

Supplementary Table 1. Baseline characteristics of participants according to baseline WC (in six levels) in different sex

Characteristic	WC levels ^a					
	1	2	3	4	5	6
Male						
Number	3,291,133	2,891,707	2,447,362	1,458,782	609,270	313,279
WC, cm	74.6±3.8	82.0±1.4	86.8±1.4	91.7±1.4	96.6±1.4	103.7±4.1
Age, yr	42.1±13.4	47.4±13.1	49.8±13.2	51.1±13.5	51.8±14.0	50.6±15.0
<40	1,560,129 (47.4)	1,030,226 (35.6)	726,121 (29.7)	401,622 (27.5)	179,959 (29.5)	118,571 (37.9)
40–64	1,444,169 (43.9)	1,597,440 (55.2)	1,463,372 (59.8)	880,279 (60.3)	352,164 (57.8)	158,318 (50.5)
≥65	286,835 (8.7)	264,041 (9.1)	257,869 (10.5)	176,881 (12.1)	77,147 (12.7)	36,390 (11.6)
BMI, kg/m ²	21.4±2.0	23.6±1.8	25.1±1.9	26.7±2.0	28.3±2.2	30.9±2.9
≥25	103,316 (3.1)	625,901 (21.6)	1,280,416 (52.3)	1,179,491 (80.9)	574,299 (94.3)	308,913 (98.6)
Height, cm	169.3±6.5	169.9±6.4	170.4±6.3	171.1±6.3	171.9±6.4	173.1±6.5
Weight, kg	61.3±7.0	68.3±6.7	73.1±7.2	78.1±7.8	83.6±8.6	92.7±10.9
SBP, mm Hg	120.5±13.3	124.0±13.6	126.1±13.8	128.1±14.1	129.9±14.2	132.3±14.6
DBP, mm Hg	75.3±9.2	77.5±9.4	78.9±9.6	80.2±9.8	81.4±10.0	83.1±10.4
Total cholesterol, mg/dL	184.9±33.8	195.0±35.4	199.3±36.2	201.6±37.0	202.9±37.7	203.7±38.3
TG, mg/dL	116.3±89.6	150.3±113.7	171.8±129.6	188.4±142.2	199.9±149.2	208.4±154.5
HDL-C, mg/dL	56.6±18.9	52.9±19.2	51.0±19.6	49.7±20.1	48.9±20.3	48.2±19.7
LDL-C, mg/dL	107.0±46.5	114.0±43.7	116.2±43.2	116.8±44.1	116.9±44.8	116.8±44.5
Fasting glucose, mg/dL	94.5±21.2	98.4±24.0	101.1±25.8	103.5±27.5	105.5±29.2	107.9±32.2
Current smoker	1,633,524 (49.6)	1,302,242 (45.0)	1,057,605 (43.2)	621,707 (42.6)	265,399 (43.6)	145,924 (46.6)
Heavy drinker	381,278 (11.6)	398,009 (13.8)	372,988 (15.2)	245,664 (16.8)	110,962 (18.2)	60,645 (19.4)
Regular physical activity	613,550 (18.6)	588,185 (20.3)	494,852 (20.2)	285,661 (19.6)	114,686 (18.8)	54,689 (17.5)
Low income <20%	635,093 (19.3)	485,437 (16.8)	404,667 (16.5)	249,232 (17.1)	107,295 (17.6)	57,735 (18.4)
Hypertension	455,426 (13.8)	648,354 (22.4)	731,678 (29.9)	548,877 (37.6)	268,473 (44.1)	162,223 (51.8)
Diabetes	169,523 (5.2)	244,529 (8.5)	277,639 (11.3)	209,677 (14.4)	104,877 (17.2)	64,610 (20.6)
Dyslipidemia	274,071 (8.3)	436,586 (15.1)	484,394 (19.8)	344,927 (23.6)	161,962 (26.6)	90,970 (29.0)
COPD	144,248 (4.4)	132,022 (4.6)	122,571 (5.0)	80,398 (5.5)	35,609 (5.8)	18,427 (5.9)
Cancer	45,844 (1.4)	39,140 (1.4)	36,052 (1.5)	23,482 (1.6)	9,855 (1.6)	4,781 (1.5)
Female						
Number	5,042,146	2,120,034	1,696,944	966,737	486,259	308,397
WC, cm	68.45±4.1	76.88±1.4	81.8±1.4	86.7±1.4	91.6±1.4	99.2±4.5
Age, yr	41.9±12.9	50.0±12.6	53.6±12.7	55.6±12.8	56.7±13.2	55.7±14.2
<40	2,008,177 (39.8)	339,791 (16.0)	179,394 (10.6)	84,675 (8.8)	42,602 (8.8)	37,707 (12.2)
40–64	2,770,116 (54.9)	1,508,400 (71.2)	1,177,692 (69.4)	633,320 (65.5)	297,897 (61.3)	179,919 (58.3)
≥65	263,853 (5.2)	271,843 (12.8)	339,858 (20.0)	248,742 (25.7)	145,760 (30.0)	90,771 (29.4)
BMI, kg/m ²	20.8±2.1	23.4±2.0	24.8±2.2	26.3±2.4	27.9±2.6	30.7±3.5
≥25	119,997 (2.4)	404,570 (19.1)	768,885 (45.3)	688,767 (71.3)	429,790 (88.4)	296,216 (96.1)
Height, cm	157.9±6.0	156.5±6.1	155.9±6.1	155.6±6.2	155.6±6.2	156.2±6.4
Weight, kg	52.0±5.6	57.3±6.0	60.4±6.7	63.8±7.3	67.7±8.0	74.9±10.7
SBP, mm Hg	114.1±13.7	120.1±15.0	123.6±15.5	126.3±15.7	128.6±15.8	130.8±16.1
DBP, mm Hg	71.3±9.3	74.4±9.8	76.3±10.0	77.7±10.0	78.9±10.1	80.3±10.3
Total cholesterol, mg/dL	187.2±34.2	198.8±37.1	203.8±38.1	206.4±38.8	208.0±39.3	208.7±40.0
TG, mg/dL	88.2±59.6	115.0±81.1	131.0±91.6	142.3±97.7	150.5±100.5	157.7±106.2
HDL-C, mg/dL	62.2±17.4	58.0±19.5	56.2±20.0	55.0±19.9	54.4±20.1	54.0±20.3
LDL-C, mg/dL	108.5±42.6	119.0±41.2	122.7±41.3	124.3±41.9	124.9±42.3	124.6±41.9
Fasting glucose, mg/dL	90.6±14.8	95.2±19.5	98.3±22.6	101.1±25.3	103.8±27.7	107.5±31.6
Current smoker	225,925 (4.5)	80,103 (3.8)	61,696 (3.6)	36,580 (3.8)	20,141 (4.1)	16,228 (5.3)
Heavy drinker	68,630 (1.4)	25,273 (1.2)	19,358 (1.1)	11,155 (1.2)	5,973 (1.2)	4,814 (1.6)
Regular physical activity	723,068 (14.3)	362,282 (17.1)	287,290 (16.9)	156,182 (16.2)	73,677 (15.2)	42,267 (13.7)
Low income <20%	1,224,760 (24.3)	534,936 (25.2)	427,169 (25.2)	243,294 (25.2)	124,894 (25.7)	83,329 (27.0)
Hypertension	473,392 (9.4)	466,540 (22.0)	546,152 (32.2)	396,684 (41.0)	237,443 (48.8)	172,673 (56.0)
Diabetes	117,190 (2.3)	130,606 (6.2)	168,610 (9.9)	133,677 (13.8)	86,833 (17.9)	71,653 (23.2)
Dyslipidemia	500,366 (9.9)	432,078 (20.4)	458,487 (27.0)	307,816 (31.8)	171,878 (35.4)	116,750 (37.9)
COPD	219,757 (4.4)	124,596 (5.9)	119,655 (7.1)	77,533 (8.0)	42,764 (8.8)	28,628 (9.3)
Cancer	84,998 (1.7)	48,646 (2.3)	41,786 (2.5)	24,395 (2.5)	12,115 (2.5)	7,429 (2.4)

Values are presented as number (%) or mean ± standard deviation. *P* < 0.0001 for all data.

WC, waist circumference; BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; TG, triglyceride; HDL-C, high density lipoprotein cholesterol; LDL-C, low density lipoprotein cholesterol; COPD, chronic obstructive pulmonary disease.

^aWC levels, in cm: level 1 (male <80, female <75), level 2 (male 80 to 84.9, female 75 to 79.9), level 3 (male 85 to 89.9, female 80 to 84.9), level 4 (male 90 to 94.9, female 85 to 89.9), level 5 (male 95 to 99.9, female 90 to 94.9), and level 6 (male ≥ 100, female ≥ 95).