

Table 4 Risk factors for metabolic syndrome, Zahedan, 2017: logistic regression analysis

| Variable | AHA criteria | | | Univariate analysis | | | Multivariable analysis | | |
|--|-----------------------------|---------------------------------|-------|---------------------|----------------|---------|------------------------|----------------|-------------------|
| | Metabolic syndrome, no. (%) | Non-metabolic syndrome, no. (%) | Total | OR (95% CI) | R ² | P | OR (95% CI) | R ² | P |
| Sex | | | | | | | | 0.667 | 0.001 |
| Female | 96 (35.0) | 178 (65.0) | 274 | 2.10 (1.44-3.05) | 0.039 | < 0.001 | 3.91 (1.78-8.59) | | |
| Male | 62 (20.4) | 242 (79.6) | 304 | 1.00 | | | 1.00 | | |
| Waterpipe smoking | | | | | | | | | 0.01 |
| Yes | 11 (39.3) | 17 (60.7) | 28 | 1.77 (0.81-3.87) | 0.005 | 0.16 | 6.08 (1.55-23.82) | | |
| No | 147 (26.7) | 403 (73.3) | 550 | 1.00 | | | 1.00 | | |
| Fasting blood sugar(mg/dL) | | | | | | | | | < 0.001 |
| ≥ 100 | 81 (59.6) | 55 (40.4) | 136 | 6.98 (4.58-10.64) | 0.200 | < 0.001 | 13.22 (6.74-25.94) | | |
| < 100 | 77 (17.4) | 365 (82.6) | 442 | 1.00 | | | 1.00 | | |
| Triglycerides (mg/dL) | | | | | | | | | < 0.001 |
| ≥ 150 | 48 (65.8) | 25 (34.2) | 73 | 6.89 (4.06-11.68) | 0.131 | < 0.001 | 23.75 (9.92-56.84) | | |
| <150 | 110 (21.8) | 395 (78.2) | 505 | 1.00 | | | 1.00 | | |
| Waist circumference (cm) | | | | | | | | | < 0.001 |
| Men ≥ 94 Women ≥ 80 | 143 (44.4) | 179 (55.6) | 322 | 12.83 (7.28-22.60) | 0.27 | < 0.001 | 22.42 (9.03-55.70) | | |
| Men < 94 Women < 80 | 15 (5.9) | 241 (94.1) | 256 | 1.00 | | | 1.00 | | |
| Blood pressure (mmHg) | | | | | | | | | < 0.001 |
| ≥ 130/85 | 81 (56.3) | 63 (43.8) | 144 | 5.96 (3.95-8.99) | 0.176 | < 0.001 | 16.91 (8.54-33.50) | | |
| <130/85 | 77 (17.7) | 357 (82.3) | 434 | 1.00 | | | 1.00 | | |
| LDL cholesterol (mg/dL)^a | | | | | | | | | 0.017 |
| > 140 | 21 (46.7) | 24 (53.3) | 45 | 2.52 (1.36-4.68) | 0.021 | 0.004 | 3.47 (1.24-9.68) | | |
| ≤ 140 | 133 (25.7) | 384 (74.3) | 517 | 1.00 | | | 1.00 | | |
| Wrist circumference (cm) | mean (SD) 17.01 (1.68) | mean (SD) 16.53 (1.55) | 578 | 1.20 (1.07-1.35) | 0.026 | 0.001 | 1.29 (1.04-1.59) | | 0.01 |

AHA = American Heart Association; OR = odds ratio; CI = confidence interval; LDL = low-density lipoprotein; SD = standard deviation.

^aData were missing for 16 people.