

**Table 2 Age-adjusted prevalence of cardiovascular risk factors according to body mass index (BMI)**

Risk factor	BMI females (kg/m <sup>2</sup> )								BM males (kg/m <sup>2</sup> )							
	< 18.5		18.5–24.9		25.0–< 29.9		≥ 30.0		< 18.5		18.5–24.9		25.0–29.9		≥ 30.0	
	(n = 61)		(n = 575)		(n = 636)		(n = 498)		(n = 104)		(n = 898)		(n = 705)		(n = 217)	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
TC ≥ 240 mg/dL	2	3.3	90	14.	214	33	209	42.0	9	8.6	121	13.5	201	28	79	36.4
TG ≥ 200 mg/dL	1	1.6	89	15.	222	34	238	47.8	6	5.7	165	18.4	314	44	133	61.3
LDL-C ≥ 160 mg/dL	2	3.3	83	14.	159	25	139	27.9	8	7.7	110	12.2	126	17	41	18.9
HDL-C < 40 mg/dL	8	13.1		19.6		23.5		23.3	20	19.2	238	26.5		28.3	81	37.3
High blood pressure <sup>a</sup>	8	13.1	70	12.2		22.9		31.5	5	4.8	94	10.5		20.6	65	29.9
FBS > 126 mg/dL	1	1.6	24	4.2	52	8.2	53	10.6	2	1.9	27	3.0	44	6.2	23	10.6
Impaired 2-hpp	0	–	24	4.	61	9.	56	11.2	2	1.9	32	3.6	5	0.7	25	11.5
Metabolic syndrome	3	4.9	1	19.8		48.1		63.2	1	1.0	33	3.7	1	18.0	87	40.1
Smoking	0	–	13	2.3		2.5		2.8	34	32.7	293	32.6	174	24.6	66	30.4

<sup>a</sup>Systolic blood pressure ≥ 130 mmHg and/or diastolic blood pressure ≥ 85 mmHg.

TC = serum total cholesterol; TG = triglycerides; LDL-C = low-density lipoprotein cholesterol; HDL-C = high-density lipoprotein cholesterol; FBS = fasting blood sugar; 2-hpp = 2-hour post-load plasma glucose.

In females P < 0.0001 in all cases except for: LDL-C ≥ 160 mg/dL P = 0.03; HDL-C <40 mg/dL P = 0.09, FBS > 126mg/dL P < 0.01; impaired 2-hpp P = 0.006.

In males P < 0.0001 in all cases except for: HDL-C < 40mg/dL P = 0.007; FBS > 126mg/dL P = 0.005; impaired 2-hpp P = 0.006.