

Supplementary Table 1. Baseline characteristics according to body fat distribution

Variable	Total (n=1,015)	VAT/SAT ≥ 1.30 (n=588)	VAT/SAT < 1.30 (n=427)	P value
Clinical parameters				
Age, yr	56.4±7.2	57.1±7.6	56.2±7.3	0.734
Male sex	817 (80.6)	562 (95.7)	255 (59.7)	<0.001
Current smoking	205 (20.2)	155 (26.4)	50 (11.7)	<0.001
BMI, kg/m ²	24.6±2.6	24.8±2.3	24.3±3.0	<0.001
BMI ≥25 kg/m ²	432 (42.6)	265 (45.1)	167 (39.1)	0.062
WC, cm	88.1±7.1	88.9±6.3	87.1±8.0	<0.001
WC ≥90 cm (male) or 85 cm (female)	448 (44.1)	270 (45.9)	178 (41.7)	0.180
Hypertension	293 (28.9)	198 (33.7)	95 (22.2)	<0.001
Diabetes mellitus	196 (19.3)	135 (23.0)	61 (14.3)	0.001
Dyslipidemia	358 (35.3)	242 (41.2)	116 (27.2)	<0.001
Chronic kidney disease	85 (8.4)	49 (8.3)	36 (8.4)	0.956
Framingham risk score	7.6±5.7	8.2±5.8	7.0±3.2	<0.001
Low	656 (64.6)	362 (61.6)	294 (68.9)	<0.001
Intermediate	289 (28.5)	180 (30.6)	109 (25.5)	
High	70 (6.9)	46 (7.8)	24 (5.6)	
Medications				
Prior use of antiplatelet agent	313 (30.8)	187 (31.8)	126 (29.5)	0.435
Prior use of statin	293 (28.9)	172 (29.3)	121 (28.3)	0.751
Laboratory parameters				
Systolic blood pressure, mmHg	120.2±14.6	121.8±14.3	118.1±14.7	0.542
Total cholesterol, mg/dL	199.1±34.1	199.3±34.3	198.9±33.9	0.611
HDL-C, mg/dL	51.8±12.4	50.4±11.5	53.8±13.3	0.003
Triglyceride, mg/dL	107.0 (76.0–152.0)	119.0 (87.0–165.0)	94.0 (66.0–133.0)	0.001
LDL-C, mg/dL	124.8±32.6	125.1±33.8	124.5±30.8	0.073
Fasting glucose, mg/dL	104.5±22.2	107.5±23.8	100.3±19.1	<0.001
HbA1c, %	5.9±0.7	6.1±0.8	5.9±0.6	<0.001
hs-CRP, mg/L	0.5 (0.1–1.6)	0.6 (0.1–1.6)	0.4 (0.1–1.4)	0.019
Homocysteine, umol/L	8.7±2.6	9.0±2.9	8.1±1.6	0.205
HOMA-IR	2.5±1.4	2.6±1.5	2.2±1.2	0.002
CACS at baseline	81.0±233.9	96.5±226.7	59.6±242.1	0.003

Values are presented as mean ± standard deviation, number (%), or median (interquartile range).

VAT, visceral adipose tissue; SAT, subcutaneous adipose tissue; BMI, body mass index; WC, waist circumference; SBP, systolic blood pressure; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; HbA1c, glycosylated hemoglobin; hs-CRP, high-sensitivity C-reactive protein; HOMA-IR, homeostatic model assessment for insulin resistance; CACS, coronary artery calcium scores.