

**eTable 1.** Prevalence of abdominal obesity (WC  $\geq 85^a$  for men and WC  $\geq 80^a$  for women) for adults aged 20 years and older: CHNS 2011

	% (95% CI)			
	Total	Rural	Urban <sup>c</sup>	Megacity
All				
$\geq 20$ years	56.4 (55.5–57.3)	55.8 (54.6–57.1)	56.2 (54.4–58.0)	57.5 (55.9–59.2)
Age adjusted $\geq 20$ years <sup>b</sup>	52.5 (51.6–53.4)	52.0 (50.8–53.3)	51.7 (49.9–53.4)	54.2 (52.5–55.9)
Men				
$\geq 20$ years	55.1 (53.9–56.4)	52.0 (50.2–53.9)	55.5 (52.9–58.1)	60.4 (58.0–62.8)
Age adjusted $\geq 20$ years <sup>b</sup>	53.7 (52.4–54.9)	50.7 (48.8–52.5)	53.6 (51.1–56.2)	58.7 (56.3–61.2)
20–39 years	49.3 (46.6–52.0)	46.5 (42.4–50.6)	48.9 (43.3–54.5)	53.6 (48.7–58.5)
40–59 years	58.1 (56.3–60.0)	55.9 (53.3–58.6)	57.5 (53.7–61.3)	62.7 (59.2–66.2)
$\geq 60$ years	54.7 (52.4–57.1)	49.4 (46.0–52.8)	57.1 (52.6–61.5)	63.0 (58.3–67.6)

**eTable 1.** Prevalence of abdominal obesity (WC  $\geq 85^a$  for men and WC  $\geq 80^a$  for women) for adults aged 20 years and older: CHNS 2011 (continued)

	% (95% CI)			
	Total	Rural	Urban <sup>c</sup>	Megacity
<b>Women</b>				
$\geq 20$ years	57.5 (56.3–58.7)	59.2 (57.5–60.9)	56.8 (54.4–59.2)	55.0 (52.7–57.3)
Age adjusted $\geq 20$ years <sup>b</sup>	51.7 (50.5–52.9)	53.4 (51.7–55.1)	49.8 (47.4–52.2)	51.0 (48.6–53.3)
20–39 years	36.6 (34.2–39.0)	39.3 (35.6–43.0)	35.5 (30.3–40.7)	33.8 (29.8–37.8)
40–59 years	61.3 (59.5–63.0)	62.9 (60.5–65.4)	56.9 (53.3–60.5)	62.0 (58.6–65.3)
$\geq 60$ years	68.2 (66.1–70.3)	67.2 (64.2–70.2)	69.3 (65.5–73.2)	69.2 (64.7–73.7)

CHNS, China Health and Nutrition Survey; CI, confidence interval; WC, waist circumference.

<sup>a</sup> Calculated in centimeters

<sup>b</sup> Age adjusted using the direct method to the year 2010 Census population using the age groups 20–39 years, 40–59 years,

and  $\geq 60$  years

<sup>c</sup> Does not include the three megacities added in 2011

**eTable 2.** Mean WC for adults aged 20 years and older: CHNS 2011

		Mean <sup>a</sup> (95% CI)			
		Total	Rural	Urban <sup>c</sup>	Megacity
All					
	≥20 years	84.0 (83.8–84.2)	83.9 (83.6–84.1)	83.9 (83.5–84.2)	84.3 (84.0–84.7)
	Age adjusted ≥20 years <sup>b</sup>	83.1 (82.9–83.3)	82.9 (82.6–83.1)	82.8 (82.4–83.2)	83.7 (83.3–84.0)
Men					
	≥20 years	86.2 (85.9–86.5)	85.4 (85.0–85.8)	86.4 (85.8–86.9)	87.5 (87.0–88.0)
	Age adjusted ≥20 years <sup>b</sup>	85.9 (85.6–86.2)	85.0 (84.6–85.4)	85.9 (85.4–86.4)	87.3 (86.8–87.8)
	20–39 years	84.9 (84.3–85.5)	83.9 (83.0–84.8)	84.6 (83.5–85.7)	86.7 (85.7–87.8)
	40–59 years	87.0 (86.6–87.4)	86.5 (86.0–87.0)	87.1 (86.3–87.9)	87.8 (87.1–88.5)
	≥60 years	85.9 (85.4–86.4)	84.7 (84.0–85.4)	86.5 (85.5–87.5)	87.6 (86.6–88.5)
Women					

**eTable 2.** Mean WC for adults aged 20 years and older: CHNS 2011 (continued)

	Mean <sup>a</sup> (95% CI)			
	Total	Rural	Urban <sup>c</sup>	Megacity
≥20 years	82.1 (81.8–82.3)	82.5 (82.2–82.9)	81.6 (81.1–82.1)	81.6 (81.1–82.1)
Age adjusted ≥20 years <sup>b</sup>	80.7 (80.4–80.9)	81.0 (80.7–81.4)	80.0 (79.5–80.5)	80.7 (80.2–81.2)
20–39 years	77.1 (76.7–77.6)	77.4 (76.7–78.1)	76.7 (75.7–77.6)	77.0 (76.3–77.8)
40–59 years	82.9 (82.5–83.2)	83.5 (83.0–84.0)	81.3 (80.6–82.0)	83.0 (82.3–83.6)
≥60 years	84.8 (84.3–85.2)	84.6 (83.9–85.3)	85.0 (84.1–85.9)	84.8 (83.8–85.9)

CHNS, China Health and Nutrition Survey; CI, confidence interval; WC, waist circumference.

<sup>a</sup> Calculated in centimeters

<sup>b</sup> Age adjusted using the direct method to the year 2010 Census population using the age groups 20–39 years, 40–59 years, and ≥60 years

<sup>c</sup> Does not include the three megacities added in 2011