Supplementary Table 1. Demographic, anthropometric, metabolic, liver, and CV features of hypertensive MASLD patients according to the SMI tertile.

Variables	Hypertensive lowest tertile (N=121)	Hypertensive middle tertile (N=113)	Hypertensive highest tertile (N=118)	Overall p value	Highest vs Lowest	Highest vs Middle	Middle vs Lowest
Demographic and Anthropometric features							
Age, years	59±10	57±9	55±9	**0.005**	**0.007**	0.17	0.19
Sex male/female, N (%)	64/57 (53/47)	56/57 (50/50)	64/54 (54/46)	0.77	0.66	0.51	0.69
Alcohol, gr/day				0.48	0.86	0.20	0.34
>Abstainers, N (%)	70 (58)	76 (67)	74 (63)				
>Low, N (%)	39 (32)	31 (28)	31 (26)				
>MetALD, N (%)	12 (10)	6 (5)	13 (11)				
Active smokers, N (%)	19 (16)	14 (12)	19 (16)	0.80	0.12	0.76	0.48
Mean BMI, kg/m2	27.4±3.9	30.9±4.1	35.3±5.0	**<0.001**	**<0.001**	**<0.001**	**<0.001**
>Overweight, N (%)	65 (54)	43 (38)	19 (16)	**<0.001**	**<0.001**	**0.0002**	**0.02**
>Obesity, N (%)	26 (21)	64 (57)	97 (82)	**<0.001**	**<0.001**	**<0.001**	**<0.001**
Mean WC, cm	101±11	107±12	114±13	**<0.001**	**<0.001**	**<0.001**	**0.0003**
>WC>94/80 cm in M/W, N (%)	105 (87)	106 (94)	116 (98)	**0.005**	**0.005**	0.17	0.11
>WC>102/88 cm in M/W, N (%)	79 (65)	90 (80)	105 (89)	**<0.001**	**<0.001**	0.09	**0.01**
Physical activity				0.78	0.32	0.85	1.00
>Inactive, N (%)	74 (61)	69 (61)	74 (63)				
>Regular activity, N (%)	47 (39)	44 (39)	44 (37)				
Metabolic Comorbidities							
Number of hypertensive drugs	8 (7)	10 (9)	12 (10)	0.83	**0.03**	0.61	0.91
>0, N (%)	56 (46)	50 (44)	41 (35)				
>1, N (%)	45 (37)	38 (34)	54 (46)				
>2, N (%)	12 (10)	15 (13)	11 (9)				
>3 or more, N (%)							
T2DM, N (%)	41 (34)	42 (37)	60 (51)	**0.02**	**0.002**	**0.04**	0.68
Dyslipidemia, N (%)	81 (67)	62 (55)	67 (57)	0.20	0.06	0.89	0.12
Laboratory data							
Fasting glucose, mg/dL	105±20	104±27	111±31	0.40	0.11	0.09	0.87
HOMA-IR >2.5, N (%)*	35 (57)	51 (82)	45 (85)	**0.001**	**<0.001**	0.80	**0.003**
ALT, UI/L	34[21-50]	43[27-59]	42[27-65]	**0.004**	**0.004**	0.85	**0.005**
	42 (35)	60 (53)	59 (50)	**0.02**	**<0.001**	0.68	**0.01**

>Increased ALT, N (%)							
AST, UI/L >Increased AST, N (%)	27[21-34] 22 (18)	31[25-40] 29 (26)	30[23-42] 31 (26)	**0.02** 0.25	**0.03** **0.03**	0.70 1.00	**0.01** 0.18
GGT, UI/L >Increased GGT, N (%)	38[23-61] 41 (34)	42[24-74] 51 (45)	38[27-75] 46 (39)	0.34 0.29	0.29 0.77	0.83 0.47	0.15 0.15
Ferritin**,ng/mL >Increased ferritin, N (%)	136[84-374] 25 (32)	214[80-421] 31 (42)	146[71-310] 16 (25)	0.33 0.11	0.60 0.05	0.16 **0.04**	0.29 0.24
Triglycerides, mg/dL	137[97-180]	121[93-172]	139[103-194]	0.18	0.32	0.06	0.43
LDL, mg/dL	112±44	108±43	108±46	0.93	0.59	0.97	0.63
HDL, mg/dL	50±14	50±15	47±13	0.10	0.07	0.10	0.92
Liver Features							
US steatosis degree >1, N (%) >2, N (%) >3, N (%)	 46 (38) 54 (45) 21 (17)	 31 (28) 49 (44) 32 (28)	 38 (32) 44 (37) 36 (31)	0.11	**0.0003**	0.59	0.07
CAP, dB/m	300±55	308±45	324±45	**0.006**	**0.001**	**0.03**	0.28
CAP degree >Moderate, N (%) >Severe, N (%)	 12 (10) 83 (69)	 12 (11) 80 (71)	 8 (7) 97 (82)	 0.67 0.11	 0.24 **0.003**	 0.43 0.10	 1.00 0.87
LSM, kPa >LSM≥8kPa, N (%)	5.2[4.1-7.2] 25 (21)	6.7[4.9-9.7] 38 (34)	6.7[5.4-9.95] 50 (42)	**<0.001** **0.003**	**<0.001** **<0.001**	0.27 0.26	**0.001** **0.04**
Liver fibrosis at histology >MASH, N (%) >F 0-1, N (%) >F 2, N (%) >F 3, N (%)	 10(48) 10(36) 8(29) 10(35)	 16 (53) 15 (35) 10 (23) 18 (42)	 20 (57) 24 (44) 12 (22) 18 (34)	0.43 0.79	**0.01** **0.03**	0.41 0.81	0.47 0.78
CV Features							
cIMT≥0.9 mm, N (%)***	30 (34)	11 (17)	13 (25)	**0.04**	0.18	0.48	**0.02**
Carotid plaques, N (%)***	54 (52)	40 (46)	33 (42)	0.15	**0.04**	0.53	0.25
Mean cfPWV, m/sec >Increased cfPWV, N (%)****	8.6±2.1 27 (24)	8.1±1.8 16 (12)	7.8±1.7 13 (9)	0.32 **0.03**	0.12 0.05	0.71 0.73	0.19 0.10
Mean EFT, mm**** >EFT ≥9.5/7.5 mm in M/W, N (%) >EFT≥5.2 mm, N(%)	7.5±2.7 21 (27) 68 (87)	7.8±2.8 26 (42) 51 (82)	8.4±2.4 19 (39) 46 (94)	**0.04** 0.15 0.19	0.09 0.17 0.37	0.26 0.85 0.09	0.57 0.07 0.48

CV risk categories >Low, N (%) >High, N (%) >Very high, N (%)	 15 (12) 79 (65) 27 (23)	 21 (18) 76 (68) 16 (14)	 15 (12) 76 (65) 27 (23)	0.33	0.99	0.18	0.16
Previous CV events, N (%)	8 (7)	8 (7)	5 (4)	0.49	0.33	0.36	0.53
Genetic polymorphisms							
PNPLA3 CG/GG, N(%)	30 (63)	35 (65)	33 (58)	0.75	0.69	0.56	0.84
TM6SF2 CT/TT, N(%)	1 (2)	10 (19)	11 (20)	**0.03**	**0.01**	1.00	**0.02**
MBOAT7 CT/TT, N(%)	30 (73)	41 (76)	41 (75)	0.95	1.00	1.00	0.81
GCKR CT/TT, N(%)	25 (93)	27 (84)	22 (85)	0.58	0.42	1.00	0.44
HSD17B13 TTA/TATA, N(%)	11 (28)	16 (31)	17 (31)	0.90	0.82	1.00	0.82

*Data available in 176 patients. **Data available in 216 patients. ***Data available in 268 patients.
****Data available in 189 patients.
Numbers in bold represent statistical significance.
Abbreviations: ALT: alanine aminotransferase; AST: aspartate aminotransferase; BMI: body mass index; CAP: controlled attenuation parameter; cfPWV: carotid-femoral pulse wave velocity; cIMT: carotid intima-media thickness; CV: cardiovascular; EFT: epicardial fat thickness; GGT: gamma-glutamyl transferase; HDL: high density lipoprotein; HOMA-IR: homeostatic model assessment for insulin resistance; LDL: low density lipoprotein; LSM: liver stiffness measurement; MASH: metabolic-dysfunction associated steatohepatitis; MASLD: metabolic-dysfunction associated steatotic liver disease; MetALD: metabolic alcohol-associated liver disease; T2DM: type 2 diabetes mellitus; US: ultrasound; WC: waist circumference.

Supplementary Table 2. Demographic, anthropometric, metabolic, liver, and CV features of diabetic MASLD patients according to the SMI tertile.

Variables	Diabetic lowest tertile (N=61)	Diabetic middle tertile (N=62)	Diabetic highest tertile (N=89)	Overall p value	Highest vs Lowest	Highest vs Middle	Middle vs Lowest
Demographic and Anthropometric features							
Age, years	59±12	58±9	54±10	**0.008**	**0.01**	**0.02**	0.85
Sex male/female, N (%)	34/27 (56/44)	34/28 (55/45)	51/38 (57/43)	0.95	0.87	0.87	1.00
Alcohol, gr/day >Abstainers, N (%) >Low, N (%) >MetALD, N (%)	 44 (72) 15 (24) 2 (4)	 47 (76) 12 (19) 3 (5)	 61 (69) 19 (21) 9 (10)	0.91	0.57	0.75	0.71
Active smokers, N (%)	8 (13)	6 (9)	19 (21)	0.21	0.76	0.09	0.13
Mean BMI, kg/m2 >Overweight, N (%) >Obesity, N (%)	28.3±4.7 29 (48) 17 (28)	31.3±4.3 20 (32) 37 (60)	35.8±5.0 13 (15) 76 (85)	**<0.001** **<0.001** **<0.001**	**<0.001** **<0.001** **<0.001**	**<0.001** **0.02** **0.001**	**0.001** 0.09 **0.001**
Mean WC, cm >WC>94/80 cm in M/W, N (%) >WC>102/88 cm in M/W, N (%)	103±13 52 (86) 40 (66)	108±13 60 (97) 47 (76)	116±13 89 (100) 80 (90)	**<0.001** **0.001** **0.003**	**<0.001** **0.001** **0.001**	**0.0002** 0.18 **0.04**	0.06 **0.04** 0.30
Physical activity >Inactive, N (%) >Regular activity, N (%)	 32 (52) 29 (48)	 40 (64) 22 (36)	 64 (72) 25 (28)	0.09	0.14	0.72	0.50
Metabolic Comorbidities							
Number of antidiabetic drugs >0, N (%) >1, N (%) >2, N (%) >3 or more, N (%)	 9 (15) 27 (45) 12 (19) 13 (21)	 7 (11) 24 (38) 16 (26) 15 (25)	 11 (12) 29 (33) 22 (25) 27 (30)	0.87	0.61	0.91	0.26
Hypertension, N (%)	41 (67)	42 (68)	60 (67)	0.99	1.00	1.00	1.00
Dyslipidemia, N (%)	40 (65)	35 (56)	55 (62)	0.62	0.71	0.58	0.43
Laboratory data							
Fasting glucose, mg/dL	125±20	132±31	132±39	0.90	0.34	0.95	0.43
ALT, UI/L	37 [22-64]	41 [25-73]	44 [29-72]	0.36	0.17	0.48	0.40

>Increased ALT, N (%)	27 (44)	30 (48)	51 (57)	0.27	0.13	0.31	0.72
AST, UI/L	31 [23-40]	32 [25-50]	33 [23-43]	0.53	0.74	0.39	0.29
>Increased AST, N (%)	16 (26)	23 (37)	28 (32)	0.41	0.57	0.59	0.23
GGT, UI/L	41 [27-86]	54 [34-114]	51 [28-98]	0.36	0.59	0.34	0.16
>Increased GGT, N (%)	26 (42)	34 (55)	45 (51)	0.36	0.39	0.61	0.19
Ferritin*, ng/mL	103[40-313]	154[58-334]	116[63-289]	0.52	0.75	0.43	0.27
>Increased ferritin, N (%)	18 (19)	25 (33)	21 (24)	0.27	0.61	0.36	0.15
Triglycerides, mg/dL	136[99-178]	143[100-239]	132[106-207]	0.48	0.39	0.71	0.23
LDL, mg/dL	99±39	97±37	97±31	0.97	0.86	0.92	0.81
HDL, mg/dL	47±14	44±13	45±13	0.40	0.28	0.70	0.18
Liver Features							
US steatosis degree				0.48	0.08	0.73	0.25
>1, N (%)	21 (35)	18 (28)	20 (22)				
>2, N (%)	24 (39)	22 (36)	36 (41)				
>3, N (%)	16 (26)	22 (36)	33 (37)				
CAP, dB/m	301±61	322±39	329±44	**0.02**	**0.003**	0.46	**0.03**
CAP degree							
>Moderate, N (%)	7 (12)	4 (6)	2 (2)	0.11	0.05	0.33	0.49
>Severe, N (%)	42 (69)	54 (87)	79 (89)	**0.01**	**0.02**	0.77	0.05
LSM, kPa	7 [4.9-11.4]	8 [6-12]	8.4 [5.8-10.8]	0.21	0.19	0.60	0.09
>LSM≥8kPa, N (%)	24 (40)	32 (51)	48 (54)	0.23	0.12	0.74	0.27
Liver fibrosis at histology				0.43 0.21	0.82 0.13	0.46 0.39	0.67 0.53
>MASH, N (%)	8 (44)	12 (57)	21 (70)				
>F 0-1, N (%)	5 (24)	7 (26)	12 (26)				
>F 2, N (%)	7 (33)	4 (14)	13 (28)				
>F 3, N (%)	9 (43)	17 (60)	21 (46)				
CV Features							
cIMT≥0.9 mm, N (%)**	21 (48)	3 (20)	9 (38)	0.22	0.56	0.31	0.10
Carotid plaques, N (%)**	33 (61)	17 (65)	24 (46)	0.20	0.20	0.15	0.80
Mean cfPWV, m/sec	8.7±1.8	8.2±2.2	8.5±3.1	0.45	0.84	0.69	0.54
>Increased cfPWV, N (%)***	15 (24)	12 (14)	13 (18)	0.78	0.71	1.00	0.68
Mean EFT, mm***	7.7±3.1	7.1±2.2	8.4±2.5	0.27	0.34	0.12	0.50
>EFT ≥9.5/7.5 mm in M/W, N (%)	6 (29)	5 (33)	12 (52)	0.24	0.14	0.33	0.89
>EFT≥5.2 mm, N(%)	17 (81)	12 (80)	22 (96)	0.25	0.18	0.28	1.00

CV risk categories >Low, N (%) >High, N (%) >Very high, N (%)	 1 (2) 48 (79) 12 (19)	 1 (2) 53 (85) 8 (13)	 3 (3) 67 (75) 19 (22)	0.62	0.77	0.31	0.35
Previous CV events, N (%)	1 (2)	3 (5)	4 (4)	0.76	0.74	1.00	0.59
Genetic polymorphisms							
PNPLA3 CG/GG, N(%)	13 (72)	15 (71)	23 (53)	0.23	0.25	0.19	1.00
TM6SF2 CT/TT, N(%)	0 (0)	5 (24)	4 (9)	0.06	0.31	0.15	0.05
MBOAT7 CT/TT, N(%)	14 (82)	16 (76)	30 (71)	0.67	0.52	0.77	0.71
GCKR CT/TT, N(%)	9 (100)	6 (75)	11 (85)	0.31	0.49	0.62	0.21
HSD17B13 TTA/TATA, N(%)	5 (29)	6 (30)	13 (33)	0.97	1.00	1.00	1.00

*Data available in 134 patients. **Data available in 116 patients. ***Data available in 59 patients.
Numbers in bold represent statistical significance.
Abbreviations: ALT: alanine aminotransferase; AST: aspartate aminotransferase; BMI: body mass index; CAP: controlled attenuation parameter; cfPWV: carotid-femoral pulse wave velocity; cIMT: carotid intima-media thickness; CV: cardiovascular; EFT: epicardial fat thickness; GGT: gamma-glutamyl transferase; HDL: high density lipoprotein; LDL: low density lipoprotein; LSM: liver stiffness measurement; MASH: metabolic-dysfunction associated steatohepatitis; MASLD: metabolic-dysfunction associated steatotic liver disease; MetALD: metabolic alcohol-associated liver disease; US: ultrasound; WC: waist circumference.

Supplementary Table 3. Demographic, anthropometric, metabolic, liver, and CV features of non-diabetic MASLD patients according to the SMI tertile.

Variables	Non-diabetic lowest tertile (N=226)	Non-diabetic middle tertile (N=221)	Non-diabetic highest tertile (N=182)	Overall p value	Highest vs Lowest	Highest vs Middle	Middle vs Lowest
Demographic and Anthropometric features							
Age, years	52±11	49±12	45±13	**<0.001**	**<0.001**	**0.002**	**0.002**
Sex male/female, N (%)	140/86 (62/38)	149/72 (67/33)	119/63 (66/34)	0.47	0.54	0.67	0.24
Alcohol, gr/day >Abstainers, N (%) >Low, N (%) >MetALD, N (%)	 118 (52) 90 (40) 18 (8)	 124 (56) 86 (39) 11 (5)	 96 (53) 71 (39) 15 (8)	0.76	0.80	0.55	0.63
Active smokers, N (%)	41 (18)	35 (16)	40 (22)	0.44	0.26	0.28	0.74
Mean BMI, kg/m2 >Overweight, N (%) >Obesity, N (%)	26.7±2.8 146 (65) 25 (11)	29.2±3.5 123 (56) 81 (37)	32.6±4.9 51 (28) 125 (69)	**<0.001** **<0.001** **<0.001**	**<0.001** **<0.001** **<0.001**	**<0.001** **<0.001** **<0.001**	**<0.001** 0.07 **<0.001**
Mean WC, cm >WC>94/80 cm in M/W, N (%) >WC>102/88 cm in M/W, N (%)	99±9 197 (87) 115 (51)	103±9 190 (86) 137 (62)	108±12 166 (91) 133 (73)	**<0.001** 0.27 **<0.001**	**<0.001** 0.20 **<0.001**	**<0.001** 0.15 **0.03**	**<0.001** 1.00 **0.02**
Physical activity >Inactive, N (%) >Regular activity, N (%)	97 (43)	104 (47)	73 (40)	0.58	0.72	0.33	0.51
Metabolic Comorbidities							
Hypertension, N (%)	80 (35)	71 (32)	58 (32)	0.69	0.46	1.00	0.49
Dyslipidemia, N (%)	122 (54)	95 (43)	75 (41)	**0.03**	**0.02**	0.82	**0.03**
Laboratory data							
Fasting glucose, mg/dL	96±13	93±13	94±13	**0.02**	0.05	0.61	**0.01**
HOMA-IR>2.5, N (%)*	79 (54)	105 (67)	105 (80)	**<0.001**	**<0.001**	**0.02**	**0.02**
ALT, UI/L >Increased ALT, N (%)	35[23-55] 84 (37)	44[31-63] 119 (54)	46[33-75] 107 (59)	**<0.001** **<0.001**	**<0.001** **<0.001**	0.22 0.46	**0.0001** **0.001**
AST, UI/L >Increased AST, N (%)	26 [20-34] 43 (19)	29 [24-39] 53 (24)	30 [24-41] 51 (28)	**0.001** 0.13	**0.0005** 0.06	0.39 0.46	**0.003** 0.26
GGT, UI/L >Increased GGT, N (%)	32 [21-62] 70 (31)	39 [23-66] 69 (31)	33 [24-52] 42 (23)	0.35 **0.04**	0.58 0.12	0.41 **0.01**	0.15 0.38

Ferritin**,ng/mL >Increased ferritin, N (%)	232 [111-441] 58 (43)	222 [103-415] 45 (33)	207 [103-347] 29 (28)	0.48 0.05	0.22 **0.03**	0.93 0.48	0.73 0.10
Triglycerides, mg/dL	136 [93-180]	124 [90-162]	137 [95-180]	0.14	0.22	0.15	0.81
LDL, mg/dL	129±38	121±39	120±36	0.06	**0.03**	0.75	0.05
HDL, mg/dL	44±12	48±12	51±14	**0.0001**	**<0.001**	**0.02**	**0.02**
Liver Features							
US steatosis degree >1, N (%) >2, N (%) >3, N (%)	 91 (40) 101 (45) 34 (15)	 74 (34) 93 (42) 54 (24)	 56 (31) 74 (41) 52 (29)	**0.02**	**0.003**	0.63	**0.04**
CAP, dB/m	291±52	300±53	313±49	**0.002**	**0.001**	**0.04**	0.10
CAP degree >Moderate, N (%) >Severe, N (%)	 27 (12) 142 (63)	 24 (11) 146 (66)	 20 (11) 133 (73)	 0.95 0.19	 1.00 0.08	 1.00 0.19	 0.86 0.73
LSM, kPa >LSM≥8kPa, N (%)	4.7 [3.9-6.0] 18 (8)	5.3 [4.4-6.8] 35 (16)	6 [4.8-7.8] 42 (23)	**<0.001** **0.0003**	**<0.001** **<0.001**	**0.004** 0.08	**0.0001** **0.02**
Liver fibrosis at histology >MASH, N (%) >F 0-1, N (%) >F 2, N (%) >F 3, N (%)	 8 (23) 42 (78) 6 (11) 6 (11)	 19 (39) 45 (61) 18 (25) 10 (14)	 13 (36) 40 (58) 18 (26) 11 (16)	0.22 0.29	0.05 0.30	0.86 0.82	0.18 0.16
CV Features							
cIMT≥0.9 mm, N (%)***	47 (26)	24 (15)	21 (19)	**0.04**	0.20	0.41	**0.02**
Carotid plaques, N (%)***	76 (37)	56 (28)	41 (27)	**0.04**	**0.04**	0.81	0.07
Mean cfPWV, m/sec >Increased cfPWV, N (%)****	7.7±1.9 38 (12)	7.6±1.7 28 (6)	7.3±1.7 25 (6)	0.39 0.14	0.09 0.17	0.21 1.00	0.66 0.15
Mean EFT, mm**** >EFT ≥9.5/7.5 mm in M/W, N (%) >EFT≥5.2 mm, N(%)	7.4±2.3 49 (28) 148 (86)	7.4±2.7 44 (29) 117 (77)	7.8±2.3 34 (31) 92 (85)	0.18 0.85 0.09	0.22 0.59 1.00	0.17 0.68 0.11	0.84 0.90 0.06
CV risk categories >Low, N (%) >High, N (%) >Very high, N (%)	 72 (32) 131 (58) 23 (10)	 86 (39) 115 (52) 20 (9)	 86 (47) 80 (44) 16 (9)	0.07	**0.01**	0.29	0.34
Previous CV events, N (%)	9 (4)	18 (6)	2 (1)	0.27	0.19	0.18	0.45

Genetic polymorphisms							
PNPLA3 CG/GG, N(%)	67 (60)	63 (51)	70 (65)	0.07	0.48	**0.03**	0.15
TM6SF2 CT/TT, N(%)	17 (17)	22 (18)	21 (20)	0.82	0.59	0.74	0.86
MBOAT7 CT/TT, N(%)	72 (72)	83 (69)	70 (68)	0.81	0.54	0.89	0.66
GCKR CT/TT, N(%)	54 (81)	60 (80)	42 (75)	0.71	0.52	0.53	1.00
HSD17B13 TTA/TATA, N(%)	32 (33)	43 (37)	26 (25)	0.18	0.28	0.08	0.57

*Data available in 433 patients. **Data available in 374 patients. ***Data available in 559 patients.
****Data available in 433 patients.
Numbers in bold represent statistical significance.
Abbreviations: ALT: alanine aminotransferase; AST: aspartate aminotransferase; BMI: body mass index; CAP: controlled attenuation parameter; cfPWV: carotid-femoral pulse wave velocity; cIMT: carotid intima-media thickness; CV: cardiovascular; EFT: epicardial fat thickness; GGT: gamma-glutamyl transferase; HDL. High density lipoprotein; HOMA-IR: homeostatic model assessment for insulin resistance; LDL: low density lipoprotein; LSM: liver stiffness measurement; MASH: metabolic-dysfunction associated steatohepatitis; MASLD: metabolic-dysfunction associated steatotic liver disease; MetALD: metabolic alcohol-associated liver disease; US: ultrasound; WC: waist circumference.

Supplementary Table 4. Comparison of anthropometric data, metabolic comorbidities, laboratory results, and markers of liver and CV damage between patients with low and high SMI tertile at 5-year follow-up.

	Patients with low SMI at follow-up (N=23)	Patients with high SMI at follow-up (N=81)	p value
Anthropometric Features			
Male/female, N (%)	8/15 (35/65)	49/32 (61/39)	**0.04**
Age, years	61±8	59±10	0.41
Alcohol consumption			0.98
>Abstainers, N (%)	10 (45)	33 (41)	
>Low, N (%)	12 (50)	46 (57)	
>MetALD, N (%)	1 (5)	2 (2)	
Active smokers, N (%)	5 (20)	11 (14)	0.51
BMI, kg/m2	25.3±2.6	29.6±4.4	**<0.001**
>Overweight, N (%)	12 (50)	37 (46)	0.80
>Obese, N (%)	1 (5)	35 (43)	**0.001**
Delta BMI, kg/m2	-0.35 [-1.4-0.73]	-0.2 [-2.3 - 0.8]	0.38
WC, cm	93±6	104±10	**<0.001**
>WC>94/80 cm in M/W, N (%)	19 (81)	72 (89)	0.41
>WC>102/88 cm in M/W, N (%)	9 (38)	51 (63)	0.09
Delta WC, cm	1.1 [-2-3.5]	1.25 [-3.9 - 4]	0.59
Changes in physical activity	9 (40)	49 (61)	0.21
Metabolic Comorbidities			
T2DM, N (%)	5 (20)	13 (16)	0.56
Hypertension, N (%)	10 (45)	45 (55)	0.46
Dyslipidemia, N (%)	20 (85)	43 (53)	**0.01**
Laboratory Data			
Fasting glucose, mg/dL	115±31	101±20	0.07
ALT, UI/L	28 [20-39]	28 [21-52]	0.50
>Increased ALT, N (%)	5 (21)	30 (37)	0.27
AST, UI/L	24 [22-33]	26 [20-36]	0.92
>Increased AST, N (%)	3 (11)	14 (17)	0.72
GGT, UI/L	26 [18-50]	24 [16-49]	0.59
>Increased GGT, N (%)	7 (29)	17 (21)	0.52
Ferritin, ng/mL	311 [84-651]	268 [137-510]	0.88
>Increased ferritin, N (%)	13 (58)	41 (51)	0.75
Triglycerides, mg/dL	139 [103-189]	131 [97-164]	0.41
LDL, mg/dL	107±36	104±38	0.81
HDL, mg/dL	54±12	52±12	0.50
Liver Features			
US steatosis degree			**0.007**
>0, N (%)	4 (16)	6 (7)	
>1, N (%)	12 (53)	22 (27)	
>2, N (%)	7 (31)	45 (56)	
>3, N (%)	0 (0)	8 (10)	
CAP, dB/m	279±52	295±47	0.22
Delta CAP, dB/m	-9 [-55 - -31]	-12 [-40-17]	0.92
CAP degree			
>Mild, N (%)	1 (5)	7 (9)	1.00
>Moderate, N (%)	3 (15)	10 (12)	0.71
>Severe, N (%)	10 (45)	51 (63)	0.20
LSM, kPa	4.8 [3.95-5.6]	4.7 [4.1-5.8]	0.66

>LSM≥8kPa, N (%)	2 (10)	6 (7)	0.66
Delta LSM, kPa	0.98 [-0.96-1.6]	-0.6 [-1.38-0.55]	**0.038**
CV Features			
cIMT≥0.9 mm, N (%) New cIMT≥0.9 mm, N (%)	10 (42) 7 (29)	35 (43) 23 (29)	0.98 0.88
Carotid plaques, N (%) New carotid plaques, N (%)	13 (58) 5 (21)	47 (58) 21 (26)	0.98 0.68
EFT, mm >New EFT≥9.5/7.5 mm in M/W, N (%) >New EFT≥5.2 mm, N(%)	8.8±2.5 14 (60) 22 (95)	9.1±2.2 41 (51) 79 (97)	0.63 0.61 0.54
Delta EFT, mm	1.89 [0.8-2.6]	1.25 [-0.2-3.1]	0.42
CV risk categories >Low, N (%) >High, N (%) >Very high, N (%)	 0 (0) 6 (25) 17 (75)	 0 (0) 28 (34) 53 (66)	0.59

Numbers in bold represent statistical significance.

Abbreviations: ALT: alanine aminotransferase; AST: aspartate aminotransferase; BMI: body mass index; CAP: controlled attenuation parameter; cIMT: carotid intima-media thickness; CV: cardiovascular; EFT: epicardial fat thickness; GGT: gamma-glutamyl transferase; HDL: high density lipoprotein; LDL: low density lipoprotein; LSM: liver stiffness measurement; MetALD: metabolic alcohol-associated liver disease; SMI: skeletal muscle index; T2DM: type 2 diabetes mellitus; US: ultrasound; WC: waist circumference.