

Table 4 Prevalence of cardiovascular risk factors according to waist/hip ratio (WHR)

| Risk factor | WHR females | | | | WHR males | | | |
|----------------------------------|-------------|------|------------|------|------------|------|-----------|------|
| | < 0.80 | | ≥ 0.80 | | < 0.95 | | ≥ 0.95 | |
| | (n = 110) | | (n = 1660) | | (n = 1445) | | (n = 479) | |
| | No. | % | No. | % | No. | % | No. | % |
| TC ≥ 240 mg/dL | 6 | 5.5 | 510 | 30.7 | 237 | 16.4 | 171 | 35.7 |
| TG ≥ 200 mg/dL | 5 | 4.5 | 535 | 32.2 | 379 | 26.2 | 237 | 49.5 |
| LDL-C ≥ 160 mg/dL | 6 | 5.5 | 378 | 22.8 | 179 | 12.4 | 106 | 22.1 |
| HDL-C < 40 mg/dL | 21 | 19.1 | 366 | 22.0 | 387 | 26.8 | 131 | 27.3 |
| High blood pressure ^a | 11 | 10.0 | | 22.3 | | 9.4 | 173 | 36.2 |
| FBS > 126 mg/dL | 1 | 0.9 | 129 | 7.8 | 44 | 3.0 | 52 | 10.9 |
| Impaired 2-hpp | 1 | 0.9 | 141 | 8.5 | 50 | 3.5 | 59 | 12.3 |
| Metabolic syndrome | 3 | 2.7 | 737 | 44.4 | 89 | 6.2 | 159 | 33.2 |
| Smoking | 2 | 1.8 | 41 | 2.5 | 420 | 29.1 | 144 | 30.0 |

^aSystolic 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.

P < 0.0001 in all cases except for: high blood pressure in males, P = 0.0147; smoking in females, P = 0.44; smoking in males, P = 0.40.