

Annex 1. Definitions and criteria for CMetS. [5]

Description	NCEP ATP III (2005 revision)	WHO (1998)	EGIR (1999)	IDF (2005)
Absolutely required	None	Insulin resistance* (IGT, IFG, T2D, or other evidence of IR)	Hyperinsulinemia‡ (plasma insulin >75th percentile)	Central obesity (waist circumference§): ≥94 cm (M), ≥80 cm (F)
Criteria	Any three of the five criteria below	Insulin resistance or diabetes, plus two of the five criteria below	Hyperinsulinemia, plus two of the four criteria below	Obesity, plus two of the four criteria below
Obesity	Waist circumference: >40 inches (M), >35 inches (F)	Waist/hip ratio: >0.90 (M), >0.85 (F); or BMI >30 kg/m ²	Waist circumference: ≥94 cm (M), ≥80cm (F)	Central obesity already required
Hyperglycemia	Fasting glucose ≥100 mg/dl or Rx	Insulin resistance is already required	Insulin resistance is already required	Fasting glucose ≥100 mg/dl
Dyslipidemia	TG ≥150 mg/dl or Rx	TG ≥150 mg/dl or HDL-C:<35mg/dl (M), <39mg/dl (F)	TG ≥177 mg/dl or HDL-C <39mg/dl	TG ≥150 mg/dl or Rx
Dyslipidemia (second, separate criteria)	HDL cholesterol:<40mg/dl (M), <50 mg/dl (F); or Rx			HDL cholesterol: <40mg/dl (M), <50mg/dl (F); or Rx
Hypertension	>130 mmHg systolic or >85 mmHg diastolic or Rx	≥140/90 mmHg	≥140/90 mmHg or Rx	>130 mmHg systolic or >85 mmHg diastolic or Rx
Other criteria		Microalbuminuria†		

*IGT, impaired glucose tolerance; IFG, impaired fasting glucose; T2D, type 2 diabetes; IR, insulin resistance; other evidence includes euglycemic clamp studies.

† Urinary albumin excretion of ≥20 µg/min or albumin-to-creatinine ratio of ≥30 mg/g.

‡ Reliable only in patients without T2D.

§ Criteria for central obesity (waist circumference) are specific for each population; the values given are for European men and women.

Rx, pharmacologic treatment.