

**Table S2.** Other available tables of references that can be used for metabolic syndrome assessment.

Components of metabolic syndrome						
Define your output	Excess adiposity	Blood pressure	Triacylglycerols	HDL-C	Glucose	Insulin resistance
<b>Metabolic Syndrome classification</b>	1) WC ≥ 90 <sup>th</sup> percentile (Cook and Ford definitions)	1) SBP or DBP ≥ 90 <sup>th</sup> percentile (Cook, Ford and Olza definitions)	1) TAG ≥ 110 cutoff point (Cook and Ford definitions)	1) HDL-C ≤ 40 cutoff point (Cook and Ford definitions)	1) Glucose ≥ 110 cutoff point (Cook, de Ferranti and Viner definitions)	1) HOMA-IR ≥ cutoff points according to Tanner index (Olza definition)
	2) WC ≥ 75 <sup>th</sup> percentile (de Ferranti definition)	2) SBP or DBP ≥ 90/95 <sup>th</sup> percentile (de Ferranti and Viner definitions)	2) TAG ≥ 100 cutoff point (de Ferranti definition)	2) HDL-C ≤ cutoff point (de Ferranti definition)	2) Glucose ≥ 100 cutoff point (Ford, Zimmet and Olza definitions)	2) HOMA-IR ≥ 90 <sup>th</sup> percentile (Ahrens definition, monitoring level)
	3) WC ≥ 90 <sup>th</sup> percentile or adult cutoff point if lower (Zimmet definition)	3) SBP or DBP ≥ 130 or 85 cutoff points (Zimmet definition)	3) TAG ≥ 150 cutoff point (Viner and Zimmet definitions)	3) HDL-C ≤ 35 cutoff point (Viner definition)	3) Glucose ≥ 90 <sup>th</sup> percentile (Ahrens definition, monitoring level)	3) HOMA-IR ≥ 95 <sup>th</sup> percentile (Ahrens definition, action level)
	4) WC ≥ 90 <sup>th</sup> percentile (Ahrens definition, monitoring level)	4) SBP or DBP ≥ 90 <sup>th</sup> percentile (Ahrens definition, monitoring level)	4) TAG ≥ 90 <sup>th</sup> percentile (Olza definition)	4) HDL-C ≤ cutoff point (Zimmet definition)	4) Glucose ≥ 95th percentile (Ahrens definition, action level)	4) HOMA-IR ≥ cutoff points based on Tanner index (Anguita <i>et al.</i> (2020))*
	5) WC ≥ 95 <sup>th</sup> percentile (Ahrens definition, action level)	5) SBP or DBP ≥ 95 <sup>th</sup> percentile (Ahrens definition, action level)	5) TAG ≥ 90 <sup>th</sup> percentile (Ahrens definition, monitoring level)	5) HDL-C ≤ 10 <sup>th</sup> percentile (Olza definition)		
	6) WC ≥ 90 <sup>th</sup> percentile (CDC)		6) TAG ≥ 95 <sup>th</sup> percentile (Ahrens definition, action level)	6) HDL-C ≤ 10 <sup>th</sup> percentile (Ahrens definition, monitoring level)		
	7) WC ≥ 90 <sup>th</sup> percentile (McCarthy <i>et al.</i> (2001))			7) HDL-C ≤ 05 <sup>th</sup> percentile (Ahrens definition, action level)		
	8) WC ≥ 90 <sup>th</sup> percentile (Ferrandez <i>et al.</i> (2005))					
	9) BMI ≥ 95 <sup>th</sup> percentile (Viner and Olza definitions)					
	10) BMI ≥ 95 <sup>th</sup> percentile (WHO)					
	11) BMI ≥ 90 <sup>th</sup> percentile (CDC)					
	12) BMI ≥ 95 <sup>th</sup> percentile (Sobradillo <i>et al.</i> (2004))					
<b>Metabolic Syndrome z-scores</b>	1) WC (Ahrens <i>et al.</i> (2014))	1) BP (Ahrens <i>et al.</i> (2014))	1) TAG (Ahrens <i>et al.</i> (2014))	1) HDL-C (Ahrens <i>et al.</i> (2014))	1) Glucose (Ahrens <i>et al.</i> (2014))	1) HOMA-IR (Ahrens <i>et al.</i> (2014))
	2) WC (Stravnsbo <i>et al.</i> (2018))	2) BP (Stravnsbo <i>et al.</i> (2018))	2) TAG (Stravnsbo <i>et al.</i> (2018))	2) HDL-C (Stravnsbo <i>et al.</i> (2018))	2) Glucose (Stravnsbo <i>et al.</i> (2018))	2) HOMA-IR (Stravnsbo <i>et al.</i> (2018))
	3) WC (Sharma <i>et al.</i> (2015))	3) BP (NHBPEP <sup>1</sup> <i>et al</i> (2004))				
	4) WC Ferrández <i>et al.</i> (2005))					
	5) BMI (Stravnsbo <i>et al.</i> (2018))					
	6) BMI (WHO)					
	7) BMI (Cole <i>et al.</i> (2012))					
	8) BMI (Sobradillo <i>et al.</i> ) (2004))					

**Abbreviations:** WC, Waist Circumference; CDC, Centers for Disease Control and Prevention; BMI, Body Mass Index; WHO, World Health Organization; SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; TAG, Triacylglycerols; HDL-C, High Density Lipoprotein-Cholesterol; HOMA-IR, Homeostatic Model Assessment for Insulin Resistance; BP, Blood Pressure; NHBPEP, National High Blood Pressure Education Program.