

Supplemental Table S2. Classification of Blood Pressure, Fasting Plasma Glucose, Body Mass Index, and Lipid Profile

| Classification | |
|--------------------------------------|-----------------------------|
| Systolic BP | |
| Normal (reference) | <120 mm Hg |
| Elevated | 120–129 mm Hg |
| Stage 1 HTN | 130–139 mm Hg |
| Stage 2 HTN | ≥140 mm Hg |
| Diastolic BP | |
| Normal (reference) | <80 mm Hg |
| Elevated | <80 mm Hg |
| Stage 1 HTN | 80–89 mm Hg |
| Stage 2 HTN | ≥90 mm Hg |
| Fasting plasma glucose | |
| Normal (reference) | <100 mg/dL |
| Impaired fasting glucose | 100–125 mg/dL |
| Diabetes | ≥126 mg/dL |
| Body mass index | |
| Normal or underweight (reference) | <23.0 kg/m ² |
| Overweight | 23.0–24.9 kg/m ² |
| Obesity class 1 | 25.0–29.9 kg/m ² |
| Obesity class 2&3 | ≥30.0 kg/m ² |
| Low-density lipoprotein cholesterol | |
| Normal (reference) | <70 mg/dL |
| High | ≥70 mg/dL |
| High-density lipoprotein cholesterol | |
| Best (reference) | ≥60 mg/dL |
| Better | 41–59 mg/dL |
| Poor | ≤40 mg/dL |
| Triglyceride | |
| Normal (reference) | <174 mg/dL |
| Hypertriglyceridemia | ≥174 mg/dL |

BP, blood pressure; HTN, hypertension.