

Table S1. Computation of continuous metabolic syndrome z-score and its components.

Steps	Abdominal obesity	Blood pressure	Triacylglycerols	HDL-C	Glucose	Insulin resistance
Step 1	Waist circumference z-score	Systolic and diastolic blood pressure z-score	Triacylglycerols z-score	HDL-C z-score (-)	Glucose z-score	HOMA-IR z-score
Step 2	Waist circumference z-score	Blood Pressure z-score (mean of both) ^a	Lipid z-score (mean of both) ^a		HOMA-IR z-score	
Final step	MetS z-score = (waist circumference z-score + blood pressure z-score ^a + lipid z-score ^a + HOMA-IR z-score)/4					

^a Blood pressure z-score and lipid z-score is the mean between systolic and diastolic blood pressure z-scores, and triacylglycerols z-score and HDL-C z-score, respectively.

Abbreviations: HDL-C, High Density Lipoprotein-Cholesterol; HOMA-IR, Homeostatic Model Assessment for Insulin Resistance; MetS, Metabolic Syndrome.