

**Table 1** General characteristics of study participants across different categories of BMI and waist circumference<sup>a</sup>

Whole population	BMI categories <sup>b</sup>			P	WC categories <sup>c</sup>			P <sup>d</sup>
	Normal	Overweight	Obese		Normal	Abdominal obesity level 1	Abdominal obesity level 2	
Age (yr)	34.2 (7.8)	38.3 (7.3)	39.8 (7.3)	< 0.001	34.8 (7.8)	36.8 (7.4)	38.7 (7.2)	< 0.001
Weight (kg)	61 (8.8)	75.3 (9.2)	87.1 (16.9)	< 0.001	62.6 (11.6)	69.5 (12.8)	74.8 (11.7)	< 0.001
BMI (kg/m <sup>2</sup> )	22.1 (2.1)	27 (1.3)	33.9 (7.3)	< 0.001	22.6 (3.8)	25.3 (3.1)	28.2 (4.2)	< 0.001
WC (cm)	76.8 (17.1)	87.7 (17.4)	96.6 (20.4)	< 0.001	78.3 (8.1)	88.6 (7.3)	98.48 (8.3)	< 0.001
Married (%)	72.7	90.8	89.7	< 0.001	74.1	86.2	90.0	< 0.001
University graduates (%)	62.2	54.2	46.7	< 0.001	63.8	63.0	53.8	< 0.001
Current smokers (%)	13.7	15.2	14.9	0.082	12.8	12.5	15.8	0.065
Supplement use (%)	8.3	6.7	6.5	0.104	8.6	9.2	7.8	0.524
OCP use (%)	3.3	2.2	3.4	0.103	2.1	3.2	4.2	0.013
Self-reported diabetes (%)	0.9	2.3	3.1	< 0.001	0.8	1.7	2.5	0.005

<sup>a</sup>All values are mean (standard deviation), unless indicated.

<sup>b</sup>Normal weight ( $\leq 24.9$  kg/m<sup>2</sup>), overweight (25.0–29.9 kg/m<sup>2</sup>) and obesity ( $\geq 30.0$  kg/m<sup>2</sup>)

<sup>c</sup>Normal ( $< 80$  cm for women,  $< 94$  cm for men), abdominal obesity level 1 (80–87.99 cm for women, 94–101.99 cm for men), abdominal obesity level 2 ( $\geq 88$  cm for women,  $\geq 102$  cm for men).

<sup>d</sup>Obtained from analysis of variance or  $\chi^2$ .

BMI = body mass index; OCP = oral contraceptive pill; WC = waist circumference.