

Table 1 Criteria used for the diagnosis of metabolic syndrome in this study: World Health Organization (WHO), National Cholesterol Education Program Adult Treatment Panel-III (ATP-III) and International Diabetes Federation (IDF) guidelines

Risk factor	Criteria set		
	WHO	ATP-III	IDF
Hypertension	Taking antihypertensive therapy and/or BP > 140/90 mmHg	Taking antihypertensive therapy or BP > 130/85 mmHg	Systolic BP \geq 130 or diastolic BP \geq 85 mmHg, or treatment of previously diagnosed hypertension
Dyslipidaemia	Plasma TG > 1.7 mmol/L (150 mg/dL) and/or HDL < 0.9 mmol/L (35 mg/dL) in men and < 1.0 mmol/L (< 40 mg/dL) in women	Plasma TG > 150 mg/dL, HDL-cholesterol < 40 mg/dL in men and < 50 mg/dL in women	Plasma TG > 150 mg/dL (1.7 mmol/L) or taking specific therapy for this lipid abnormality or low HDL-cholesterol < 40 mg/dL (1.03 mmol/L) in men and < 50 mg/dL (1.29 mmol/L) in women
Obesity	BMI > 30 kg/m ² and/or waist/hip ratio > 0.90 cm in men and > 0.85 cm in women	Central obesity (waist circumference > 40 inches (102 cm) in men and > 35 inches (88 cm) in women)	Central obesity (waist circumference \geq 94 cm for European men and \geq 80 cm for European women, with ethnicity specific values for other groups)
Glucose	Diagnosis of type 2 diabetes	Fasting blood glucose > 110 mg/dL	Fasting blood glucose \geq 100 mg/dL (5.6 mmol/L), or diagnosis of type 2 diabetes
Requirements for diagnosis	Diagnosis of type 2 diabetes plus any 2 other risk factors	Any 3 of the above disorders	Central obesity plus any 2 other risk factors

BP = blood pressure; TG = triglycerides; BMI = body mass index; HDL = high-density lipoprotein.