

Comparison of metabolic syndrome prevalence using four different definitions – a population-based study in Finland

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Additional file 2.

Prevalence of WHO metabolic syndrome components for total population, by gender and age groups

| Total population and 95% CI identified with WHO obesity component (BMI ≥30 or waist-to-hip-ratio (WHR) m: 0.90, f: 0.85) (%) | Age groups | WHO obesity component, men (%) | 95% CI | WHO obesity component, women (%) | 95% CI |
|---|-------------------|---------------------------------------|---------------|---|---------------|
| 75.3 (74.2-76.4) | Total | 87.5 | 86.2-88.7 | 64.8 | 63.1-66.5 |
| | 25-34 | 65.7 | 60.7-70.3 | 40.5 | 36.0-45.2 |
| | 35-44 | 80.8 | 76.8-84.3 | 53.6 | 49.2-58.0 |
| | 45-54 | 92.2 | 89.4-94.3 | 65.1 | 61.0-69.0 |
| | 55-64 | 93.0 | 90.7-94.8 | 72.9 | 69.3-76.3 |
| | 65-74 | 94.4 | 92.1-96.1 | 75.9 | 72.3-79.1 |
| | 75- | 95.7 | 92.3-97.6 | 75.7 | 71.1-79.8 |
| BMI (%) | Age groups | WHO BMI, men (%) | 95% CI | WHO BMI, women (%) | 95% CI |
| 25.9 (24.8-27.1) | Total | 25.4 | 23.8-27.1 | 26.3 | 24.8-27.9 |
| | 25-34 | 20.4 | 16.6-24.8 | 15.7 | 12.6-19.4 |
| | 35-44 | 20.8 | 17.2-24.9 | 21.0 | 17.6-24.8 |
| | 45-54 | 28.3 | 24.4-32.5 | 28.5 | 24.9-32.4 |
| | 55-64 | 30.9 | 27.3-34.7 | 29.1 | 25.7-32.8 |
| | 65-74 | 29.3 | 25.5-33.4 | 29.7 | 26.2-33.5 |
| | 75- | 13.5 | 9.7-18.4 | 32.2 | 27.6-37.1 |
| WHR (%) | Age groups | WHO WHR, men (%) | | WHO WHR, women (%) | |
| 72.6 (71.4-73.7) | Total | 87.2 | 85.9-88.4 | 60.2 | 58.5-61.9 |
| | 25-34 | 64.6 | 59.6-69.3 | 35.3 | 31.0-39.9 |
| | 35-44 | 80.3 | 76.2-83.8 | 48.1 | 43.7-52.5 |
| | 45-54 | 91.8 | 89.0-93.9 | 59.9 | 55.7-63.9 |
| | 55-64 | 92.9 | 90.6-94.7 | 68.9 | 65.1-72.4 |
| | 65-74 | 94.4 | 92.1-96.1 | 71.8 | 68.1-75.2 |
| | 75- | 95.3 | 91.8-97.3 | 72.6 | 67.8-76.9 |
| Total population and 95% CI identified with WHO lipid component (TG ≥ 150 mg/dl (1.7 mmol/L) and/ or M: HDL-C < 35 mg/dl (0.9 mmol/l) F: HDL-C < 39 mg/dl (1.0 mmol/l) (%) | Age groups | WHO lipid component, men (%) | 95% CI | WHO lipid component, women (%) | 95% CI |
| 24.2 (23.1-25.3) | Total | 30.5 | 28.8-32.3 | 18.9 | 17.6-20.3 |
| | 25-34 | 20.1 | 16.3-24.5 | 7.4 | 5.3-10.3 |
| | 35-44 | 28.7 | 24.6-33.2 | 11.0 | 8.5-14.1 |
| | 45-54 | 43.1 | 38.7-47.6 | 19.0 | 15.9-22.5 |
| | 55-64 | 33.7 | 30.0-37.6 | 24.0 | 20.8-27.5 |
| | 65-74 | 28.7 | 25.0-32.7 | 24.2 | 21.0-27.8 |
| | 75- | 20.8 | 16.1-26.4 | 25.2 | 21.0-29.9 |
| | | | | | 18.3-33.6 |

| Total population and 95% CI identified with WHO blood pressure (BP) component ($\geq 140/90$ or medication) (%) | Age groups | WHO BP component, men (%) | 95% CI | WHO BP component, women (%) | 95% CI |
|---|-------------------|---------------------------------------|---------------|---|---------------|
| 50.3 (49.0-51.6) | Total | 54.5 | 52.6-56.4 | 46.8 | 45.0-48.6 |
| | 25-34 | 19.8 | 16.1-24.1 | 6.7 | 4.7-9.5 |
| | 35-44 | 29.8 | 25.6-34.3 | 14.6 | 11.8-18.0 |
| | 45-54 | 49.2 | 44.7-53.7 | 39.9 | 35.9-44.1 |
| | 55-64 | 68.1 | 64.3-71.7 | 54.6 | 50.7-58.5 |
| | 65-74 | 79.0 | 75.3-82.3 | 74.8 | 71.2-78.1 |
| | 75- | 75.8 | 70.0-80.8 | 87.8 | 84.1-90.8 |
| Total population and 95% CI identified with WHO glucose component (FPG ≥ 110 mg/dl (6.1 mmol/l) or T2DM diagnosis) (%) | Age groups | WHO glucose component, men (%) | 95% CI | WHO glucose component, women (%) | 95% CI |
| 22.6 (21.5-23.7) | Total | 28.3 | 26.6-30.1 | 17.8 | 16.5-19.2 |
| | 25-34 | 8.4 | 6.0-11.7 | 2.3 | 1.3-4.2 |
| | 35-44 | 15.0 | 11.9-18.7 | 6.1 | 4.3-8.6 |
| | 45-54 | 27.3 | 23.5-31.5 | 12.5 | 10.0-15.5 |
| | 55-64 | 34.2 | 30.5-38.1 | 19.2 | 16.3-22.5 |
| | 65-74 | 42.0 | 37.8-46.3 | 29.0 | 25.5-32.7 |
| | 75- | 40.3 | 34.2-46.7 | 39.1 | 34.3-44.2 |

WHO= World Health Organization, BMI= body mass index, WHR= waist-to-hip-ratio, HDL-C= high density

lipoprotein cholesterol, TGs= triglycerides, BP= blood pressure, T2DM= type 2 diabetes mellitus, FPG= fasting plasma glucose