

Supplementary table 1. Multivariate analysis. Incidence rate (A) and regression rate (B) adjusted by age, gender, marital status, educational level and number of components of Metabolic Syndrome (Model 1) and adding the basic health zone (Model 2)

	Model 1			Model 2		
	Exp(b)	95% CI	p	Exp(b)	95% CI	P
A. Incidence						
Age	18-45	1	<0.001	1		<0.001
	46-60	2.11	1.47-3.03	2.18	1.53-3.10	
	61-75	3.54	2.30-5.47	3.27	2.16-4.96	
	>=76	3.36	1.25-9.03	3.38	1.29-8.86	
Gender	Women	1	<0.001	1		<0.001
	Men	2.44	1.77-3.35	2.25	1.65-3.05	
Marital status	Others	1	0.164	1		0.275
	Married / cohabiting	1.30	0.90-1.89	1.22	0.85-1.76	
Educational Level	University degree	1	0.004	1		0.004
	No university degree	1.93	1.24-3.01	1.87	1.22-2.89	
Number of components of MetS	0	1	<0.001	1		<0.001
	1	3.14	1.76-5.63	2.93	1.65-5.23	
	2	10.63	6.04-18.68	9.03	5.19-15.72	
B. Regression						
Age	>=76	1	0.022	1		0.028
	18-45	1.93	0.79-4.74	1.86	0.77-4.50	
	46-60	1.17	0.49-2.79	1.16	0.49-2.76	
	61-75	0.88	0.37-2.09	0.87	0.37-2.06	

Gender	Men	1		<0.001	1		<0.001
	Women	2.16	1.45-3.22		2.09	1.42-3.08	
Marital status	Married / cohabiting	1		0.598	1		0.674
	Others	1.14	0.70-1.87		1.11	0.68-1.81	
Educational Level	No university degree	1		0.377	1		0.578
	University degree	1.34	0.70-2.56		1.20	0.64-2.25	
Number of components of MetS	5	1		<0.001	1		<0.001
	4	2.46	0.96-6.61		2.46	0.92-6.59	
	3	6.41	2.50-16.42		6.20	2.43-15.82	