through adulthood, and declines in older adults. Means±sd for age-sex cohorts are shown. **C.** Age-sex cohort means show a distinct progression of total expenditure and fat free mass over the life course. **D.** Neonate, juveniles, and adults exhibit distinct relationships between fat free mass and expenditure. The dashed line, extrapolated from the regression for adults, approximates the regression used to calculate adjusted total expenditure.



414 Figure 2. Fat free mass- and fat mass-adjusted expenditures over the life course. Individual subjects and 415 age-sex cohort mean ± SD are shown. For both total (Adj. TEE) (A) and basal (Adj. BEE) expenditure (B), 416 adjusted expenditures begin near adult levels (~100%) but quickly climb to ~150% in the first year. Adjusted 417 expenditures decline to adult levels ~20y, then decline again in older adults. Basal expenditures for infants 418 and children not in the doubly labeled water database are shown in gray. C. Pregnant mothers exhibit 419 adjusted total and basal expenditures similar to non-reproducing adults (Pre: prior to pregnancy; Post: 27 420 weeks post-partum). D. Segmented regression analysis of adjusted total (red) and adjusted basal 421 expenditure (calculated as a portion of total; Adj. BEETEE; black) indicates a peak at ~1 y, adult levels at 422 ~20 y, and decline at ~60 y (see text).



423

Figure 3. Modeling the contribution of physical activity and tissue-specific metabolism to daily expenditures. A. Observed total (TEE, red), basal (BEE, black), and activity (AEE, gray) expenditures (Table S1) show age-related variation with respect to fat free mass (see Figure 1C) that is also evident in adjusted values (Table S3; see Figure 2D). **B.** These age effects do not emerge in models assuming constant physical activity (PA, green) and tissue-specific metabolic rate (TM, black) across the life course. **C.** When physical activity and tissue-specific metabolism follow the life course trajectories evident from accelerometry and adjusted basal expenditure, respectively, model output is similar to observed expenditures.

431 Supplementary Materials:

432 Pontzer et al. *Daily Energy Expenditure through the Human Life Course*

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446 Material and Methods

447 1. <u>Doubly Labeled Water Database</u>

448 Data were taken from IAEA Doubly Labelled Water (DLW) Database, version 3.1,

449 completed April, 2020 (16). This version of the database comprises 6,743 measurements of total

- 450 expenditure using the doubly labeled water method. Of these, a total of 6,421 had valid data for
- total expenditure, fat free mass, fat mass, sex, and age. These 6,421 measurements were used in
- 452 this analysis. This dataset was augmented with published basal expenditure measurements for
- 453 n=136 neonates and infants (31-36) that included fat free mass and fat mass. Malnourished or

454 preterm infants were excluded. For sources that provided cohort means rather than individual 455 subject measurements (*33, 36*) means were entered as single values into the dataset without 456 reweighting to reflect sample size. This approach resulted in 77 measures of basal expenditure, 457 fat free mass, and fat mass for n=136 subjects. We also added to the dataset published basal and 458 total expenditure measurements of n=141 women before, during, and after pregnancy (*37-39*) 459 that included fat free mass and fat mass. These measurements were grouped as pre-pregnancy, 1st 460 trimester, 2nd trimester, 3rd trimester, and post-partum for analysis.

461 In the doubly labeled water method (5), subjects were administered a precisely measured 462 dose of water enriched in ²H₂O and H₂¹⁸O. The subject's body water pool is thus enriched in 463 deuterium (²H) and ¹⁸O. The initial increase in body water enrichment from pre-dose values is 464 used to calculate the size of the body water pool, measured as the dilution space for deuterium (N_d) and ¹⁸O (N_o). These isotopes are then depleted from the body water pool over time: both 465 isotopes are depleted via water loss, whereas ¹⁸O is also lost via carbon dioxide production. 466 467 Subtracting the rate (%/d) of deuterium depletion (k_d) from the rate of ¹⁸O depletion (k_o), and 468 multiplying the size of the body water pool (derived from N_d and N_o) provided the rate of carbon 469 doxide production, rCO₂. Entries in the DLW database include the original k and N values for 470 each subject, which were then used to calculate CO₂ using a common equation that has been 471 validated in subjects across the lifespan (17). The rate of CO₂ production, along with each 472 subject's reported food quotient, was then used to calculate energy expenditure (MJ/d) using the 473 Weir equation (40). We used the food quotients reported in the original studies to calculate total 474 energy expenditure from rCO₂ for each subject.

The size of the body water pool, determined from N_d and N_o, was used to establish FFM,
using hydration constants for fat free mass taken from empirical studies. Other anthropometric

477 variables (age, height, body mass, sex) were measured using standard protocols. Fat mass was
478 calculated as (body mass) – (fat free mass).

479 2. <u>Basal Expenditure, Activity Expenditure, and Physical Activityl Level (PAL)</u>

480 A total of 2,008 subjects in the database had associated basal expenditure, measured via 481 respirometry. For these subjects, we analyzed basal expenditure, activity expenditure, and 482 "physical activity level" (PAL). Activity expenditure was calculated as [0.9(total expenditure) – 483 (basal expenditure)] which subtracts basal expenditure and the assumed thermic effect of food 484 [estimated at 0.1(total expenditure)] from total expenditure. The PAL ratio was calculated as 485 (total expenditure)/(basal expenditure). As noted above, the basal expenditure dataset was 486 augmented with measurements from neonates and infants, but these additional measures do not 487 have associated total expenditure and could not be used to calculate activity expenditure or PAL.

488 3. Predictive Models for Total, Basal, and Activity Expenditures and PAL

489 We used general linear models to regress measures of energy expenditure against 490 anthropometric variables. We used the base package in R version 4.0.3 (41) for all analyses. 491 General linear models were implemented using the lm function. These models were used to 492 develop predictive equations for total expenditure for clinical and research applications, and to 493 determine the relative contribution of different variables to total expenditure and its components. 494 Given the marked changes in metabolic rate over the lifespan (Figure 1, Figure 2) we calculated 495 these models separately for each life history stage: infants (0 - 1 y), juveniles (1 - 20 y), adults 496 (20-60 y), and older adults (60+ y). These age ranges were identified using segmented 497 regression analysis. Results of these models are shown in Table S2.



Figure S1. Total expenditure (TEE) increases with body size in a power-law manner. For the entire dataset 499 500 (n = 6,407): A. the power-law regression for total body mass (InTEE = 0.593 ± 0.004 InMass - $0.214 \pm$ 501 0.018, p < 0.001, adj. $r^2 = 0.73$, model std. err. = 0.223, df = 6419) is less predictive than the regression for 502 **B.** fat free mass (*In*TEE = 0.708 ± 0.004 *In*FFM $- 0.391 \pm 0.015$, p < 0.001, adj. r² = 0.83, model std. err. = 503 0.176, df = 6419). For both body mass and fat free mass regressions, power-law regressions outperform 504 linear models, particularly at the smallest body sizes. For all models, for both body mass and fat free mass, 505 children have elevated total expenditure, clustering above the trend line. Children also exhibit elevated 506 basal and activity expenditures (Figure S2). Power-law regressions have an exponent < 1.0, and linear 507 regressions (dashed: linear regression through all data; dotted: linear regression through adults only) have 508 a positive intercept, indicating that simple ratios of C. (total expenditure)/(body mass) or D. (total 509 expenditure)/(fat free mass) do not adequately control for differences in body size (18) as smaller individuals 510 will tend to have higher ratios. Lines in C and D are lowess with span 1/6. In body mass regressions (panel 511 A, power and linear models) and the ratio of (total expenditure)/(body mass) (C), adult males cluster above 512 the trend line while females cluster below due to sex differences in body composition. In contrast, males 513 and females fit the fat free mass regressions (B) and ratio (D) equally well.



515 Figure S2. Infants and children exhibit different relationships between fat free mass and expenditure and 516 the PAL ratio. A: For total expenditure (TEE), regressions for infants (age <1 y, left regression line) and 517 adults (right regression line) intersect for neonates, at the smallest body size. However, the slopes differ, 518 with the infants' regression and 95% CI (gray region) falling outside of that for adults (age 20 - 60 y, 519 extrapolated dashed line). Juvelines (age 1 - 20 y, middle regression line) are elevated, with a regression 520 outside the 95% CI of adults. Juvenile (1 - 20 y) regressions (with 95%CI) are also elevated for basal 521 expenditure (BEE) (B), activity expenditure (AEE) (C), and PAL (D) compared to adults (20 - 60 y). Sex 522 differences in expenditure (A-D) are attributable to differences in fat free mass. Note that total and basal 523 expenditures are measured directly. Activity expenditure is calculated as (0.9TEE - BEE), and PAL is 524 calculated as (TEE/BEE); see Methods.



526 **Figure S3.** Changes in body composition over the lifespan: **A.** Body mass; **B.** Fat free mass; **C.** Fat Mass;

⁵²⁷ and **D.** Body fat percentage.

528 4. Adjusted Expenditures

529 We used general linear models with fat free mass and fat mass in adults (20 - 60 y) to

530 calculate adjusted total expenditure and adjusted basal expenditure. The 20 – 60 y age range was

531 used as the basis for analyses because segmented regression analysis consistently identified this

532 period as stable with respect to size-adjusted total expenditure (see below).

533 We used models 2 and 5 in Table S2, which have the form $ln(Expenditure) \sim ln(FFM) +$

534 *ln*(Fat Mass) and were implemented using the lm function in base R version 4.0.3 (41). We

used *ln*-transformed variables due to the inherent power-law relationship between body size and

both total and basal expenditure (ref. 2; see Figure 1, Figure S1). Predicted values for each

537 subject, given their fat free mass and fat mass, were calculated from the model using the

538 pred() function; these *ln*-transformed values were converted back into MJ as exp(Predicted).

539 Residuals for each subject were calculated as (Observed – Predicted) expenditure, and were then

540 used to calculate adjusted expenditures as:

550

541 Adjusted Expenditure = 1 + Residual / Predicted [1]

542 The advantage of expressing residuals as a percentage of the predicted value is that it allows us 543 to compare residuals across the range of age and body size in the dataset. Raw residuals (MJ) do 544 not permit direct comparison because the relationship between size and expenditure is 545 heteroscedastic; the magnitude of residuals increases with size (see Figure S1). Ln-transformed 546 residuals (*ln*MJ) avoid this problem but are more difficult to interpret. Adjusted expenditures, 547 used here, provide an easily interpretable measure of deviation from expected values. An 548 adjusted expenditure value of 100% indicates that a subject's observed total or basal expenditure 549 matches the value predicted for their fat free mass and fat mass, based on the general linear

model derived for adults. An adjusted expenditure of 120% indicates an observed total or basal

expenditure value that exceeds the predicted value for their fat free mass and fat mass by 20%.
Similarly, an adjusted expenditure of 80% means the subject's measured expenditure was 20%
lower than predicted for their fat free mass and fat mass using the adult model. Adjusted total
expenditure and adjusted basal expenditure values for each age-sex cohort are given in Table S3.
Within each metabolic life history stage we used general linear models (1m function in R) to
investigate the effects of sex and age on adjusted total and basal expenditure.

This same approach was used to calculate adjusted basal expenditure as a proportion of total expenditure (Figure 2D), hereafter termed adjusted BEE_{TEE} . Residual_{BEE-TEE}, the deviation of observed basal expenditure from the adult total expenditure regression (eq. 2 in Table S2), was calculated as (Observed Basal Expenditure – Predicted Total Expenditure) and then used to calculate adjusted BEE_{TEE} as

562 Adjusted $BEE_{TEE} = 1 + Residual_{BEE-TEE} / Predicted Total Expenditure$ [2] When adjusted $BEE_{TEE} = 80\%$, observed basal expenditure is equal to 80% of predicted total 563 564 expenditure given the subject's fat free mass and fat mass. Adjusted BEE_{TEE} is equivalent to 565 adjusted basal expenditure (Figure S4) but provides some analytical advantages. The derivation 566 of adjusted BEE_{TEE} approach applies identical manipulations to observed total expenditure and 567 observed basal expenditure and therefore maintains them in directly comparable units. The ratio 568 of (adjusted total expenditure)/(adjusted basal expenditure) is identical to the PAL ratio of (total 569 expenditure)/(basal expenditure), and the difference (0.9adjusted total expenditure- adjusted 570 basal expenditure) is proportional to activity expenditure (Figure S4). Plotting adjusted total 571 expenditure and adjusted BEE_{TEE} over the lifespan (Figure 2D) therefore shows both the relative 572 magnitudes of total and basal expenditure and their relationship to one another in comparable 573 units.



Figure S4. Left: Adjusted BEE_{TEE} corresponds strongly to adjusted basal expenditure (Adj. BEE). <u>Center:</u> The ratio of adjusted total expenditure (adj. TEE) to adjusted BEE_{TEE} is identical to the PAL ratio. <u>Right:</u> The difference (0.9adjusted total expenditure – adjusted BEE_{TEE}) is proportional to activity energy expenditure (AEE). Gray lines: center panel: y = x, right panel: y = 10x.

579 5. <u>Segmented Regression Analysis</u>

580 We used segmented regression analysis to determine the change points in the relationship 581 between adjusted expenditure and age. We used the Segmented (version 1.1-0) package in R 582 (42). For adjusted total expenditure, we examined a range of models with 0 to 5 change points, 583 using the npsi= term in the segmented () function. This approach does not specify the 584 location or value of change points, only the number of them. Each increase in the number of change points from 0 to 3 improved the model adj. R² and standard error considerably. 585 586 Increasing the number of change points further to 4 or 5 did not improve the model, and the 587 additional change points identifed by the segmented () function fell near the change points for 588 the 3-change point model. We therefore selected the 3-change point model as the best fit for 589 adjusted total expenditure in this dataset. Segmented regression results are shown in Table S4. A 590 similar 3-change point segmented regression approach was conducted for adjusted basal 591 expenditure (Figure S4) and adjusted BEE_{TEE} (Figure 2D). We note that the decline in adjusted 592 basal expenditure and adjusted BEE_{TEE} in older adults begins earlier (as identified by segmented

regression analysis) than does the decline in adjusted total expenditure among older adults.

However, this difference may reflect the relative paucity of basal expenditure measurements for subjects 40 - 60 y. Additional measurements are needed to determine whether the decline in basal expenditure does in fact begin earlier than the decline in total expedinture. Here, we view the timing as essentially coincident and interpret the change point in adjusted total expenditure (~60 y), which is determined with a greater number of measurements, as more accurate and reliable.

600 Having established that 3 break points provided the best fit for this dataset, we examined 601 whether changes in the age range used to calculate adjusted total energy expenditure affected the 602 age break-points identified by segmented regression. When the age range used to calculate 603 adjusted expenditure was set at 20 - 60 y, the set of break point (95% CI) was: 0.69 (0.61-0.76), 604 20.46 (19.77-21.15), 62.99 (60.14-65.85). When the age range was expanded to 15 - 70 y, break 605 points determined through segmented regression were effectively unchanged: 0.69 (0.62 - 0.76), 606 21.40 (20.60-22.19), 61.32 (58.60-64.03). Break points were also unchanged when the initial age 607 range for adjusted expenditure was limited to 30 - 50 y: 0.69 (0.62-0.77), 20.56 (19.84-21.27), 608 62.85 (59.97-65.74).



Figure S5. Segmented regression analysis of adjusted TEE (A) and adjusted BEE (B). In both panels, the black line and gray shaded confidence region depicts the 3 change-point regression. For adjusted TEE, segmented regressions are also shown for 2 change points (red), 4 change points (yellow), and 5 change

614 points (green). Segmented regression statistics are given in Table S4.

615 6. Organ Size and Basal Expenditure

616 Measuring the metabolic rate of individual organs is notoriously challenging, and the 617 available data come from only a small number of studies. The available data indicate that organs differ markedly in their mass-specific metabolic rates at rest (43). The heart (1848 kJ kg⁻¹ d⁻¹), 618 liver (840 kJ kg⁻¹ d⁻¹), brain (1008 kJ kg⁻¹ d⁻¹), and kidneys (1848 kJ kg⁻¹ d⁻¹) have much greater 619 620 mass-specific metabolic rates at rest than do muscle (55 kJ kg⁻¹ d⁻¹), other lean tissue (50 kJ kg⁻¹ d⁻¹), and fat (19 kJ kg⁻¹ d⁻¹). Consequently, the heart, liver, brain, and kidneys combined account 621 for ~60% of basal expenditure in adults (21, 22, 44, 45). In infants and children, these 622 623 metabolically active organs constitute a larger proportion of body mass. The whole body mass-624 specific basal expenditure [i.e., (basal expenditure)/(body mass), or (basal expenditure)/(fat free 625 mass)] for infants and children is therefore expected to be greater than adults' due to the greater 626 proportion of metabolically active organs early in life adults (21, 22, 44, 45). Similarly, reduced 627 organ sizes in elderly subjects may result in declining basal expenditure (21). 628 To examine this effect of organ size on basal expenditure in our dataset, we used 629 published references for organ size to determine the mass of the metabolically active organs 630 (heart, liver, brain, and kidneys) as a percentage of body mass or fat free mass for subjects 0 - 12631 y (22, 44-46), 15 to 60 y (21, 22), and 60 to 100 y (21, 47). We used these relationships to 632 estimate the combined mass of the metabolically active organs (heart, liver, brain, kidneys) for 633 each subject in our dataset. We then subtracted the mass of the metabolically active organs from 634 measured fat free mass to calculate the mass of "other fat free mass". These two measures, along 635 with measured fat mass, provided a three-compartment model for each subject: metabolically 636 active organs, other fat free mass, and fat (Figure S6A).

637 Following previous studies (21-25), we assigned mass-specific metabolic rates to each 638 compartment and estimated basal expenditure for each subject. We used reported mass-specific 639 metabolic rates for the heart, liver, brain, and kidneys (see above; (43)) and age-related changes 640 in the proportions of these organs for subjects 0 - 12 y(22, 46), 15 to 60 y (21-25), and 60 to 100 641 y (21, 23, 25, 47) to calculate an age-based weighted mass-specific metabolic rate for the 642 metabolically active organ compartment. We averaged the mass-specific metabolic rates of resting muscle and other lean tissue (see above; (21, 22)) and assigned a value of 52.5 kJ kg⁻¹ d⁻¹ 643 to "other fat free mass", and we used a mass-specific metabolic rate of 19 kJ kg⁻¹ d⁻¹ for fat. 644 645 Results are shown in Figure S6. Due to the greater proportion of metabolically active 646 organs in early life, the estimated basal expenditure from the three-compartment model follows a 647 power-law relationship with FFM (using age cohort means, $BEE = 0.38 FFM^{0.75}$; Figure S6B) 648 that is similar to that calculated from observed basal expenditure in our dataset (see Table S2 and 649 7. Modeling the Effects of Physical Activity and Tissue Specific Metabolism, below). Estimated 650 BEE from the three-compartment model produced mass-specific metabolic rates that are 651 considerably higher for infants and children than for adults and roughly consistent with observed 652 age-related changes in (basal expenditure)/(fat free mass) (Figure S6C). Thus, changes in organ 653 size can account for much of the variation in basal expenditure across the lifespan observed in 654 our dataset. 655 Nonetheless, observed basal expenditure was ~30% greater early in life, and ~20% lower

in older adults, than estimated basal expenditure from the three-compartment model (Figure
S6D). The departures from estimated basal expenditure suggest that the mass-specific metabolic
rates of one or more organ compartments are considerably higher early in life, and lower late in
life, than they are in middle-aged adults, consistent with previous assessments (*21-25*). It is

notable, in this context, that observed basal expenditure for neonates is nearly identical to basal
expenditure estimated from the three-compartment model, which assumes adult-like tissue
metabolic rates (Figure S6B,C,D). Observed basal expenditure for neonates is thus consistent
with the hypothesis that the mass-specific metabolic rates of their organs are similar to those of
other adults, specifically the mother.



665

666 Figure S6. Organ sizes and BEE. A. The relative proportions of metabolically active organs (heart, brain, 667 liver, kidneys), other fat free mass (FFM), and fat changes over the life course. Age cohort means are 668 shown. B. Consequently, estimated basal expenditure (BEE) from the three-compartment model increases 669 with fat free mass (FFM) in a manner similar to observed basal expenditure, with C. greater whole body 670 mass-specific basal expenditure (BEE/FFM) early in life. D. Observed basal expenditure is ~30% greater 671 early in life, and ~20% lower after age 60 y, than estimated basal expenditure from the three-compartment 672 model (shown as the ratio of BEE/est.BEE). In panels **B**, **C**, and **D**, age-cohort means for observed (black) 673 and estimated (magenta) basal expenditure are shown.

674 7. Modeling the Effects of Physical Activity and Tissue Specific Metabolism

675 We constructed two simple models to examine the contributions of physical activity and 676 variation in tissue metabolic rate to total and basal expenditure. In the simplest version, we used 677 the observed relationship between basal expenditure and tat free mass for all adults 20 - 60 y determined from linear regression of *ln*(basal expenditure) and *ln*(fat free mass) (untransformed 678 679 regression equation: basal expenditure = 0.32 (fat free mass)^{0.75}, adj. $r^2 = 0.60$, df = 1684, p < 680 (0.0001) to model basal expenditure as Basal expenditure = 0.32 TM_{age} (fat free mass)^{0.75} 681 [3] 682 The TM_{age} term is tissue metabolic rate, a multiplier between 0 and 2 reflecting a relative 683 increase ($TM_{age} > 1.0$) or decrease ($TM_{age} < 1.0$) in organ metabolic rate relative that expected 684 from the power-law regression for adults. Note that, even when $TM_{age} = 1.0$, smaller individuals 685 are expected to exhibit greater mass-specific basal expenditure (that is, a greater basal 686 expenditure per kg body weight) due to the power-law relationship between basal expenditure 687 and fat free mass. Further, we note that the power-law relationship between basal expenditure 688 and fat free mass for adults is similar to that produced when estimating basal expenditure from 689 organ sizes (see Organ Size and Basal Expenditure, above). Thus, variation in TMage reflects 690 modeled changes in tissue metabolic rate in addition to power-law scaling effects, and also, in 691 effect, in addition to changes in basal expenditure due to age-related changes in organ size and 692 proportion. To model variation in organ activity over the lifespan, we either 1) maintained TMage 693 at adult levels ($TM_{age} = 1.0$) over the entire lifespan, or 2) had TM_{age} follow the trajectory of 694 adjusted basal expenditure with age (Figure S8).

695To incorporate effects of fat mass into the model, we constructed a second version of the696model in which basal expenditure was modeled following the observed relationship with FFM

697 and fat mass for adults 20 - 60 y,

698 Basal expenditure = 0.32 TM_{age} (fat free mass)^{0.7544} (fat mass)^{0.0003} [4] 699 As with the fat free mass model (eq. 3), we either maintained TM_{age} at 1.0 over the life span or 700 modeled it using the trajectory of adjusted basal expenditure. 701 Activity expenditure was modeled as a function of physical activity and body mass 702 assuming larger indivduals expend more energy during activity. We began with activity 703 expenditure, calculated as [0.9(total expenditure) – (basal expenditure)] as described above. The 704 observed ratio of (activity expenditure)/(fat free mass) for adults 20 - 60 y was 0.07 MJ d⁻¹ kg⁻¹. 705 We therefore modeled activity expenditure as 706 Activity expenditure = 0.07 PA_{age} (fat free mass) [5] 707 To incorporate effects of fat mass, we constructed a second version using the ratio of (activity 708 expenditure)/(body weight) for adults 20 - 60y, [6] 709 Activity expenditure = 0.04 PA_{age} (body weight) 710 In both equations, PA_{age} represents the level of physical activity relative to the mean value for 20 711 -60 y adults. PA_{age} could either remain constant at adult levels (PA_{age}=1.0) over the lifespan or 712 follow the trajectory of physical activity measured via accelerometry, which peaks between 5 -713 10 y, declines rapidly through adolescence, and then declines more slowly beginning at ~40 y 714 (11-13, 26, 27, 48-51). Different measures of physical activity (e.g., moderate and vigorous PA, 715 mean counts per min., total accelerometry counts) exhibit somewhat different trajectories over

the lifespan, but the patterns are strongly correlated; all measures show the greatest activity at 5-

717 10 y and declining activity in older adults (Figure S7). We chose total accelerometry counts (11,

718 26), which sum all movement per 24-hour period, to model age-related changes in PAage. We 719 chose total counts because activity energy expenditure should reflect the summed cost of all 720 activity, not only activity at moderate and vigorous intensities. Further, the amplitude of change 721 in moderate and vigorous activity over the lifespan is considerably larger than the observed changes in adjusted total expenditure or adjusted activity expenditure (Figure S10). Determining 722 the relative contributions of different measures of physical activity to total expenditure is beyond 723 724 the scope of the simple modeling approach here and remains an important task for future 725 research.

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728 Figure S7. Modeling physical activity across the lifespan. A. Across studies and countries, accelerometer-729 measured physical activity rises through infancy and early childhood, peaking between 5 and 10y before 730 declining to adult levels in the teenage years (11-13, 26, 27, 48-51). Physical activity declines again, 731 more slowly, in older adults. The onset of decline in older adults varies somewhat across studies, beginning 732 between ~40 y and ~60 y. Here, physical activity is shown as minutes/day of moderate and vigorous 733 physical activity. Other measures (e.g., total accelerometer counts; mean counts/min, vector magnitude) 734 follow a similar pattern of physical activity over the life span (11, 26). B. The increase in physical activity 735 from 0 to ~ 10 y is mirrored by the steady decline in total daily sleep duration during this period (52-55).



736

737 Figure S8. Results of the fat free mass model. Observed expenditures exhibit a marked age effect on the 738 relationship between expenditure and fat free mass that is evident in both absolute (Figure 1C) and adjusted 739 (Figure 2D) measures. A. If physical activity (PA) and cellular metabolism (TM) remain constant at adult 740 levels, age effects do not emerge from the model. B. When only TM varies, age effects emerge for total 741 expenditure (TEE) and basal expenditure (BEE), but not activity expenditure (AEE; gray arrow). C. 742 Conversely, if only physical activity varies age effects emerge for AEE and TEE but not BEE (black arrows). 743 Adjusted TEE also peaks later in childhood and declines earlier in adulthood (red arrows) than observed. 744 D. Varying both PA and TM gives model outputs similar to observed expenditures.



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Figure S9. Results of the fat free mass and fat mass model. Model outputs are similar to those of the fat free mass model (Figure S8). The scenario that best matches the observed relationships between fat free mass, age, and expenditure is D, in which AEE is influenced by age-related variation in both physical activity and cellular metabolism. Abbreviations as in Fig S8.

750 <u>8. Physical Activity, Activity Expenditure and PAL</u>

751 To further interrogate our simple model of expenditure and the contribution of physical 752 activity, we examined the agreement between accelerometery-measured physical activity, 753 adjusted activity expenditure, and modeled PAL over the lifespan. First, as noted in our 754 discussion of the simple expenditure model (see above; Figures 3, S8, S9), moderate and 755 vigorous physical activity and total accelerometry counts show a similar shape profile when 756 plotted against age, but moderate and vigorous physical activity shows a greater amplitude of 757 change over the lifespan (Figure S10). Moderate and vigorous physical activity reach a peak ~4-758 times greater than the mean values observed for 20 - 30 y men and women, far greater than the 759 amplitude of change in adjusted total expenditure.

760 We used adjusted total and basal expenditures to model activity expenditure and PAL 761 over the lifespan for comparison with published accelerometry measures of physical activity. 762 Modeling activity expenditure and PAL was preferable because our dataset has no subjects less 763 than 3 y with measures of both total and basal expenditure, and only 4 subjects under the age of 6 764 y with both measures (Table S1). Using values of adjusted total expenditure and adjusted 765 BEETEE (basal expenditure expressed as a percentage of total expenditure) for age cohorts from 766 Table S3 enabled us to model activity expenditure and PAL for this critical early period of 767 development, in which both physical activity and expenditure change substantially. We modeled 768 adjusted activity expenditure as [(adjusted total expenditure) – (adjusted BEE_{TEE})] and PAL as 769 [(adjusted total expenditure) / (adjusted BEE_{TEE})], which as we show in Figure S4 corelate 770 strongly with unadjusted measures of activity expenditure and PAL, respectively. 771 Modeled adjusted activity expenditure and PAL showed a somewhat different pattern of

change over the lifecoure than either total counts or moderate and vigorous activity measured via

773	accelerometry (Figure S10). Modeled activity expenditure was most similar to total counts, rising
774	through childhood, peaking between 10 and 20 y before falling to a stable adult level; the adult
775	level was stable from $\sim 30 - 75$ y before declining (Figure S10). Modeled PAL rose unevenly
776	from birth through age 20, then remained largely stable thereafter.
777	The agreement, and lack thereof, between the pattern of accelerometry-measured physical
778	activity and modeled activity expenditure and PAL must be assessed with caution. These
779	measures are from different samples; we do not have paired accelerometry and energy
780	expenditure measures in the present dataset. The life course pattern of accelerometry-measured
781	physical activity, particularly total counts, is broadly consistent with that of modeled activity
782	expenditure. However, more work is clearly needed to determine the effects of physical activity
783	and other factors to variation in activity expenditure and PAL over the lifecourse.
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796	9.IAEA DLW database consortium
797 798 799 800	This group authorship contains the names of people whose data were contributed into the database by the analysis laboratory but they later could not be traced, or they did not respond to emails to assent inclusion among the authorship. The list also includes some researchers who did not assent inclusion because they felt their contribution was not sufficient to merit authorship
801 802 803	Dr Stefan Branth University of Uppsala, Uppsala, Sweden
804 805 806	Erasmus University, Rotterdam, The Netherlands
807 808 809	Dr Lisa H. Colbert Kinesiology, University of Wisconsin, Madison, WI,
810 811 812	Dr Alice E. Dutman TNO Quality of Life, Zeist, The Netherlands
813 814 815	Dr Simon D. Eaton, University college London, London, UK
816 817 818	Dr Cara Ebbeling Boston Children's Hospital, Boston, Massachusetts, USA.
819 820 821	Dr Sölve Elmståhl Lund University, Lund, Sweden
822 823 824	Dr Mikael Fogelholm Dept of Food and Nutrition, Helsinki, Finland
825 826 827	Dr Tamara Harris Aging, NIH, Bethesda, MD,
828 829 830	Dr Rik Heijligenberg Academic Medical Center of Amsterdam University, Amsterdam, The Netherlands
831 832 833	Dr Hans U. Jorgensen Bispebjerg Hospital, Copenhagen, Denmark
834 835 836	Dr Christel L. Larsson University of Gothenburg, Gothenburg, Sweden
837	Dr David S. Ludwig

838 839	Boston Children's Hospital, Boston, Massachusetts, USA.
840	Dr Margaret McCloskey
841	Royal Belfast Hospital for Sick Children, Belfast, Northern Ireland
842	
843	Dr Gerwin A. Meijer
844	Maastricht University, Maastricht, The Netherlands
845	
846	Dr Daphne L. Pannemans
847	Maastricht University, Maastricht, The Netherlands
848	Dy Donast M. Dhilippaoyta
849 850	Dr Renaat M. Philippaeris Katholic University Leuven, Leuven, Belgium
851	Kathone Oniversity Leuven, Leuven, Bergrum
852	Dr John J. Reilly
853	Universoty of Strathclyde, Glasgow, UK
854	Dr Elisabet M. Rothenberg
855	Göteborg University, Göteborg, Sweden
856	
857	Dr Sabine Schulz
858	University of Maastricht, Maastricht, The Netherlands
850	Dr Amy Subar
057	•
860	Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD,
860 861	Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD,
860 861 862	Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen
860 861 862 863 864	Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland
860 861 862 863 864 865	Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy
860 861 862 863 864 865 866	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile.
860 861 862 863 864 865 866 867	Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile.
860 861 862 863 864 865 866 866 867 868	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons
860 861 862 863 864 865 866 866 867 868 869	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons Maastricht University, Maastricht, The Netherlands
860 861 862 863 864 865 866 867 868 869 870 871	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons Maastricht University, Maastricht, The Netherlands Dr Wim C. Van Comort.
859 860 861 862 863 864 865 866 866 867 868 869 870 871 872	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons Maastricht University, Maastricht, The Netherlands Dr Wim G. Van Gemert Maastricht University Maastricht, The Netherlands
860 860 861 862 863 864 865 866 865 866 867 868 869 870 871 872 873	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons Maastricht University, Maastricht, The Netherlands Dr Wim G. Van Gemert Maastricht University, Maastricht, The Netherlands
 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons Maastricht University, Maastricht, The Netherlands Dr Wim G. Van Gemert Maastricht University, Maastricht, The Netherlands Dr Erica J. Velthuis-te Wierik
860 860 861 862 863 864 865 866 865 866 867 868 869 870 871 872 873 874 875	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons Maastricht University, Maastricht, The Netherlands Dr Wim G. Van Gemert Maastricht University, Maastricht, The Netherlands Dr Erica J. Velthuis-te Wierik TNO Nutrition and Food Research Institute, Zeist, The Netherlands
 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 	 Epidemiology and Genomics, Division of Cancer Control, NIH, Bethesda, MD, Dr Minna Tanskanen University of Jyväskilä, Jyväskilä, Finland Dr Ricardo Uauy Institute of Nutrition and Food Technology (INTA), University of Chile, Santiago Chile. Dr Rita Van den Berg-Emons Maastricht University, Maastricht, The Netherlands Dr Wim G. Van Gemert Maastricht University, Maastricht, The Netherlands Dr Erica J. Velthuis-te Wierik TNO Nutrition and Food Research Institute, Zeist, The Netherlands
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Figure S10. A. Physical activity measured via accelerometry from published analyses (*11-13, 26, 27, 48-51*) and B. modeled activity expenditure and PAL calculated from cohort means for adjusted total
 expenditure and adjusted BEE_{TEE} in Table S3. Accelerometry measures and modeled activity expenditure are normalized to mean values for 20 – 30 y subjects.

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17.4 6.9	25.9 8.2	3 8 6 AC	20.2 0.2	CO.J 0.2	50.6 13.5	29.1 13.7	23.0 12.5	22.0 12.3	18.9 11.8	16.7 15.1	17.4 11.0	16.8 9.2	11.5 7.5	14.7 8.5	9.2 7.8	4.6 3.8	3.1 1.5	3.0 NA	0.69	0.53	0.30	lean sd	Z	ss (kg)	22.0 0.4	200	25 5 4 2	26.2 4.2	22.2	27.2 4.5	20.4 4.0	21.2 4.3	26.4 4.3	26.0 5.4	25.1 5.4	24.9 4.8	24.1 4.9	23 5 4 9	01 5 F.F	18.4 4.8	16.2 2.4	16.6 2.9	16.6 2.4	16.8 1.0	17.7 1.3	16.4 1.9	lean sd	≤	-	se and B indicate
33.97 8.06	39.58 7.41	40 59 6 78	38 96 7 67	38 16 4 00	41.92 8.73	38.08 10.35	39.94 8.82	38.29 9.00	36.97 9.70	33.50 10.86	32.62 9.55	31.95 8.30	35.77 12.72	22.44 8.25	25.80 13.92	24.29 11.13	20.41 8.91	29.54 6.26	24.96	24.97	21.21	mean sd	П	F	00.20 0.00	38.36.000	38.02 5.22	39.62 5.65	10 00 n 85	42.42 0.00	44.00 0.51	44.02 6.44	44.76 7.56	45.47 6.82	45.20 6.63	43.36 6.81	43.26 6.97	42 49 7 26	30 37 7 75	22.96 5.01	19.28 3.97	15.34 2.31	12.51 1.85	9.04 1.32	6.32 0.91	4.56 0.87	mean sd	п	Fat Free	. subjects w number of ei
26.90 8.93	33.49 5.41	30 14 6 27	28 78 5 58	20.00 0.00	31.98 7.19	29.89 8.78	26.35 9.81	25.86 8.49	23.09 8.65	20.50 8.21	21.25 8.61	21.65 8.25	24.17 8.02	29.96 10.88	22.26 13.20	17.41 10.59	15.04 4.77	16.91 NA	3.2T	3.75	3.94	mean sd	3	t%	40,10 4,00	15 18 1 02	48 22 7.07	52 29 7.86	53 61 8 67	56 70 8 07	09.04 8.23	59.52 8.15	58.79 8.91	58.91 10.51	59.07 10.23	59.97 9.63	60.29 10.53	57 11 7 58	JU.42 0.03	25.53 6.09	20.14 2.75	16.83 2.92	13.24 1.85	9.74 1.41	6.94 1.18	5.03 1.09	mean sd	Z	Mass (kg)	ith basal exp ntries and (n
5.11 1.05	4.55 0.81	4 76 0.01	5 30 0.81	5.32 0.03	5.84 0.81	5.73 0.78	6.24 1.02	6.22 0.83	6.03 0.94	5.83 0.87	5.77 0.81	5.63 0.95	5.65 1.18	5.43 0.87	4.67 0.87	4.24 0.85	4.26 0.82	4.07 0.67	2.44	2.17	1.14	mean sd	П	BEE	20.12 1.23	20.00 0.10	25.59 8.70	28.88 10.12	31 /7 11 13	33 29 12 58	34.72 14.08	29.15 12.40	29.47 12.78	30.03 12.59	28.18 12.96	24.63 12.51	23.82 13.08	21 82 11 76	17 34 9 25	10.66 7.74	8.34 5.33	5.06 2.43	4.15 1.91	2.02 0.87	2.23 0.80	1.14 0.63	mean sd	П	Fat Ma	enditure (BE umber of ind
5.79 1.28	5.10 0.85	5 91 100	6 53 0 43	7 02 0.72	7.64 0.96	7.99 1.16	7.50 1.09	7.32 1.17	7.47 1.09	7.50 1.17	7.34 1.24	7.86 0.90	6.10 1.08	5.66 0.65	5.53 0.95	4.71 0.59	4.69 1.05	3.93 NA	0.44	0.29	0.52	mean sd	3	MJ/d)	11.42 0.33	17 / C C C C	24.53 8.24	24.90 8.74	24 89 9 FF	25.64 10.52	20.04 10.08	24.21 9.91	23.33 9.98	22.64 11.78	20.07 12.18	18.58 12.54	16.06 11.14	17 25 12 26	14.50 00.20	10.23 8.76	5.5/ 3.62	4.91 3.55	4.14 1.69	1.96 0.76	2.23 0.65	1.09 0.66	mean sd	Z	ss (kg)	EE) measur lividuals). S
0.63 1.17	1.72 0.93	2.01 0.00	2.00 0.73	2.00 0.70	3.11 0.91	3.27 0.79	3.35 1.32	3.09 1.25	3.20 1.17	2.85 1.58	3.12 1.75	3.51 1.26	3.43 1.83	2.38 0.71	1.72 1.02	1.62 0.78	0.81 0.84	1.27 0.45				mean sd r	-	AEE (I	JH.1 1.3	2/ 7 70	39.3 7.0	41.1 6.7	A1 6 7 2	41.0 6.7	42.2 7.8	38.3 8.3	38.2 8.0	38.4 7.7	36.7 9.0	34.4 9.8	33.6 9.6	30 3 8 9	20.0 0.0	29.1 10.9	27.8 10.3	24.1 6.8	24.2 5.5	18.1 7.5	25.6 6.4	19.2 7.7	mean sd r	т	Fat	ements. Ac
1.05 1.02	2.88 1.26	3 30 137	4.101.43 3 37 121	4.00 1.00	4.49 1.39	5.06 1.99	4.46 2.03	4.40 1.79	4.40 2.21	4.62 2.92	4.99 2.39	5.74 1.59	2.34 1.51	2.74 1.24	2.74 1.25	2.04 1.22	1.16 0.60	1.37 NA				mean sd	Ξ	MJ/d)	20.3 0.3	0 0 0	32 9 6 2	31.4 6.3	30 8 6.	29.9 7.4	30.0 5.1	1.2 0.87	27.4 7.9	26.4 8.3	24.0 8.7	22.3 8.6	19.6 8.9	21.5 10.1	30. I II.2	24./ 13.1	20.3 8.7	21.1 8.0	23.2 5.8	16.7 5.7	24.3 6.7	16.6 7.8	mean sd	M	%	tivity exper
1.29 0.32	1.56 0.27	173 0.20	1 72 n 2n	1.00 0.10		1.75 0.17	1.72 0.24	1.67 0.25	1.71 0.22	1.65 0.27	1.71 0.32	1.82 0.25	1.80 0.34	1.62 0.21	1.54 0.26	1.54 0.19	1.34 0.21	1.45 0.05				mean sd	П	PAL (0.20 1.20	001	7.43 1.36	8 21 1.30	9 N 1 2 2	9.74 1.54	9.70 1.53	9.80 1.48	9.92 1.94	9.90 1.68	9.88 1.65	9.60 1.94	9.64 2.12	10 08 195	0.00 1.00	0 00 1.67	6.62 1.36	5.59 0.80	4.84 0.70	3.70 0.64	2.53 0.36	1.68 0.46	mean sd	т	TEE	ıditure (AE
1.35 0.22	1.75 0.31	175 0.24	1 70 0.20	1 78 0.22	176 0.20	1.83 0.30	1.77 0.28	1.78 0.26	1.77 0.31	7 1.80 0.39	1.86 0.32	1.93 0.24	1.55 0.32	1.66 0.28	i 1.68 0.27	1.61 0.30	1.41 0.20	1.50 NA				mean sd	Ξ	TEE/BEE)	1.00.100	7 60 102	8.69 1.70	10.17 180	10 86 1 79	12 09 2 36	12.09 2.03	12.11 2.47	12.68 2.39	12.90 2.92	12.76 2.79	13.24 3.75	13.88 3.56	14 02 2 59	10 00 0 50	9 8.54 1.77	1.20 1.13	6.35 1.18	5.21 0.89	3.99 0.74	2.90 0.78	1.83 0.58	mean sd	Z	(MJ/d)	E) = 0.9TEE -

| Table S2. Model parameters | for Total, Basal, a | nd Act | ivity E | xpend | liture a | nd PA | ∿L (p < | 0.0001
 | 1 for a

 | ll mode | els)

 | | |
 | | |
 |
|--|-----------------------|----------|--|---|--|---|--

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---	--
Total Expenditure (TEE)	
 | (V)

 | Δ | ,
dults (

 | 20 - 60 | v) | Olde
 | er Adu | lts (60 | + v)
 |
| Model | Factors | β | std.err. | t-value | р | β | std.err. | t-value
 | p

 | β | std.err.

 | t-value | р | β
 | std.err. | t-value | р
 |
| 1. TEE~Body Mass+Sex+Age | Intercept (MJ/d) | 0.255 | 0.111 | 2.304 | 0.022 | 2.592 | 0.118 | 22.032
 | 0.000

 | 5.984 | 0.197

 | 30.427 | 0.000 | 10.917
 | 0.375 | 29.130 | 0.000
 |
| | Body Mass (kg) | 0.205 | 0.025 | 8.061 | 0.000 | 0.080 | 0.004 | 22.494
 | 0.000

 | 0.065 | 0.002

 | 30.274 | 0.000 | 0.048
 | 0.002 | 24.701 | 0.000
 |
| | Sex(M) | 0.090 | 0.046 | 1.953 | 0.052 | 1.436 | 0.095 | 15.145
 | 0.000

 | 2.669 | 0.081

 | 33.036 | 0.000 | 1.659
 | 0.070 | 23.672 | 0.000
 |
| | model | N | SEE | df | adjR2 | N N | SEE | df
 | adjR2

 | -0.023
N | SEE

 | -0.033 | adjR2 | -0.000
N
 | SEE | df | adjR2
 |
| | | 235 | 0.343 | 231 | 0.733 | 1403 | 1.719 | 1399
 | 0.726

 | 2805 | 2.032

 | 2801 | 0.482 | 1978
 | 1.311 | 1974 | 0.509
 |
| | | β | std.err. | t-value | p | β | std.err. | t-value
 | p

 | β | std.err.

 | t-value | p | β
 | std.err. | t-value | p
 |
| 2. In(TEE)~In(FFM)+In(FM) | Intercept (MJ/d) | -1.270 | 0.074 | -17.130 | 0.000 | -0.121 | 0.028 | -4.259
 | 0.000

 | -1.102 | 0.050

 | -22.038 | 0.000 | -0.773
 | 0.062 | -12.403 | 0.000
 |
| | In(Fat Free Mass; kg) | 1.163 | 0.046 | 25.311 | 0.000 | 0.696 | 0.011 | -5 714
 | 0.000

 | 0.916 | 0.013

 | -5.986 | 0.000 | 0.797
 | 0.018 | 44.723 | 0.000
 |
| | model | N | SEE | df | adjR2 | N | SEE | df
 | adjR2

 | N | SEE

 | df | adjR2 | N
 | SEE | df | adjR2
 |
| | | 235 | 0.160 | 232 | 0.796 | 1403 | 0.154 | 1400
 | 0.842

 | 2805 | 0.142

 | 2802 | 0.646 | 1978
 | 0.139 | 1975 | 0.533
 |
| | | β | std.err. | t-value | р | β | std.err. | t-value
 | p

 | β | std.err.

 | t-value | <u>p</u> | β
 | std.err. | t-value | p
 |
| 3. In(TEE)~In(FFM)+In(FM)+Sex+A | Intercept (MJ/d) | -1.122 | 0.089 | -12.619 | 0.000 | -0.348 | 0.044 | -7.956
 | 0.000

 | -1.118 | 0.069

 | -16.129 | 0.000 | 0.092
 | 0.089 | 1.032 | 0.302
 |
| | In(Fat Free Mass; kg) | 0.034 | 0.007 | 2 294 | 0.000 | -0.019 | 0.021 | -2 622
 | 0.000

 | -0.032 | 0.020

 | -5 149 | 0.000 | -0.030
 | 0.025 | -3 118 | 0.000
 |
| | Sex(M) | -0.014 | 0.021 | -0.644 | 0.520 | 0.067 | 0.009 | 7.592
 | 0.000

 | -0.002 | 0.009

 | -0.249 | 0.803 | 0.011
 | 0.010 | 1.042 | 0.298
 |
| | Age (y) | 0.254 | 0.082 | 3.104 | 0.002 | -0.012 | 0.002 | -6.630
 | 0.000

 | 0.000 | 0.000

 | 0.765 | 0.444 | -0.008
 | 0.000 | -19.038 | 0.000
 |
| | model | N
225 | SEE | df | adjR2 | N
1402 | SEE | df
 | adjR2

 | N
2905 | SEE

 | df | adjR2 | N
1079
 | SEE | df
1072 | adjR2
 |
| | | 235 | 0.157 | 230 | 0.004 | 1403 | 0.147 | 1390
 | 0.007

 | 2005 | 0.142

 | 2000 | 0.040 | 1970
 | 0.120 | 1973 | 0.000
 |
| Basal Expenditure (BEE) | | | | | | Ju | veniles | s (1 - 2
 | (0y)

 | A | dults (

 | 20 - 60 | y) | Olde
 | er Adu | lts (60 | + y)
 |
| Model | | | | | Factors | <u>β</u> | std.err. | t-value
 | <u>p</u>

 | β | std.err.

 | t-value | <u>p</u> | β
 | std.err. | t-value | p
 |
| 4. BEE~Body Mass+Sex+Age | | | | ntercep | t (MJ/d) | 2.965 | 0.158 | 18.785
 | 0.000

 | 3.649 | 0.104

 | 34.943 | 0.000 | 5.905
 | 0.379 | 15.571 | 0.000
 |
| | | | | SOUY IVIA | Sex(M) | 1 185 | 0.003 | 11.004
 | 0.000

 | 1 263 | 0.001

 | 27 915 | 0.000 | 0.031
 | 0.002 | 14.277 | 0.000
 |
| | | | | | Age (v) | 0.033 | 0.015 | 2.212
 | 0.028

 | -0.008 | 0.002

 | -3.487 | 0.001 | -0.041
 | 0.004 | -9.501 | 0.000
 |
| | | | | | model | Ν | SEE | df
 | adjR2

 | Ν | SEE

 | df | adjR2 | N
 | SEE | df | adjR2
 |
| | | | | | _ | 345 | 0.848 | 341
 | 0.581

 | 1036 | 0.694

 | 1032 | 0.682 | 621
 | 0.761 | 617 | 0.520
 |
| | | | | ntoroon | + (M1/d) | 0.055 | <u>sta.err.</u> | t-value
 | <u>p</u>

 | 0.054 | Std.err.

 | 16 176 | <u>p</u> | 0.022
 | o. ooo | 0.250 | <u>p</u>
 |
| 5. IN(BEE)~IN(FFIVI)+IN(FIVI) | | | In(Fat | Free Ma | ass: ka) | 0.535 | 0.078 | 19,103
 | 0.480

 | -0.954 | 0.059

 | 45.353 | 0.000 | -0.923
 | 0.099 | -9.350 | 0.000
 |
| | | | li li | n(Fat Ma | ass; kg) | -0.095 | 0.014 | -6.784
 | 0.000

 | 0.019 | 0.006

 | 3.408 | 0.001 | 0.028
 | 0.015 | 1.819 | 0.069
 |
| | | | | | model | Ν | SEE | df
 | adjR2

 | N | SEE

 | df | adjR2 | N
 | SEE | df | adjR2
 |
| | | | | | | 345 | 0.153 | 342
 | 0.573

 | 1036 | 0.103

 | 1033 | 0.688 | 621
 | 0.135 | 618 | 0.530
 |
| | | | | ntorcon | t (MI/d) | -0 270 | std.err. | -2 704
 | <u>p</u>
0.007

 | <u>B</u>
-0.497 | std.err.

 | t-value
-6.281 | <u>p</u> | -0 089
 | 0 151 | t-value | p
0.557
 |
| | | | In(Fat | Free Ma | ass: ka) | 0.663 | 0.044 | 15.167
 | 0.000

 | 0.561 | 0.023

 | 24.008 | 0.000 | 0.549
 | 0.040 | 13.663 | 0.000
 |
| | | | li | n(Fat Ma | ass; kg) | -0.054 | 0.014 | -4.005
 | 0.000

 | 0.054 | 0.007

 | 7.809 | 0.000 | 0.042
 | 0.016 | 2.619 | 0.009
 |
| | | | | | Sex(M) | 0.090 | 0.019 | 4.780
 | 0.000

 | 0.086 | 0.010

 | 8.297 | 0.000 | 0.037
 | 0.016 | 2.288 | 0.022
 |
| | | | | | Age (y) | -0.018
N | 0.003
SEE | -5.102
 | 0.000
adiR2

 | -0.001 | 0.000
SEE

 | -2.124 | 0.034
adiR2 | -0.006
 | 0.001
SEE | -8.814 | 0.000
adiR2
 |
| | | | | | mouer | 345 | 0.137 | 340
 | 0.658

 | 1036 | 0.100

 | 1031 | 0.708 | 621
 | 0.128 | 616 | 0.582
 |
| | | | | | | | |
 |

 | |

 | | |
 | | |
 |
| | | | | | | | |
 |

 | |

 | | |
 | | |
 |
| Activity Expenditure (AEE) | | | | | F 4 | Ju | veniles | s (1 - 2
 | 20y)

 | A | dults (

 | 20 - 60 | y) | Olde
 | er Adu | lts (60 | + y)
 |
| Activity Expenditure (AEE)
Model
7. AFE~Body Mass+Sex+Age | | | | ntercen | Factors | <u>β</u>
-0.481 | veniles
std.err.
0.237 | s (1 - 2
<u>t-value</u>
-2.030
 | 2 0y)
0.043

 | <u>β</u> | dults (
std.err.
0.252

 | 20 - 60
t-value
7.231 | y)
0.000 | Οlde
<u>β</u>
5.835
 | er Adu
std.err.
0.604 | Its (60
<u>t-value</u>
9.663 | + y)
<u>p</u>
0.000
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age | | | | ntercep
Body Ma | Factors
of (MJ/d)
ass (kg) | Ju
<u>β</u>
-0.481
0.032 | veniles
std.err.
0.237
0.005 | t-value
-2.030
6.774
 | 2 0y)
0.043
0.000

 | <u>β</u>
1.822
0.023 | dults (
std.err.
0.252
0.003

 | 20 - 60
<u>t-value</u>
7.231
8.870 | y)
0.000
0.000 | Οlde
<u>β</u>
5.835
0.014
 | er Adu
std.err.
0.604
0.003 | Its (60
<u>t-value</u>
9.663
4.111 | + y)
<u>p</u>
0.000
0.000
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age | | | | ntercep
3ody Ma | Factors
et (MJ/d)
ass (kg)
Sex(M) | Ju
<u>β</u>
-0.481
0.032
0.999 | veniles
std.err.
0.237
0.005
0.152 | <u>t-value</u>
-2.030
6.774
6.581
 | 2 0y)
0.043
0.000
0.000

 | <u>β</u>
1.822
0.023
1.308 | dults (
std.err.
0.252
0.003
0.109

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983 | <u>p</u>
0.000
0.000
0.000 | Οlde
<u>β</u>
5.835
0.014
0.661
 | er Adu
<u>std.err.</u>
0.604
0.003
0.105 | Its (60
<u>t-value</u>
9.663
4.111
6.264 | + y)
<u>p</u>
0.000
0.000
0.000
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age | | | | ntercep
Body Ma | Factors
tt (MJ/d)
ass (kg)
Sex(M)
Age (y) | J ur
<u>β</u>
-0.481
0.032
0.999
0.113 | veniles
std.err.
0.237
0.005
0.152
0.022 | t-value
-2.030
6.774
6.581
5.133
 | 20y)
<u>p</u>
0.043
0.000
0.000
0.000
0.000

 | <u>β</u>
1.822
0.023
1.308
-0.012 | dults (
<u>std.err.</u>
0.252
0.003
0.109
0.006
SEE

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216 | y)
<u>p</u>
0.000
0.000
0.000
0.027
or/iP2 | Olde
<u>β</u>
5.835
0.014
0.661
-0.058
 | er Adu
std.err.
0.604
0.003
0.105
0.007 | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
df | + y)
<u>p</u>
0.000
0.000
0.000
0.000
0.000
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age | | | | ntercep
Body Ma | Factors
ass (kg)
Sex(M)
Age (y)
model | <u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345 | veniles
std.err.
0.237
0.005
0.152
0.022
SEE
1.275 | s (1 - 2
<u>t-value</u>
-2.030
6.774
6.581
5.133
<i>df</i>
341
 | 20y)
<u>p</u>
0.043
0.000
0.000
0.000
adjR2
0.476

 | <u>β</u>
1.822
0.023
1.308
-0.012
<i>N</i>
1036 | dults (
std.err.
0.252
0.003
0.109
0.006
SEE
1.675

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032 | y)
<u>p</u>
0.000
0.000
0.027
adjR2
0.201 | Olde
<u>β</u>
5.835
0.014
0.661
-0.058
<i>N</i>
621
 | er Adu
<u>std.err.</u>
0.604
0.003
0.105
0.007
SEE
1.212 | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617 | + y)
<u>p</u>
0.000
0.000
0.000
adjR2
0.219
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age | | | | ntercep
3ody Ma | Factors
ot (MJ/d)
ass (kg)
Sex(M)
Age (y)
model | Ju
<u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345
<u>β</u> | veniles
std.err.
0.237
0.005
0.152
0.022
SEE
1.275
std.err. | (1 - 2) <u>t-value</u> -2.030 6.774 6.581 5.133 <i>df</i> 341 <u>t-value</u>
 | 20y)
<u>p</u>
0.043
0.000
0.000
0.000
adjR2
0.476
<u>p</u>

 | <u>β</u>
1.822
0.023
1.308
-0.012
<i>N</i>
1036
<u>β</u> | dults (
<u>std.err.</u>
0.252
0.003
0.109
0.006
<u>SEE</u>
1.675
<u>std.err.</u>

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u> | y)
<u>p</u>
0.000
0.000
0.027
adjR2
0.201
<u>p</u> | Olde
<u>β</u>
5.835
0.014
0.661
-0.058
<i>N</i>
621
<u>β</u>
 | er Adu
std.err.
0.604
0.003
0.105
0.007
SEE
1.212
std.err. | t-value
9.663
4.111
6.264
-8.354
df
617
t-value | + y)
<u>p</u>
0.000
0.000
0.000
adjR2
0.219
<u>p</u>
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM) | | | | ntercep
Body Ma | Factors
tt (MJ/d)
ass (kg)
Sex(M)
Age (y)
<i>model</i>
tt (MJ/d) | <u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345
<u>β</u>
-3.330 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 | s (1 - 2
<u>t-value</u>
-2.030
6.774
6.581
5.133
<i>df</i>
341
<u>t-value</u>
-14.447
 | p 0.043 0.000 0.000 0.000 0.000 0.000 0.000 0.000 adjR2 0.476 p 0.000

 | β 1.822 0.023 1.308 -0.012 N 1036 β -4.124 | std.err. 0.252 0.003 0.109 0.006 SEE 1.675 std.err. 0.248

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u>
-16.627 | y)
<u>P</u>
0.000
0.000
0.000
0.027
<i>adjR2</i>
0.201
<u>P</u>
0.000 | Δlde β 5.835 0.014 0.661 -0.058 N 621 β -2.556
 | std.err. 0.604 0.003 0.105 0.007 SEE 1.212 std.err. 0.401 | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617
<u>t-value</u>
-6.381 | + y)
<u>p</u>
0.000
0.000
0.000
adjR2
0.219
<u>p</u>
0.000
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM) | | | In(Fat | ntercep
Body Ma | Factors
t (MJ/d)
ass (kg)
Sex(M)
Age (y)
model
t (MJ/d)
ass; kg) | Ju
<u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345
<u>β</u>
-3.330
1.301 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.032 | s (1 - 2
<u>t-value</u>
-2.030
6.774
6.581
5.133
<i>df</i>
341
<u>t-value</u>
-14.447
15.776
 | D D 0.043 0.000 0.000 0.000 0.000 adjR2 0.476 D 0.000 0.000

 | β 1.822 0.023 1.308 -0.012 N 1036 β -4.124 1.476 | std.err. 0.252 0.003 0.109 0.006 SEE 1.675 std.err. 0.248 0.065

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u>
-16.627
22.614
2.400 | y)
<u>p</u>
0.000
0.000
0.000
0.027
<i>adjR2</i>
0.201
<u>p</u>
0.000
0.000 | β 5.835 0.014 0.661 -0.058 N 621 β -2.556 0.952
 | er Adu
<u>std.err.</u>
0.604
0.003
0.105
0.007
<u>SEE</u>
1.212
<u>std.err.</u>
0.401
0.108
0.007 | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617
<u>t-value</u>
-6.381
8.807
9.605 | + y)
<u>p</u>
0.000
0.000
0.000
<i>adjR2</i>
0.219
<u>p</u>
0.000
0.000
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM) | | | In(Fat | ntercep
Body Ma
ntercep
Free Ma
n(Fat Ma | Factors
tt (MJ/d)
ass (kg)
Sex(M)
Age (y)
model
tt (MJ/d)
ass; kg)
ass; kg) | Ju β -0.481 0.032 0.999 0.113 N 345 β -3.330 1.301 -0.099 N | veniles
std.err.
0.237
0.005
0.152
0.022
SEE
1.275
std.err.
0.231
0.082
0.041
SEE | c (1 - 2
<u>t-value</u>
-2.030
6.774
6.581
5.133
<i>df</i>
341
<u>t-value</u>
-14.447
15.776
-2.414
<i>df</i>
 | 20y)
<u>P</u>
0.043
0.000
0.000
0.000
adjR2
0.476
<u>P</u>
0.000
0.000
0.000
0.016
adjR2

 | β 1.822 0.023 1.308 -0.012 N 1036 β -4.124 1.476 -0.142 | dults (
<u>std.err.</u>
0.252
0.003
0.109
0.006
<u>SEE</u>
1.675
<u>std.err.</u>
0.248
0.065
0.023
<u>SEE</u>

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u>
-16.627
22.614
-6.130
<i>df</i> | y)
<u>p</u>
0.000
0.000
0.000
0.027
<i>adjR2</i>
0.201
<u>p</u>
0.000
0.000
0.000
0.000
<i>adjR2</i> | Οἰde β 5.835 0.014 0.661 -0.058 N 621 β -2.556 0.952 -0.042
 | er Adu
<u>std.err.</u>
0.604
0.003
0.105
0.007
SEE
1.212
<u>std.err.</u>
0.401
0.108
0.062
SEE | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617
<u>t-value</u>
-6.381
8.807
-0.685
<i>df</i> | + y)
<u>P</u>
0.000
0.000
0.000
<i>adjR2</i>
0.219
<u>P</u>
0.000
0.000
0.494
<i>adiR2</i>
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM) | | | In(Fat | ntercep
Body Ma
ntercep
Free Ma
n(Fat Ma | Factors
tt (MU/d)
ass (kg)
Sex(M)
Age (y)
model
tt (MJ/d)
ass; kg)
model | Ju
<u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345
<u>β</u>
-3.330
1.301
-0.099
<i>N</i>
338 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.082 0.041 SEE 0.445 | (1 - 2) I-value -2.030 6.774 6.581 5.133 df 341 I-value -14.447 15.776 -2.414 df 335
 | 20y)
<u>P</u>
0.043
0.000
0.000
0.000
adjR2
0.476
<u>P</u>
0.000
0.000
0.016
adjR2
0.550

 | β 1.822 0.023 1.308 -0.012 N 1036 β -4.124 1.476 -0.142 N 1023 | dults (
<u>std.err.</u>
0.252
0.003
0.109
0.006
<u>SEE</u>
1.675
<u>std.err.</u>
0.248
0.065
0.023
<u>SEE</u>
0.423

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u>
-16.627
22.614
-6.130
<i>df</i>
1020 | P 0.000 0.000 0.000 0.000 0.000 0.0027 adjR2 0.201 P 0.000 0.000 0.000 0.000 0.000 0.000 adjR2 0.333 | Θlde β 5.835 0.014 0.661 -0.058 N 621 β -2.556 0.952 -0.042 N 612
 | er Adu
std.err.
0.604
0.003
0.105
0.007
SEE
1.212
std.err.
0.401
0.108
0.062
SEE
0.546 | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617
<u>t-value</u>
-6.381
8.807
-0.685
<i>df</i>
609 | + y)
<u>P</u>
0.000
0.000
0.000
0.000
<i>adjR2</i>
0.219
<u>P</u>
0.000
0.000
0.494
<i>adjR2</i>
0.116
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM) | | | In(Fat | ntercep
Body Ma
ntercep
Free Ma
n(Fat Ma | Factors
tt (MJ/d)
ass (kg)
Sex(M)
Age (y)
model
tt (MJ/d)
ass; kg)
model | Ju
<u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345
<u>β</u>
-3.330
1.301
-0.099
<i>N</i>
338
<u>β</u> | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.082 0.041 SEE 0.445 | c) (1 - 2)
<u>t-value</u>
-2.030
6.774
6.581
5.133
<i>df</i>
341
<u>t-value</u>
-14.447
15.776
-2.414
<i>df</i>
335
<u>t-value</u>
 | D 0.043 0.000 0.000 0.000 adjR2 0.476 0.000 adjR2 0.000 0.000 adjR2 0.000 0.000 0.000 0.000 0.000 0.000 0.0016 adjR2 0.550

 | β 1.822 0.023 1.308 -0.012 N 1036 β -4.124 1.476 -0.142 N 1023 | dults (
<u>std.err.</u>
0.252
0.003
0.109
0.006
<u>SEE</u>
1.675
<u>std.err.</u>
0.248
0.065
0.023
<u>SEE</u>
0.423
<u>std.err.</u>

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u>
16.627
22.614
-6.130
<i>df</i>
1020
<u>t-value</u> | y)
<u>P</u>
0.000
0.000
0.000
0.027
<i>adjR2</i>
0.201
<u>P</u>
0.000
0.000
0.000
<i>adjR2</i>
0.333
<u>P</u> | Olde β 5.835 0.014 0.661 -0.058 N 621 β -2.556 0.952 -0.042 N 612 β
 | er Adu
std.err.
0.604
0.003
0.105
0.007
SEE
1.212
std.err.
0.401
0.108
0.062
SEE
0.546
std.err. | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617
617
617
617
617
617
617
617 | + y)
<u>P</u>
0.000
0.000
0.000
<i>adjR2</i>
0.219
<u>P</u>
0.000
0.000
0.494
<i>adjR2</i>
0.116
<u>P</u>
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age | | | | ntercep
Body Ma
ntercep
Free Ma
n(Fat Ma | Factors
t (MJ/d)
ass (kg)
Sex(M)
Age (y)
model
t (MJ/d)
t (MJ/d) | Ju
β
-0.481
0.032
0.999
0.113
<i>N</i>
345
β
-3.330
1.301
-0.099
<i>N</i>
338
β
-3.437 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.082 0.041 SEE 0.445 std.err. 0.332 | c (1 - 2
<u>t-value</u>
-2.030
6.774
6.581
5.133
<i>df</i>
341
<u>t-value</u>
-14.447
15.776
-2.414
<i>df</i>
335
<u>t-value</u>
-10.366
 | 20y)
<u>p</u>
0.043
0.000
0.000
0.000
0.476
<u>p</u>
0.000
0.016
adjR2
0.550
<u>p</u>
0.000
0.550

 | β 1.822 0.023 1.308 -0.012 N 6 β -4.124 1.476 -0.142 N 1023 β -5.194 | duits (
<u>std.err.</u>
0.252
0.003
0.109
0.006
<u>SEE</u>
1.675
<u>std.err.</u>
0.248
0.065
0.023
<u>SEE</u>
0.423
<u>std.err.</u>
0.342

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u>
-16.627
22.614
-6.130
<i>df</i>
1020
<u>t-value</u>
-15.187
.1.87 | y)
<u>P</u>
0.000
0.000
0.000
0.007
adjR2
0.201
<u>P</u>
0.000
0.000
0.000
adjR2
0.333
<u>P</u>
0.000 | Olde
β
5.835
0.014
0.661
-0.058
N
621
β
-2.556
0.952
-0.042
N
612
β
0.222
 | er Adu
std.err.
0.604
0.003
0.105
0.007
SEE
1.212
std.err.
0.401
0.108
0.062
SEE
0.546
std.err.
0.625 | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617
<u>t-value</u>
-6.381
8.807
-0.685
<i>df</i>
609
<u>t-value</u>
0.355 | + y)
<u>p</u>
0.000
0.000
0.000
0.000
0.219
<u>p</u>
0.000
0.000
0.494
adjR2
0.116
<u>p</u>
0.723
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age | | | In(Fat | ntercep
Body Ma
ntercep
Free Ma
ntercep
Free Ma
Free Ma | Factors
t (MJ/d)
ass (kg)
Sex(M)
Age (y)
model
t (MJ/d)
ass; kg)
model
t (MJ/d)
ass; kg) | Ju
β
-0.481
0.032
0.999
0.113
N
345
β
-3.330
1.301
-0.099
N
338
β
-3.437
1.349
-0.093 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.082 0.041 SEE 0.445 std.err. 0.332 0.0445 | (1 - 2 <u>t-value</u> -2.030 6.774 6.581 5.133 <i>df</i> 341 <u>t-value</u> -14.447 15.776 -2.414 <i>df</i> 335 <u>t-value</u> -10.366 9.295 -2.097
 | P 0.043 0.000 0.000 0.000 0.000 0.000 adjR2 0.476 P 0.000 0.000 0.000 0.000 0.000 0.000 0.016 adjR2 0.550 P 0.000 0.000 0.000

 | β 1.822 0.023 1.308 -0.012 N 1036 β -4.124 1.476 -0.142 N 1023 β -5.194 1.816 -0.221 | duits (
<u>std.err.</u>
0.252
0.003
0.109
0.006
SEE
1.675
<u>std.err.</u>
0.248
0.065
0.023
<u>SEE</u>
0.423
<u>std.err.</u>
0.342
0.0342
0.002

 | 20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
1032
<u>t-value</u>
-16.627
22.614
-6.130
<i>df</i>
1020
<u>t-value</u>
-15.187
18.079
-7.598 | y)
<u>P</u>
0.000
0.000
0.027
adjR2
0.201
<u>P</u>
0.000
0.000
adjR2
0.333
<u>P</u>
0.000
0.000
0.000
0.000
0.000 | Olde β 5.835 0.014 0.661 -0.058 N 621 β -2.556 0.952 -0.042 N 612 β 0.222 0.674 -0.014
 | er Adu
std.err.
0.604
0.003
0.105
0.007
SEE
1.212
std.err.
0.401
0.108
0.062
SEE
0.546
std.err.
0.625
0.165
0.065 | Its (60
<u>t-value</u>
9.663
4.111
6.264
-8.354
<i>df</i>
617
<u>t-value</u>
-6.381
8.807
-0.685
<i>df</i>
609
<u>t-value</u>
0.355
4.085 | + y)
<u>P</u>
0.000
0.000
0.000
0.000
0.219
<u>P</u>
0.000
0.000
0.494
adjR2
0.116
<u>P</u>
0.723
0.080
 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age | | | In(Fat | ntercep
Body Ma
ntercep
Free Ma
n(Fat Ma
Free Ma
n(Fat Ma | Factors
tt (MJ/d)
ass (kg)
Sex(M)
Age (y)
model
tt (MJ/d)
ass; kg)
model
tt (MJ/d)
ass; kg)
ass; kg)
Sex(M) | Ju
<u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345
<u>β</u>
-3.330
1.301
-0.099
<i>N</i>
338
<u>β</u>
-3.437
1.349
-0.093
0.006 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.042 0.041 SEE 0.231 0.041 SEE 0.445 std.err. 0.332 0.145 0.044 | (1 - 2) E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E
(1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" <="" th=""><th>20y)
<u>p</u>
0.043
0.000
0.000
0.000
<i>adjR2</i>
0.476
<u>p</u>
0.000
0.000
0.016
<i>adjR2</i>
0.550
<u>p</u>
0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000</th><th>Α β 1.822 0.023 1.308 -0.012 N 1036 β -4.124 1.476 -0.142 N 1023 β -5.194 1.816 -0.221</th><th>duits (
<u>std.err.</u>
0.252
0.003
0.109
0.006
<u>SEE</u>
1.675
<u>std.err.</u>
0.248
0.063
<u>SEE</u>
0.423
<u>std.err.</u>
0.342
0.100
0.029
0.044</th><th>20 - 60
<u>t-value</u>
7.231
8.870
11.983
-2.216
<i>df</i>
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<u>t-value</u>
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<i>df</i>
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<u>t-value</u>
-15.187
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-4.480</th><th>y)
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<u>t-value</u>
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<u>t-value</u>
0.355
4.088
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1.181</th><th>+ y)
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 | 20 - 60
<u>t-value</u>
7.231
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 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age | | | In(Fat | ntercep
Body Ma
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Free Ma
(Fat Ma
Free Ma
(Fat Ma | Factors
tt (MJ/d)
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Sex(M)
Age (y)
model
tt (MJ/d)
ass; kg)
model
tt (MJ/d)
ass; kg)
ass; kg)
Sex(M)
Age (y) | β -0.481 0.032 0.999 0.113 N 345 β -3.330 1.301 -0.099 N 338 β -3.437 1.349 -0.093 0.006 -0.005 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.042 0.041 SEE 0.231 0.041 SEE 0.445 std.err. 0.332 0.145 0.044 0.064 | (1 - 2) E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -=""
2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<="" p=""> E (1 - 2) <pe (1="" -="" 2)<="" p=""> <pe (1="" -="" 2)<<="" th=""><th>P 0.043 0.000 0.000 0.000 0.000 adjR2 0.476 P 0.000 0.000 0.000 adjR2 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.037 0.928 0.636</th><th>β 1.822 0.023 1.308 -0.012 N 1036 B -4.124 1.476 -0.142 N 1023 β -5.194 1.816 -0.221 -0.198</th><th>duits (
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<u>std.err.</u>
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0.001</th><th>20 - 60
<u>I-value</u>
7.231
8.870
11.983
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<i>df</i>
1032
<u>I-value</u>
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<i>df</i>
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6.264
-8.354
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617</th><th>+ y)
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<i>adjR2</i>
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<u>I-value</u>
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 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age | | | In(Fat | ntercep
Body Ma
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Free Ma
(Fat Ma | Factors
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ass (kg)
Sex(M)
Age (y)
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tt (MJ/d)
ass; kg)
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tt (MJ/d)
ass; kg)
ass; kg)
Sex(M)
Age (y)
model | Ju
<u>β</u>
-0.481
0.032
0.999
0.113
<i>N</i>
345
<u>β</u>
-3.330
1.301
-0.099
<i>N</i>
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<u>β</u>
-3.437
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-0.093
0.0065
<i>N</i> | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.082 0.041 SEE 0.445 0.445 0.445 0.445 0.445 0.044 0.064 0.0041 | s (1 - 2
<u>t-value</u>
-2.030
6.774
6.581
5.133
<i>df</i>
341
<u>t-value</u>
-14.447
15.776
-2.414
<i>df</i>
335
<u>t-value</u>
-10.366
9.295
-2.097
0.090
0.0474
<i>df</i>
 | B E 0.043 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.476 E 0.000 0.000 0.0016 adjR2 0.550 E 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.0037 0.928 0.636 adjR2 0.636

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| Activity Expenditure (AEE)
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9. In(AEE)~In(FFM)+In(FM)+Sex+Age | | | In(Fat | ntercep
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338 | std.err. 0.237 0.005 0.152 0.022 SEE 1.275 std.err. 0.231 0.082 0.041 SEE 0.445 0.445 0.445 0.445 0.044 0.064 0.0041 SEE 0.145 0.445 0.041 | 5 (1 - 2
<u>I-value</u>
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<u>I-value</u>
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 | std.err. 0.604 0.003 0.105 0.007 SEE 1.212 std.err. 0.602 0.546 0.546 0.625 0.626 0.627 0.003 SEE 0.521 | Its (60
<u>t-value</u>
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 |
| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
PAL (TEE/BEE) | | | In(Fat | ntercep
Body Ma
ntercep
Free Ma
n(Fat Ma
Free Ma
ntercep
Free Ma | Factors
tt (MJ/d)
ass (kg)
Sex(M)
Age (y)
model
tt (MJ/d)
ass; kg)
model
tt (MJ/d)
ass; kg)
ass; kg)
Sex(M)
Age (y)
model | Ju
β
-0.481
0.032
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N
345
β
-3.330
1.301
-0.099
N
338
β
-3.437
1.349
-0.093
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-0.005
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veniles | (1 - 2 I-value -2.030 6.774 6.581 5.133 <i>df</i> 341 I-value -14.447 15.776 -2.414 <i>df</i> 335 I-value -10.366 9.295 -2.097 0.090 -0.474 <i>df</i> 333 6 (1 - 2
 | D D 0.043 0.043 0.043 0.000 0.000 0.000 0.002 adjR2 0.476 D D 0.001 0.000 0.000 0.0016 adjR2 0.550 D D 0.000 0.000 0.0037 0.928 0.636 adjR2 0.547 OS47 OS47

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<u>I-value</u>
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-6.381
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| Activity Expenditure (AEE)
Model
7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
PAL (TEE/BEE)
Model | | | In(Fat | ntercep
Sody Ma
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Free Ma
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Free Ma
(Fat Ma | Factors
Factors
Sex(M)
Age (y)
model
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ass; kg)
model
tt (MJ/d)
ass; kg)
ass; kg)
Sex(M)
Age (y)
model
Factors | Ju
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-0.481
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8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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10. PAL~Body Mass+Sex+Age | | | In(Fat | ntercep
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9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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10. PAL~Body Mass+Sex+Age
11. PAL~In(FFM)+In(FM) | | | In(Fat | Intercep
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9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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10. PAL~Body Mass+Sex+Age
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| Activity Expenditure (AEE)
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8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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Model
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| Activity Expenditure (AEE)
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7. AEE~Body Mass+Sex+Age
8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
PAL (TEE/BEE)
Model
10. PAL~Body Mass+Sex+Age
11. PAL~In(FFM)+In(FM)
12. PAL~In(FFM)+In(FM)+Sex+Age | | | In(Fat | ntercep
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8. In(AEE)~In(FFM)+In(FM)
9. In(AEE)~In(FFM)+In(FM)+Sex+Age
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Model
10. PAL~Body Mass+Sex+Age
11. PAL~In(FFM)+In(FM)
12. PAL~In(FFM)+In(FM)+Sex+Age | | | In(Fat
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| Activity Expenditure (AEE)
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7. AEE~Body Mass+Sex+Age
8. ln(AEE)~ln(FFM)+ln(FM)
9. ln(AEE)~ln(FFM)+ln(FM)+Sex+Age
PAL (TEE/BEE)
Model
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11. PAL~ln(FFM)+ln(FM)
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10. PAL~Body Mass+Sex+Age
11. PAL~In(FFM)+In(FM)
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		Adjust	ed TE	E - Fer	nale & I	Male	Cohor	ts			1	Adjus	ted BE	E and A	Adjuste	d BE	ETEE			
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Cohort	F	М	F	М	mean	sd	mean	sd	F	М	F	М	mean	sd	mean	sd	mean	sd	mean	sd
(0,0.5]	103	93	0.2	0.2	120.0	23.2	118.4	23.2	22 (1	11)*	0.	2		100.47	33.89		6	36.03	28.9	
(0.5,1]	18	23	0.7	0.7	139.8	17.0	145.5	25.7	20 (8	8)*	0.	9		142.89	11.62		1:	15.47	9.2	
(1,2]	33	35	1.7	1.6	147.4	23.9	148.2	21.6	18 (8	6)*	1.	6		142.02	13.52		1:	11.94	9.6	
(2,4]	54	48	3.8	3.8	147.0	13.4	150.3	19.6	3	1	3.8	4.0	150.2	6.0	144.3	NA	108.6	7.4	100.7	NA
(4,6]	99	121	5.3	5.3	142.5	14.0	148.2	18.5	9	5	5.7	5.4	156.4	26.3	158.8	30.9	110.1	19.9	108.1	19.9
(6,8]	42	42	7.0	7.2	139.2	16.7	143.2	13.6	18	12	7.2	7.4	136.9	25.8	141.9	21.8	94.6	17.7	94.6	15.1
(8,10]	79	75	9.1	9.1	132.8	19.2	140.2	18.7	22	16	9.2	9.5	130.0	23.4	137.3	21.8	87.2	15.2	88.8	14.2
(10,12]	68	34	11.1	11.0	122.0	23.4	133.4	16.3	5	5	11.1	11.1	128.3	19.9	126.3	21.2	82.6	12.3	81.8	15.0
(12,16]	229	128	14.4	14.5	113.1	22.9	118.9	21.4	18	16	14.4	13.9	103.1	18.6	130.0	23.3	64.9	12.2	82.4	15.7
(16,20]	209	103	18.3	18.4	107.1	14.4	113.3	17.1	155	148	18.5	18.9	97.5	12.9	109.3	7.5	60.2	8.1	62.9	5.3
(20,25]	252	123	23.2	23.5	100.6	15.5	106.7	21.9	135	116	23.4	23.8	98.3	10.5	99.6	8.1	60.6	7.1	57.0	5.2
(25,30]	280	182	27.8	28.0	100.5	15.3	102.0	21.2	115	104	27.9	27.9	100.8	11.5	104.0	13.4	62.5	7.8	59.6	8.3
(30,35]	235	146	33.0	32.8	100.0	11.9	100.7	16.5	96	94	33.2	33.1	98.7	9.7	103.3	10.4	60.9	6.3	59.7	7.0
(35,40]	231	165	38.0	38.0	100.0	11.9	102.3	16.3	112	110	38.1	38.2	99.7	10.2	101.6	11.7	61.4	6.9	59.1	7.2
(40,45]	301	165	42.8	42.9	101.3	12.6	100.8	13.2	100	96	42.9	42.6	99.8	10.4	102.9	9.1	61.6	6.9	59.7	6.1
(45,50]	171	144	47.4	47.8	102.0	12.4	100.5	14.3	42	41	47.3	48.1	99.0	14.7	108.1	14.6	61.4	9.6	62.7	8.9
(50,55]	105	93	52.8	52.6	100.5	11.4	100.8	13.2	33	33	53.1	53.4	96.1	9.1	103.1	9.2	59.8	5.5	60.3	5.9
(55,60]	111	76	58.2	57.8	102.2	11.7	102.9	20.0	23	23	58.1	57.5	100.3	9.5	100.0	7.1	62.5	6.1	57.9	4.5
(60,65]	252	90	63.2	63.2	98.8	12.4	99.8	15.3	23	21	62.4	63.1	99.5	12.8	99.2	8.5	62.6	8.3	58.3	5.2
(65,70]	387	90	68.0	68.0	97.6	10.9	94.4	11.1	40	40	68.0	68.7	91.0	8.6	95.2	7.6	56.9	5.9	56.4	4.8
(70,80]	681	232	75.1	75.4	93.9	12.1	90.6	14.6	188	173	75.2	75.4	86.8	9.9	86.4	12.9	55.2	6.6	51.5	8.0
(80,90]	149	66	83.6	84.2	87.6	12.2	82.8	13.0	47	38	84.1	84.0	86.5	16.0	78.6	10.8	55.3	10.8	47.6	6.8
(90, 100]	22	8	94.4	94.0	73.2	12.4	76.0	9.6	14	5	94.9	94.0	91.2	19.1	94.8	14.6	57.1	12.9	57.3	8.6

Table S3. Adjusted total expenditure (TEE), Adjusted basal expenditure (BEE), and Adjusted BEE_{TEE}. *Infant data from the literature, males and females pooled. N values for infant BEE (0 to 2 years) indicate number of entries and (number of individuals).

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898 Table S4. Segmented Regression Analyses

adjTEE	Segme	nts			Break Poir	nts	
	beta	SE	CI_lower	Cl_upper	Estimate	CI_lower	Cl_upper
	84.70	7.15	70.69	98.71	0.69	0.61	0.76
	-2.77 0.07		-2.91	-2.63	20.46	19.77	21.15
	-0.02	0.02	-0.07	0.03	62.99	60.13	65.85
	-0.68	0.06	-0.79	-0.57			
adjBEE	Segme	nts			Break Poir	nts	
	beta	SE	CI_lower	Cl_upper	Estimate	CI_lower	Cl_upper
	75.51	5.59	64.55	86.46	1.04	0.94	1.14
	75.51 -3.75	5.59 0.22	64.55 -4.17	86.46 -3.33	1.04 18.00	0.94 16.82	1.14 19.18
	75.51 -3.75 0.02	5.59 0.22 0.05	64.55 -4.17 -0.07	86.46 -3.33 0.12	1.04 18.00 46.46	0.94 16.82 40.57	1.14 19.18 52.35

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