

**Supplementary Table 1.** Cut-off points for different measurements of BMI and WC for obesity

| Adiposity measurement               | Range or meaning                        |
|-------------------------------------|---|
| BMI, kg/m <sup>2</sup>              |   |
| BMI-WHO (cut-off point)             |   |
| < 18.5                              | Underweight                             |
| 18.5–<24.9                          | Normal weight                           |
| 25–<29.9                            | Overweight                              |
| ≥ 30                                | Obesity                                 |
| BMI-China (cut-off point)           |   |
| < 18.5                              | Underweight                             |
| 18.5–<24                            | Normal weight                           |
| 24–<28                              | Overweight                              |
| ≥ 28                                | Obesity                                 |
| BMI-Asian/Hong-Kong (cut-off point) |   |
| < 20                                | Underweight                             |
| 20–<23                              | Normal weight                           |
| 23–<26                              | Overweight                              |
| ≥ 26                                | Obesity                                 |
| WC, cm                              |   |
| WC-WHO                              |   |
| No action                           | <94 cm in men; <80 cm in women          |
| Action level 1                      | 94 – ≤102 cm in men; 80–≤88 cm in women |
| Action level 2                      | > 102 cm in men; >88 cm in women        |
| WC-China                            |   |
| Level 0                             | <85 cm in men; <80 cm in women          |
| Level 1                             | 85–≤95 cm in men; 80–≤90 cm in women    |
| Level 2                             | >95 cm in men; >90 cm in women          |

BMI, body mass index; WC, waist circumference; WHO, World Health Organization.