

Supplement 1. Morbidities of MetS and its components during follow-up.

	Male			Female			<i>P</i>
	Free, n	Newly, n	Morbidity, %	Free, n	Newly, n	Morbidity, %	
MetS	69	42	37.8	108	34	23.9	0.017
Central obesity	57	31	35.2	86	30	25.9	0.148
High TG	80	19	19.2	119	11	8.5	0.017
Low HDL	148	16	9.8	119	11	8.5	0.703
High BP	28	59	67.8	51	82	61.7	0.352
High BG	76	25	24.8	102	17	14.3	0.049

TG, triglyceride; HDL, high density lipoprotein cholesterol; BP, blood pressure; BG, blood glucose.