

Table 1 Characteristics of participants according to age

Age (years)	No.	Female			No.	Males		
		BMI Mean (SD)	WC Mean (SD)	WHR Mean (SD)		BMI Mean (SD)	WC Mean (SD)	WHR Mean (SD)
19–24	279	23.5 (4.8)	88.4 (11.3)	0.9 (0.1)	272	22.8 (5.8)	84.1 (9.9)	0.9 (0.1)
25–34	592	26.9 (5.8)	95.6 (11.9)	0.9 (0.1)	504	24.9 (5.3)	89.7 (10.0)	0.9 (0.1)
35–44	419	28.3 (5.3)	99.5 (12.9)	0.9 (0.1)	374	26.0 (4.9)	94.5 (10.7)	0.9 (0.1)
45–54	263	29.7 (6.7)	102.9 (11.4)	1.0 (0.1)	233	27.2 (6.8)	98.3 (10.2)	0.9 (0.1)
55–64	148	30.0 (7.8)	104.0 (11.5)	1.0 (0.1)	146	26.8 (6.3)	98.8 (8.8)	1.0 (0.1)
≥ 65	162	27.6 (5.0)	102.2 (13.1)	1.0 (0.1)	170	25.7 (3.8)	98.2 (10.1)	1.0 (0.1)

BMI = body mass index (kg/m²); WC = waist circumference (cm); WHR = waist to hip ratio.

SD = standard deviation.