### Supplementary Material

**Supplementary Table 1.** Baseline characteristics of male participants based on their smoking status.

Data are presented as mean ± standard deviation or as a percentage (%).

|                       | Overall (n=551) | Non-smoker (n=293) | Waterpipe (n=46) | Cigarettes (n=161) | Dual (n=51) | P value |
|-----------------------|-----------------|--------------------|------------------|--------------------|-------------|---------|
| Height (m)            | 167.3 ± 9.3     | 163.6 ± 9.2        | 171.2 ± 8.6      | 171.0 ± 6.8        | 173.9 ± 8.0 | <0.001  |
| Weight (kg)           | 74.7 ± 17.2     | 66.3 ± 12.0        | 86.5 ± 18.6      | 83.1 ± 17.2        | 86.3 ± 16.0 | <0.001  |
| BMI (kg/m²)           | 26.51 ± 4.8     | 24.7 ± 3.4         | 29.4 ± 5.2       | 28.4 ± 5.5         | 28.5 ± 4.8  | <0.001  |
| BMI Categories (%)    |                 |                    |                  |                    |             | <0.001  |
| • Underweight         | 4.0%            | 6.1%               | 0%               | 1.9%               | 2.0%        |         |
| • Normal              | 32.8%           | 43.3%              | 15.2%            | 23.6%              | 17.6%       |         |
| • Overweight          | 45.9%           | 50.5%              | 47.8%            | 37.9%              | 43.1%       |         |
| • Obese               | 17.2%           | 0%                 | 37.0%            | 36.6%              | 37.3%       |         |
| Lean mass (kg)        | 45.7 ± 10.8     | 40.0 ± 9.4         | 52.8 ± 9.9       | 51.7 ± 7.7         | 53.5 ± 8.0  | <0.001  |
| Fat mass (kg)         | 26.3 ± 9.5      | 23.8 ± 6.6         | 30.7 ± 11.7      | 28.4 ± 11.3        | 29.7 ± 10.5 | <0.001  |
| Body fat (%)          | 34.9% ± 8.0     | 36.0% ± 8.1        | 34.9% ± 7.5      | 33.2% ± 7.7        | 33.6% ± 7.8 | 0.003   |
**Supplementary Table 2.** Baseline characteristics of female participants based on their smoking status.

Data are presented as mean ± standard deviation or as a percentage (%).

|                         | Overall (n=328) | Non-smoker (n=205) | Waterpipe (n=62) | Cigarettes (n=35) | Dual (n=26) | P value |
|-------------------------|-----------------|--------------------|------------------|-------------------|-------------|---------|
| Height (m)              | 167.4 ± 9.3     | 164.1 ± 9.0        | 172.4 ± 7.5      | 173.9 ± 6.4       | 173.3 ± 5.9 | <0.001  |
| Weight (kg)             | 74.4 ± 18.5     | 65.3 ± 12.5        | 91.1 ± 17.4      | 88.9 ± 15.6       | 86.5 ± 17.2 | <0.001  |
| BMI (kg/m²)             | 26.3 ± 5.0      | 24.1 ± 3.4         | 30.7 ± 5.6       | 29.3 ± 4.6        | 28.7 ± 5.0  | <0.001  |
| BMI Categories (%)      |                 |                    |                  |                   |             | <0.001  |
| • Underweight           | 4.6%            | 7.3%               | 0%               | 0%                | 0%          |         |
| • Normal                | 36.3%           | 45.9%              | 17.7%            | 14.3%             | 34.6%       |         |
| • Overweight            | 42.4%           | 46.8%              | 32.3%            | 48.6%             | 23.1%       |         |
| • Obese                 | 16.8%           | 0%                 | 50.0%            | 37.1%             | 42.3%       |         |
| Lean mass (kg)          | 45.0 ± 11.2     | 39.9 ± 9.5         | 53.5 ± 8.2       | 54.4 ± 7.7        | 53.2 ± 8.4  | <0.001  |
| Fat mass (kg)           | 26.6 ± 10.2     | 22.9 ± 6.6         | 34.5 ± 12.5      | 31.3 ± 11.1       | 30.2 ± 12.2 | <0.001  |
| Body fat (%)            | 35.4% ± 8.0     | 35.2% ± 8.1        | 37.0% ± 7.9      | 34.7% ± 7.2       | 34.0% ± 8.8 | 0.3     |

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