

SUPPLEMENTARY MATERIAL

Supplementary Table 1. Metabolic Syndrome Diagnosis Requires the Presence of 3 or More Component Criteria¹

Parameter	Component
Waist circumference, cm	≥88 (females), ≥102 (males)
Triglycerides, mg/dL	≥150
HDL cholesterol, mg/dL	<50 (females), <40 (males)
Glucose, mg/dL	≥100
Blood pressure, mm Hg	≥130/85

HDL, high-density lipoprotein.

REFERENCE

1. Grundy SM, Cleeman JI, Daniels SR, et al. Diagnosis and management of the metabolic syndrome: an American Heart Association/National Heart, Lung, and Blood Institute scientific statement. *Circulation*. 2005;112(17):2735-2752.