**Supplementary Table 1:** Cardiometabolic risk factors by waist circumference quartiles.

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| --- | --- | --- | --- | --- | --- |
| **Variables** | **Q1 [61.3, 77.4] (*n*=2200)** | **Q2 (77.4, 82.5] (*n*=2245)** | **Q3 (82.5, 87.8] (*n*=2152)** | **Q4 (87.8, 118] (*n*=2198)** | ***P*** |
| **Blood pressure** |  |  |  |  |  |
| Hypertension *n* (%) | 414 (18.8) | 606 (27.0) | 801 (37.2) | 1142 (52.0) | <0.001 |
| Systolic blood pressure (mmHg), median (Q1, Q3) | 110.7 (103.8, 119.3) | 113.3 (106.0, 123.3) | 116.7 (108.7, 128.0) | 122.0 (112.7, 134.7) | <0.001 |
| Diastolic blood pressure (mmHg), median (Q1, Q3) | 66.7 (60.0, 72.7) | 68.0 (62.0, 74.7) | 69.3 (62.7, 76.7) | 71.3 (64.0, 78.0) | <0.001 |
| **Body measurement** |  |  |  |  |  |
| Body mass index (kg/m2), median (Q1, Q3) | 20.6 (19.6, 21.7) | 22.3 (21.1, 23.3) | 23.2 (22.2, 24.0) | 24.0 (23.2, 24.5) | <0.001 |
| **Lipid profile** |  |  |  |  |  |
| Total-to-HDL cholesterol, median (Q1, Q3) | 2.8 (2.4, 3.3) | 3.0 (2.5, 3.7) | 3.3 (2.7, 4.1) | 3.6 (2.9, 4.6) | <0.001 |
| Triglyceride level (mg/dL), median (Q1, Q3) | 73.0 (54.0, 103.2) | 84.0 (61.0, 124.0) | 98.0 (68.0, 145.0) | 117.0 (81.0, 176.0) | <0.001 |
| **Blood glucose** |  |  |  |  |  |
| Diabetes, *n* (%) | 58 (2.6) | 102 (4.5) | 168 (7.8) | 327 (14.9) | <0.001 |
| Hemoglobin A1c (%), median (Q1, Q3) | 5.2 (5.0, 5.5) | 5.3 (5.1, 5.5) | 5.3 (5.1, 5.6) | 5.5 (5.2, 5.8) | <0.001 |
| Fasting plasma glucose (mg/dL), median (Q1, Q3) | 86.0 (81.0, 92.0) | 87.0 (82.0, 94.0) | 89.0 (83.0, 97.0) | 92.0 (86.0, 102.0) | <0.001 |
| **Health behavior** |  |  |  |  |  |
| Physical activity, *n* (%) | 627 (28.5) | 626 (27.9) | 638 (29.6) | 585 (26.6) | 0.161 |
| Energy intake (kcal), *n* (%) | 2131.3 (1063.9) | 2204.1 (1110.2) | 2179.1 (1061.4) | 2195.4 (1027.8) | 0.104 |
| Sodium intake (mg), median (Q1, Q3) | 3211.0 (2227.2, 4378.0) | 3167.0 (2280.0, 4450.0) | 3156.5 (2262.0, 4410.5) | 3173.0 (2276.0, 4374.2) | 0.966 |
| Smoking status, *n* (%) | 729 (33.1) | 876 (39.0) | 974 (45.3) | 1220 (55.5) | <0.001 |
| Alcohol consumption, *n* (%) | 226 (10.3) | 233 (10.4) | 224 (10.4) | 180 (8.2) | 0.033 |
| **Cardiovascular disease, *n* (%)** |  |  |  |  |  |
| Angina | 9 (0.4) | 17 (0.8) | 25 (1.2) | 44 (2.0) | <0.001 |
| Heart attack | 14 (0.6) | 26 (1.2) | 41 (1.9) | 116 (5.3) | <0.001 |
| Coronary artery disease | 8 (0.4) | 22 (1.0) | 40 (1.9) | 112 (5.1) | <0.001 |
| Heart failure | 9 (0.4) | 17 (0.8) | 28 (1.3) | 54 (2.5) | <0.001 |
| Stroke | 21 (1.0) | 33 (1.5) | 39 (1.8) | 87 (4.0) | <0.001 |
| **Chronic kidney disease, *n* (%)** | 59 (2.7) | 64 (2.9) | 63 (2.9) | 116 (5.3) | <0.001 |

HDL: high-density lipoprotein.