

Supplementary Table 1. Clinical characteristics of the study participants

Characteristic	Youths (10–19 years)	Young adults (20–29 years)	P value
No. (%)	4,129 (45.1)	3,203 (54.9)	
Estimated population ^a	4,878,369	5,934,976	
Age, yr	14.8±0.1	24.6±0.1	<0.001
Male sex	2,247 (54.6)	1,466 (55.8)	0.330
BMI, kg/m ²	21.1±0.1	22.9±0.1	<0.001
Obesity ^b	449 (11.2)	733 (24.6)	<0.001
Waist circumference, cm	70.9±0.2	77.5±0.2	<0.001
Waist-height ratio	0.436±0.001	0.458±0.001	<0.001
Central obesity ^c	411 (10.7)	407 (13.8)	0.001
Systolic blood pressure, mm Hg	108.2±0.2	110.3±0.2	<0.001
Diastolic blood pressure, mm Hg	66.7±0.2	72.3±0.2	<0.001
Total cholesterol, mg/dL ^d	157.9±0.5	173.0±0.7	<0.001
Triglyceride, mg/dL ^d	74.8±0.7	86.5±1.0	<0.001
HDL-C, mg/dL ^d	51.0±0.2	52.2±0.3	<0.001
Fasting plasma glucose, mg/dL	90.3±0.2	89.1±0.2	<0.001
HbA1c, %	5.41±0.01	5.32±0.01	<0.001
Serum AST, IU/L	19.0±0.2	19.9±0.2	0.001
Serum ALT, IU/L	15.7±0.3	21.0±0.5	<0.001
Hemoglobin, g/dL	14.26±0.02	14.71±0.03	<0.001

Values are presented as weighted mean ± standard error or number (weighted %).

BMI, body mass index; HDL-C, high density lipoprotein cholesterol; HbA1c, glycosylated hemoglobin; AST, aspartate aminotransferase; ALT, alanine aminotransferase.

^aEstimated population was calculated by using sample weights allocated to each participant, ^bObesity was defined as BMI ≥95th percentile for age and sex in the youth group, and BMI ≥25 kg/m² in the young adult group, ^cCentral obesity was defined as waist circumference ≥90th percentile for age and sex in the youth group, and waist circumference ≥90 cm in adult males and ≥85 cm in adult females, ^dTotal cholesterol, triglyceride, and HDL-C were log-transformed for the statistical analysis and expressed as geometric mean ± standard error.