

Table A1. Mean age of study participants and age-standardized* population estimates (and 95% confidence intervals) for important demographic, clinical and laboratory characteristics of the study population

	Men (n=687)	Women (n=761)
Age, years	52.7 (51.4-53.9)	52.1 (51.0-53.3)
Current Smoking (%)†	30.1 (26.1-34.1)	13.6 (10.7-16.5)
Current alcohol consumption (%)†	56.6 (52.3-60.9)	22.1 (18.4-25.8)
Body Height, cm †	169.8 (169.1-170.4)	156.6 (156.1-157.1)
Body Weight, Kg †	76.2 (75.0-77.3)	63.0 (62.0-63.9)
Body Mass Index, kg/m² †	26.4 (26.0-26.7)	25.7 (25.4-26.1)
Waist Circumference, cm †	93.0 (92.2-93.8)	84.9 (84.0-85.7)
Waist-to-height Ratio	0.548 (0.544 - 0.553)	0.544 (0.538 - 0.549)
Current use of hormonal contraceptives (%)	---	7.2 (4.8-9.5)
Current use of hormone-replacement therapy(%)	---	2.8 (1.8-3.8)
Systolic Blood Pressure, mmHg †	115.6 (114.6-116.7)	113.4 (112.3-114.4)
Diastolic Blood Pressure, mmHg †	77.5 (76.8-78.2)	74.9 (74.2-75.6)
Total Cholesterol, mg/dL	194.6 (191.4-197.9)	197.2 (194.4-200.1)
HDL Cholesterol, mg/dL †	45.5 (44.7-46.2)	48.7 (48.0-49.5)
LDL Cholesterol, mg/dL	115.2 (112.5-117.9)	117.2 (115.0-119.3)
Triglycerides, mg/dL †	185.6 (177.9-193.3)	141.9 (136.8-146.9)
Impaired fasting glucose (%) † ‡	4.1 (2.4-5.7)	2.4 (1.6-3.3)
Diabetes mellitus (%)	4.5 (3.0-5.9)	4.1 (2.7-5.5)

*According to the World Health Organization estimates on standard world population (2000-2025).

† $P < 0.001$ for difference between men and women. ‡ Impaired fasting glucose was defined as fasting blood glucose between 100-125 mg/dL; diabetes mellitus was defined as fasting blood glucose ≥ 126 mg/dL or antidiabetic pharmacologic treatment.

HDL= High density lipoprotein; LDL=Low density lipoprotein.

Table A2. Areas under receiver-operator characteristic (ROC) curves and optimal waist circumference cut-points in men and women to detect elevated cIMT or manifest CVD in the study population

	Elevated cIMT, age-specific cutoff	Elevated cIMT, age-independent cutoff	Manifest CVD
Area Under the ROC curve			
Men	0.61	0.59	0.67
Women	0.58	0.65	0.70
Optimal Cutoff Points			
Men	96	99	96
Women	86	86	89
Sensitivity			
Men	64.5	52.4	68.7
Women	67.8	74.2	70.7
Specificity			
Men	56.9	66.9	58.1
Women	47.0	49.4	57.1

Table A3. Prevalence of the Metabolic Syndrome according to the original AHA/NHLBI and the updated metabolic syndrome definitions in men and women of different age groups. 95% confidence intervals are shown in parentheses.

	Men			Women		
	Original AHA/NHLBI Definition	Updated Definition*	κ Statistic	Original AHA/NHLBI Definition	Updated Definition*	κ Statistic
Overall (age-standardized) †	17.3 (14.2-20.4)	21.7 (18.4-25.2)	0.85	24.0 (21.1-26.9)	25.3 (22.2-28.3)	0.99
Age 20-34 years	6.5 (1.9-11.1)	10.7 (5.3-16.1)	0.72	6.1 (2.4-9.7)	7.4 (3.0-11.7)	0.95
Age 35-49 years	20.5 (13.4-27.7)	23.1 (15.7-30.5)	0.92	22.9 (16.2-29.6)	24.3 (17.6-31.2)	0.95
Age 50-64 years	27.1 (21.0-33.3)	33.2 (26.7-39.6)	0.86	40.2 (34.0-46.4)	41.6 (35.3-47.8)	0.97
Age 65-80 years	25.8 (19.2-32.4)	33.8 (26.5-41.0)	0.82	57.3 (49.5-65.2)	57.3 (49.5-65.2)	1.00

* The WC-cut-point among men was >97 cm. The WC cut-point among women was >87 cm.

† According to the World Health Organization standard world population (2000-2005).