

Supplemental Table 1: Criteria of the metabolic syndrome - American Heart Association/National Heart, Lung and Blood Institute (AHA/NHLBI) Scientific Statement

Risk factor	Defining level
Waist circumference Men Women	>40 in (>102 cm) >35 in (>88 cm)
Triglycerides	≥150 mg/dl
HDL cholesterol Men Women	<40 mg/dl <50 mg/dl
Blood pressure	≥130/≥85 mm Hg
Fasting glucose	≥100 mg/dl