| Variable | Females | | Males | | Total | |
|----------|---------|-----------|--------|-----------|--------|
|          | No.     | %         | No.    | %         | No.    | %     |
| **BMI (kg/m²)** |         |           |         |           |         |       |
| Underweight | 16      | 3.2       | 61     | 10.1      | 77     | 7.0   |
| Normal weight | 150    | 30.0      | 244    | 40.3      | 394    | 35.6  |
| Overweight | 155     | 31.0      | 205    | 33.8      | 360    | 32.5  |
| Obesity I | 102     | 20.4      | 69     | 11.4      | 171    | 15.5  |
| Obesity II | 47      | 9.4       | 18     | 3.0       | 65     | 5.9   |
| Obesity III | 30      | 6.0       | 9      | 1.5       | 39     | 3.5   |
| **Central obesity (missing=133)** |         |           |         |           |         |       |
| No | 166 | 34.5 | 294 | 50.7 | 460 | 43.4 |
| Yes | 315 | 65.5 | 286 | 49.3 | 601 | 56.6 |
| **Blood pressure** |         |           |         |           |         |       |
| Normotensive | 143 | 25.0 | 252 | 41.7 | 738 | 62.6 |
| Pre-hypertensive | 258 | 45.2 | 235 | 38.9 | 105 | 8.9 |
| Hypertensive | 170 | 29.8 | 117 | 19.4 | 335 | 28.4 |
| **Elevated blood sugar** |         |           |         |           |         |       |
| No | 497 | 86.6 | 541 | 90.6 | 1038 | 88.6 |
| Yes | 77 | 13.4 | 56 | 9.4 | 133 | 11.4 |
| **Total cholesterol (mg/dL)** |         |           |         |           |         |       |
| < 190 | 256 | 44.7 | 296 | 49.7 | 552 | 47.2 |
| ≥ 190 | 317 | 55.3 | 300 | 50.3 | 617 | 52.8 |
| **LDL cholesterol (mg/dL)** |         |           |         |           |         |       |
| < 100 | 126 | 22.0 | 160 | 26.8 | 286 | 24.5 |
| ≥ 100 | 446 | 78.0 | 437 | 73.2 | 883 | 75.5 |
| **HDL cholesterol (mg/dL)** |         |           |         |           |         |       |
| < 40 (M); < 50 (F) | 518 | 88.7 | 420 | 78.6 | 938 | 78.6 |
| ≥ 40 (M); ≥ 50 (F) | 66 | 11.3 | 190 | 21.4 | 256 | 21.4 |
| **Triglycerides (mg/dL)** |         |           |         |           |         |       |
| < 150 | 194 | 33.9 | 173 | 29.0 | 367 | 31.4 |
| ≥ 150 | 378 | 66.1 | 424 | 71.0 | 802 | 68.6 |

*Missing values in some categories; *Underweight < 18.5 kg/m², normal weight 18.5–24.9 kg/m², overweight 25–29.9 kg/m², obesity I 30–34.9 kg/m², obesity II 35–40 kg/m², obesity III > 40 kg/m²; Systolic/diastolic blood pressures: normotensive 120/80 mmHg, pre-hypertensive 120–140/80–90 mmHg, hypertensive ≥ 140/≥ 90 mmHg; Fasting blood sugar ≥ 126 mg%. LDL = low-density lipoprotein; HDL = high-density lipoprotein; M = males; F = females.