

## Supplementary material

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## Supplementary material

Table S1. Median values of parameters that are diagnostic criteria for the metabolic syndrome, based on the results of the WOBASZ II study (2013–2014); age and sex standardized data.

PARAMETER		20–39 years			40–59 years			60–79 years			80 years and older			Total		
		W	M	<i>P</i>	W	M	<i>P</i>	W	M	<i>P</i>	W	M	<i>P</i>	W	M	<i>P</i>
Waist circumference, cm	median, cm	78.0	91.0	<0.001	86.5	98.0	<0.001	95.0	101.0	<0.001	96.0	98.0	0.21	86.0	96.0	<0.001
	IQR	8.0	7.5		6.6	7.5		8.5	7.5		7.5	8.0		10.0	8.0	
Triglycerides, mg/dL	median, mg/dL	82.3	112.4	<0.001	108.0	131.9	<0.001	119.5	117.7	0.81	118.6	108.0	0.35	100.9	119.5	<0.001
	IQR	24.8	41.6		35.8	50.4		69.5	38.5		29.2	43.8		34.3	44.3	

PARAMETER		20–39 years			40–59 years			60–79 years			80 years and older			Total		
		W	M	<i>P</i>	W	M	<i>P</i>	W	M	<i>P</i>	W	M	<i>P</i>	W	M	<i>P</i>
HDL cholesterol, mg/dL	median, mg/dL	60.4	50.3	<0.001	59.2	48.0	<0.001	54.2	48.8	<0.001	52.6	47.6	0.06	58.1	49.1	<0.001
	IQR	10.6	9.3		10.4	9.7		10.1	9.1		9.9	8.9		10.8	9.5	
Diastolic blood pressure, mmHg	median, mmHg	75.0	78.5	<0.001	80.0	83.5	<0.001	80.0	81.0	0.49	77.5	75.0	0.03	78.0	80.5	<0.001
	IQR	6.3	7.8		7.0	6.5		7.0	8.0		16.8	8.8		6.8	7.0	
Systolic blood pressure, mmHg	median, mmHg	115.0	126.0	<0.001	124.0	132.5	<0.001	137.5	140.0	0.02	140.0	140.0	0.59	123.0	130.0	<0.001
	IQR	7.3	7.5		11.0	11.3		13.8	13.8		6.8	17.5		12.3	10.8	
Fasting blood glucose, mg/dL	median, mg/dL	86.9	90.9	<0.001	92.5	98.3	<0.001	99.0	101.9	<0.001	99.4	100.1	0.37	91.6	95.4	<0.001
	IQR	5.0	5.9		6.6	8.0		9.9	10.0		11.3	10.9		7.3	7.8	

Abbreviations: M, men; W, women; HDL, high density lipoprotein; IQR, interquartile range

Table S2. The prevalence of individual components of the metabolic syndrome in men by age groups, based on the results of the WOBASZ (2003–2005) and WOBASZ II (2013–2014) studies, age and sex standardized data.



Elevated blood pressure + hypertens ion	%	50.9%	45.2%	<0.0 01	73.0%	70.0%	0.07	81.8%	83.3%	0.47	–	81.4%	–	64.9%	61.5%	0.00
	95	49.2–	42.4–		71.3–	67.3–		79.7–	80.0–		–	75.6–	63.8–	59.7–	2	
	%	52.7	48.0		74.7	72.8		83.9	86.5		87.1	66.0	63.3			
	CI															
Elevated fasting glucose + diabetes	%	7.7%	17.1%	<0.0 01	24.9%	44.8%	<0.0 01	33.7%	57.3%	<0.0 01	–	54.8%	–	18.9%	34.9%	<0.0 01
	95	6.8–	15.0–		23.2–	41.8–		31.1–	53.0–		–	47.4–	18.0–	33.1–		
	%	8.6	19.2		26.5	47.8		36.2	61.6		62.2	19.8	36.7			
	CI															

Abbreviations: M, men; W, women; HDL, high density lipoprotein

Table S3. The prevalence of individual components of the metabolic syndrome in women by age groups, based on the results of the WOBASZ (2003–2005) and WOBASZ II (2013–2014) studies; age and sex standardized data.



Elevated blood pressure + hypertens ion	%	17.8%	16.9%		58.7%	52.7%		84.8%	81.8%		–	87.9%	–	47.7%	44.4%	
	95	16.4–	14.8–		56.8–	49.7–		83.1–	78.8–		–	84.5–		46.5–	42.6–	
	%	19.2	19.1	0.5	60.5	55.7	0.00	86.6	84.8	0.07		91.3		48.8	46.3	0.00
	CI						1									3
Elevated fasting glucose + diabetes	%	3.1%	6.9%		15.3%	24.7%		29.5%	46.1%		–	51.0%	–	13.4%	22.1%	
	95	2.5–	5.4–	<0.0	14.0–	22.2–	<0.0	27.3–	42.2–	<0.0	–	45.8–		12.7–	20.6–	<0.0
	%	3.7	8.3	01	16.7	27.3	01	31.7	49.9	01		56.3		14.2	23.6	01
	CI															

Abbreviations: HDL, high density lipoprotein