

**Supplemental Digital Content 1: Cohort characteristics of PERF participants with MetS and subgroups not defined with metabolic syndrome**

Data shown as median value (95% confidence interval) or as percentage (absolute number of cases).

	N	Metabolic Syndrome by IDF definition n = 818	N	Central obesity but no MetS n = 566	N	Risk factors for MetS but no central obesity n = 2089	N	Controls not defined with MetS n = 432	P-value
<b>Demographics</b>									
Age (years)	818	70.4 <sup>‡</sup> (69.8-71.0)	566	70.0 <sup>‡</sup> (69.3-70.6)	2089	71.0 <sup>§‡</sup> (70.6-71.4)	432	66.6 <sup>§</sup> (66.0-67.3)	<.001
Menopause age (years)	804	50.0 (49.0-50.0)	560	50.0 (50.0-50.0)	2069	50.0 (50.0-50.0)	428	50.0 (49.2-50.0)	.16
Family history of diabetes (%)	731	8.5 (62)	507	8.2 (41)	1795	7.9 (142)	376	8.8 (33)	.93
<b>Education</b>									
Primary school (%)	816	71.0 (579)	566	74.0 <sup>‡</sup> (419)	2089	69.6 (1454)	432	66.0 (285)	.04
High School (%)	816	21.2 (173)	566	19.8 (112)	2089	23.1 (482)	432	26.6 (115)	.052
University (%)	816	7.8 (64)	566	6.2 (35)	2089	7.3 (153)	432	7.4 (32)	.70
Occupation (Working, %)	817	76.0 (621)	566	75.4 (427)	2087	74.1 (1547)	430	76.5 (329)	.60
<b>Vitals</b>									
Height (centimeter)	818	160.5 <sup>‡</sup> (160.2-161.0)	566	160.4 <sup>‡</sup> (159.9-160.8)	2089	161.2 <sup>‡</sup> (160.9-161.4)	432	161.8 <sup>§</sup> (161.2-162.4)	.0012
Weight (kg)	818	76.4 <sup>‡</sup> (75.4-77.4)	566	72.3 <sup>§‡</sup> (71.2-73.5)	2089	63.6 <sup>§‡</sup> (63.2-64.1)	432	61.9 <sup>§</sup> (60.9-62.7)	<0.001 <sup>s</sup>
BMI (kg/m <sup>2</sup> )	818	30.0 <sup>‡</sup> (29.5-30.3)	566	28.1 <sup>§‡</sup> (27.6-29.1)	2089	24.6 <sup>§‡</sup> (24.4-24.8)	432	23.6 <sup>§</sup> (23.3-23.9)	<.001 <sup>s</sup>
Systolic blood pressure	817	155.0 <sup>‡</sup> (153.0-156.0)	565	150.0 <sup>§‡</sup> (146.0-152.0)	2087	150.0 <sup>§‡</sup> (149.0-151.0)	432	120.0 <sup>§</sup> (119.0-120.0)	<.001 <sup>s</sup>
Diastolic blood pressure	817	85.0 <sup>‡</sup> (84.0-86.0)	565	83.0 <sup>§‡</sup> (81.0-84.0)	2087	83.0 <sup>§‡</sup> (82.0-83.8)	432	72.0 <sup>§</sup> (70.0-73.0)	<.001
<b>Lifestyle</b>									
Current smoking (%)	818	20.8 <sup>‡</sup> (170)	566	18.4 <sup>‡</sup> (104)	2089	22.3 <sup>‡</sup> (466)	432	29.4 <sup>§</sup> (127)	<.001
Alcohol (>7gl/week, %)	817	31.2 (255)	560	32.5 (182)	2079	34.5 (717)	428	37.4 (160)	0.12
Physical activity (≥2 sessions/week, %)	818	63.7 <sup>‡</sup> (521)	566	69.3 <sup>‡</sup> (392)	2088	73.8 <sup>§</sup> (1541)	432	77.8 <sup>§</sup> (336)	<.001
<b>Serum chemistry and hematology</b>									
White blood cells (10 <sup>9</sup> cells/L)	818	5.9 <sup>‡</sup> (5.8-6.1)	565	5.4 <sup>§</sup> (5.3-5.6)	2085	5.4 <sup>§‡</sup> (5.4-5.5)	432	5.3 <sup>§</sup> (5.2-5.4)	<.001
Glucose (mmol/L)	818	5.8 <sup>‡</sup> (5.8-5.9)	566	5.2 <sup>§‡</sup> (5.2-5.3)	2089	5.3 <sup>§‡</sup> (5.2-5.3)	432	5.0 <sup>§‡</sup> (4.9-5.1)	<.001 <sup>s</sup>
Cholesterol (mmol/L)	818	6.4 <sup>‡</sup> (6.4-6.5)	566	6.2 <sup>§</sup> (6.1-6.3)	2089	6.4 <sup>‡</sup> (6.3-6.4)	432	6.2 <sup>§</sup> (6.1-6.3)	<.001
LDL (mmol/L)	818	4.1 <sup>‡</sup> (4.0-4.2)	566	3.9 <sup>§‡</sup> (3.8-4.0)	2088	3.9 <sup>§‡</sup> (3.9-4.0)	432	3.7 <sup>§</sup> (3.6-3.8)	<.001
HDL (mmol/L)	818	1.5 <sup>‡</sup> (1.4-1.5)	566	1.7 <sup>§‡</sup> (1.7-1.8)	2089	1.8 <sup>§‡</sup> (1.8-1.8)	432	1.9 <sup>§</sup> (1.8-1.9)	<.001 <sup>s</sup>
TRIG (mmol/L)	818	1.8 <sup>‡</sup> (1.7-1.8)	566	1.2 <sup>§‡</sup> (1.2-1.2)	2089	1.2 <sup>§‡</sup> (1.1-1.2)	432	1.0 <sup>§</sup> (1.0-1.1)	<.001
ALAT (mmol/L)	818	27.0 <sup>‡</sup> (26.0-27.0)	566	24.0 <sup>§‡</sup> (24.0-25.0)	2089	23.0 <sup>§‡</sup> (22.0-23.0)	432	21.0 <sup>§</sup> (21.0-22.0)	<.001 <sup>s</sup>
ASAT (mmol/L)	818	24.0 <sup>‡</sup> (24.0-25.0)	566	23.0 <sup>§‡</sup> (23.0-24.0)	2089	23.0 <sup>§‡</sup> (23.0-24.0)	432	23.0 <sup>§</sup> (22.0-23.0)	<.001
§ significantly different (P<.05) from subjects with defined MetS § all groups significantly different from each other ‡ significantly different (P<.05) from subjects with no risk factors for MetS									