Abbreviations:

ASIS	Anterior superior iliac spine (bony landmark)
AT	Adipose tissue
B-mode US	Brightness mode ultrasound (diagnostic ultrasound)
CT	Computed tomography
E	Excluded: index indicates that the fibrous structures embedded in the SAT are not included in the thickness value
I	Included: index indicates that the fibrous structures are included
MRI	Magnetic resonance imaging
ROI	Region of interest
SAT	Subcutaneous adipose tissue
SUM	Standardised (B-Mode) Ultrasound Measurement of SAT
US	Ultrasound
VAT	Visceral adipose tissue
WHO	World Health Organisation

Nomenclature of participant groups:

F	Female participant
M	Male participant

SUM measurement sites:

UA	(1)	Upper abdomen
LA	(2)	Lower abdomen
FT	(3)	Front thigh
LT	(4)	Lateral thigh
MC	(5)	Medial calf
ES	(6)	Erector spinae
DT	(7)	Distal triceps
BR	(8)	Brachioradialis

Variables, indices, parameters, and symbols:

a	Arm span [m]
a/h	Arm span-to-stature ratio (sometimes also termed 'ape index')
A_B	Cross sectional area at biceps (at maximum girth of tensed biceps)
A_C	Cross sectional area at
A_T	Cross sectional area of the thigh (measured at FT)
B	Biceps girth
BMI	Body mass index: $BMI = m/h^2$ [kgm^{-2}]
C	Calf girth (at the site MC)
c_{SAT}	Speed of sound in SAT
c_{SKIN}	Speed of sound in skin
D	Sum of SAT-thicknesses of the eight sites [mm]
D_I	Sum of SAT-thicknesses with embedded fasciae included [mm]
D_E	Sum of SAT-thicknesses with embedded fasciae excluded [mm]
d	SAT thickness at a given measurement site [mm] (median of typically 50 to 200 distances measured by SUM within the ROI),
d_F	Thickness of fasciae embedded in the SAT at a given site, in [mm]
D_F	Sum of fascia thicknesses at the eight sites: $D_F=D_I-D_E$, [mm]
$D_{F,\%}$	$D_{F,\%}=100\cdot(D_I-D_E)/D_I$, in [%]
D_{SKIN}	Sum of skin-thicknesses from the eight sites [mm]

$d_{8,mean}$	Mean SAT thickness of the eight sites: $d_{8,mean}=D/8$ [mm]	
$d_{8,mean,corr}$	$d_{8,mean}=\alpha \cdot d_{8,mean}$ [mm]; α: SAT-depot-sites correction factor [Störchle2018]	
d_{SKIN}	Skin thickness at a given measurement site	
d_{UA}, d_{LA},…	SAT thicknesses at the eight measurement sites (UA, LA, …, BR)	
Δ	Difference to another value	
h	Stature [m]	
k	Body shape weighting exponent (used to define the MI-equation)	
l	leg length *l* [m]: distance from floor to the bony landmark ASIS	
*l**	leg length *l** : calculated as *l*=h-s* [m]	
m	Body mass [kg]	
m_{SAT}	SAT-mass [kg]	
$m_{SAT,\%}$	SAT-mass in percent of *m*	
MI	Mass index $MI = S_R\, m/(hs)$ [kgm^{-2}]; notation: $MI \equiv MI_1$	[Müller2025]
MI_L	Mass index $MI_L = ml/(S_L h^3)$ [kgm^{-2}];	[Müller2025]
MI_{L*}	Mass index $MI_{L*} = ml/(S_{L*} h^3)$ [kgm^{-2}];	[Müller2025]
ρ	density (of SAT: ρ_{SAT})	
s	Sitting height [m]	
S	sitting height index (Cormic index): *S=s/h*,	
S_R	Reference value of *S*; $S_{R,M}$=0.525, $S_{R,F}$=0.530	[Müller 2024]
Σ	Sum of values	
T	Thigh girth (measured at FT)	
U	Upper body girth (underneath the armpit, at mid-tidal expiration)	
W	Waist girth	
W/h	Waist-to-stature ratio	

Statistics:

ABS	Absolute value of a number
LOA	Limit of agreement
MEAN	Mean value
N	Number of values; number of participants in a group
p%	Percentile, p50%=MEDIAN
R^2	Coefficient of determination
ρ	Spearman's rank-order correlation coefficient (Spearman's rho)
SD	Standard deviation
SEE	Standard error of estimate

Note: In Excel-tables of NISOS-BCA software exports, indices are indicated by an underscore ("_")