

**Table 1.** Anthropometric and demographic characteristics of the study populations.

		Sample of 2006 Prevalence % (n)	Sample of 2018 Prevalence % (n)	p-value
Sex	Male	48.22 (177)	44.58 (147)	0.379
	Female	51.78 (233)	55.42 (220)	
Age groups	20-34	30.89 (99)	24.69 (98)	0.702
	35-49	31.56 (142)	39.04 (125)	
	50-64	37.56 (169)	36.27 (144)	
		Mean (95% CI)	Mean (95% CI)	p-value
Age (years)		44.51 (43.36-45.29)	44.29 (42.99-45.59)	0.890

95% CI: 95% confidence interval.

**Table 2.** Biochemical, physical parameters and frequency of preventive medications used to estimate the prevalence of metabolic syndrome in the study populations by sex.

A	Males			Females		
	Sample of 2006	Sample of 2018	p-value	Sample of 2006	Sample of 2018	p-value
	Mean (95% CI)	Mean (95% CI)		Mean (95% CI)	Mean (95% CI)	
Fasting glucose (mmol/L)	<b>4.79 (4.50-5.08)</b>	<b>5.34 (4.98-5.70)</b>	<b>&lt;0.001</b>	<b>4.47 (4.26-4.68)</b>	<b>5.15 (4.94-5.37)</b>	<b>&lt;0.001</b>
Fasting TG (mmol/L)	1.99 (1.67-2.31)	1.85 (1.65-2.06)	0.579	1.39 (1.28-1.50)	1.39 (1.28-1.50)	0.917
HDL-C (mmol/L)	1.35 (1.27-1.43)	1.25 (1.19-1.30)	0.176	1.53 (1.48-1.59)	1.46 (1.41-1.52)	0.150
Waist circumference (cm)	97.64 (95.66-99.63)	98.52 (96.39-100.66)	0.498	92.11 (90.18-94.05)	94.15 (92.03-96.27)	0.230
Systolic blood pressure (mmHg)	129.35 (127.26-131.44)	129.56 (127.32-131.80)	0.379	124.46 (122.29-126.63)	124.91 (122.87-126.96)	0.469

Diastolic blood pressure (mmHg)	81.21 (79.87-82.56)	80.14 (78.90-81.39)	0.550	78.64 (77.49-79.79)	77.81 (76.55-79.08)	0.741
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Prevalence of antihypertensive treatment (%)	28.25 (22.01-35.19)	27.21 (20.51-34.80)	0.836	30.90 (25.23-37.04)	31.36 (25.51-37.71)	0.915
Prevalence of antidiabetic treatment (%)	3.39 (1.43-6.85)	6.80 (3.55-11.73)	0.158	5.58 (3.16-9.09)	5.91 (3.35-9.61)	0.880
Prevalence of lipid lowering therapy (%)	<b>19.77 (14.42-26.10)</b>	<b>8.84 (5.05-14.24)</b>	<b>0.006</b>	<b>12.88 (9.04-17.63)</b>	<b>5.91 (3.35-9.61)</b>	<b>0.011</b>

Significant differences in mean or prevalence rates are highlighted in **bold**. 95% CI: 95% confidence interval.