

Appendix 1. Prevalence of metabolic risk factors by anthropometric categories among Saudi men and women.

Metabolic parameters	BMI categories (kg/m ²)				Waist circumference category (cm)					Waist-hip ratio categories				
	<18.5	18.5-24.9	25-29.9	≥30	<80	80-85	85-90	90-95	≥95	≤0.80	0.81-0.85	0.86-0.90	0.91-0.95	>0.95
Men														
Triglyceride	1.28 (0.86)	1.58 (1.08)	1.99 (1.47)	2.03 (1.31)	1.53 (1.14)	1.65 (1.13)	1.76 (1.19)	1.91 (1.35)	2.06 (1.40)	1.45 (1.01)	1.48 (0.98)	1.82 (1.24)	1.89 (1.33)	2.19 (2.41)
Elevated Triglyceride (%)	20.00	30.10	45.40	51.10	28.40	33.70	36.80	42.40	51.00	25.70	26.40	40.90	43.60	36.70
HDL cholesterol	0.98 (0.31)	0.93 (0.30)	0.87 (0.28)	0.85 (0.36)	0.95 (0.29)	0.91 (0.28)	0.89 (0.34)	0.87 (0.28)	0.85 (0.33)	0.95 (0.28)	0.90 (0.25)	0.90 (0.32)	0.89 (0.37)	0.89 (0.32)
Reduced HDL cholesterol (%)	58.10	70.00	76.70	80.40	66.50	70.20	74.20	77.20	80.40	66.30	73.20	73.30	74.70	76.70
Systolic blood pressure	111.1 (10.0)	116.2 (11.6)	120.6 (12.2)	124.3 (14.1)	114.6 (11.1)	117.2 (11.3)	118.5 (11.2)	120.4 (12.1)	123.8 (14.1)	115.0 (11.1)	115.9 (11.2)	119.1 (12.1)	120.5 (12.9)	120.5 (11.2)
Diastolic blood pressure	71.98 (7.77)	75.25 (7.77)	77.77 (7.74)	80.04 (8.74)	74.24 (7.73)	75.79 (7.25)	76.51 (7.65)	77.50 (7.72)	79.83 (8.65)	74.07 (7.38)	75.08 (7.72)	76.72 (8.00)	78.00 (8.26)	75.70 (7.66)
Elevated blood pressure (%)	8.30	20.20	33.60	48.00	16.10	22.00	26.00	32.10	46.80	17.20	20.90	28.60	33.80	33.30
Fasting plasma glucose	5.15 (1.92)	5.48 (2.20)	5.95 (2.78)	6.19 (2.92)	5.45 (2.16)	5.44 (2.18)	5.59 (2.07)	5.83 (2.55)	6.24 (3.08)	5.22 (1.92)	5.39 (1.17)	5.67 (2.38)	5.84 (2.42)	5.74 (2.62)
Elevated fasting plasma glucose (%)	26.00	33.50	43.40	47.50	31.40	34.90	39.40	39.50	48.30	28.00	32.90	38.20	43.60	23.30
≥ 2 risk factors (%)	21.00	33.90	50.90	61.70	29.20	37.40	42.70	48.20	61.60	27.80	36.70	42.30	49.90	43.30

Source: Al-Rubean K, Youssef AM, AlFarsi Y, Al-Sharqawi AH, Bawazeer N, AlOtaibi MT, et al. Anthropometric cutoff values for predicting metabolic syndrome in a Saudi community: from the SAUDI-DM study. Ann Saudi Med 2017; 37(1): 21-30.

Women														
Metabolic parameters	BMI categories (kg/m²)				Waist circumference category (cm)					Waist-hip ratio categories				
	<18.5	18.5-24.9	25-29.9	≥30	<80	80-85	85-90	90-95	≥95	≤0.80	0.81-0.85	0.86-0.90	0.91-0.95	>0.95
Triglyceride (mean ±SD)	1.09 (0.76)	1.28 (1.00)	1.48 (0.95)	1.62 (0.99)	1.28 (0.97)	1.37 (0.90)	1.41 (0.86)	1.64 (1.07)	1.68 (0.99)	1.28 (0.95)	1.42 (0.95)	1.54 (1.01)	1.60 (0.97)	1.42 (0.65)
Elevated Triglyceride (%)	11.50	18.60	27.20	33.00	18.40	22.00	24.00	33.60	35.70	18.10	24.70	29.30	31.90	27.30
HDL cholesterol	1.12 (0.31)	1.08 (0.33)	1.02 (0.31)	0.98 (0.31)	1.09 (0.33)	1.03 (0.32)	1.02 (0.30)	0.99 (0.31)	0.96 (0.30)	1.08 (0.31)	1.03 (0.31)	1.01 (0.32)	0.99 (0.31)	1.03 (0.33)
Reduced HDL cholesterol (%)	72.80	77.60	82.60	86.60	76.30	84.00	28.90	85.30	87.50	78.30	82.10	83.70	84.70	77.30
Systolic blood pressure	107.81 (11.73)	111.4 (12.1)	116.2 (13.1)	120.1 (14.8)	110.9 (11.9)	114.5 (12.2)	116.3 (12.6)	119.2 (14.1)	122.4 (15.2)	112.3 (12.4)	116.8 (14.4)	117.5 (14.1)	118.2 (14.5)	117.7 (14.1)
Diastolic blood pressure	70.41 (7.58)	72.40 (7.82)	75.25 (8.17)	78.07 (9.02)	72.25 (7.63)	74.34 (8.08)	75.50 (8.35)	76.95 (9.13)	78.64 (8.99)	72.94 (8.12)	75.85 (8.89)	75.92 (8.72)	76.58 (8.67)	76.41 (9.18)
Elevated blood pressure (%)	5.90	11.60	22.90	37.30	10.30	19.00	24.20	32.40	40.90	14.20	25.50	26.10	30.60	27.30
Fasting plasma glucose	5.03 (1.44)	5.22 (1.95)	5.56 (2.31)	5.89 (2.51)	5.20 (1.90)	5.42 (2.08)	5.52 (2.17)	5.78 (2.48)	6.01 (2.64)	5.28 (1.89)	5.44 (1.98)	5.65 (2.38)	5.76 (2.62)	5.27 (1.75)
Elevated fasting plasma glucose (%)	21.60	23.50	33.40	43.50	23.70	29.40	33.20	37.90	46.80	25.80	33.20	37.40	37.20	22.70
≥ 2 risk factors (%)	19.90	26.40	40.50	55.50	25.30	37.40	41.30	49.20	59.20	29.30	42.40	45.20	46.90	31.80

Values are mean (standard deviation) or percentages.

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