

Supplementary Table 1. Anthropometric and biochemical parameters in each year's Korean National Health and Nutrition Examination Surveys from 1998 to 2012

Parameter	I	II	III	IV			V		
	1998	2001	2005	2007	2008	2009	2010	2011	2012
Number	7,698	5,654	5,269	2,827	6,113	6,787	5,613	5,542	5,149
Weighted no.	3.10×10 ⁷	2.87×10 ⁷	3.42×10 ⁷	3.41×10 ⁷	3.30×10 ⁷	3.38×10 ⁷	3.34×10 ⁷	3.47×10 ⁷	3.39×10 ⁷
Age, yr	41.4±0.48	42.2±0.50	43.5±0.50	44.2±0.66	44.7±0.54	44.9±0.53	45.0±0.59	45.4±0.58	45.7±0.36
Male sex, %	49.0 (0.5)	48.7 (0.6)	48.7 (0.7)	49.0 (0.9)	48.8 (0.6)	49.7 (0.6)	49.2 (0.7)	49.0 (0.7)	50.0 (0.7)
BMI, kg/m ²	23.1±0.09	23.4±0.10	23.6±0.10	23.6±0.11	23.5±0.10	23.7±0.10	23.6±0.10	23.7±0.11	23.8±0.08
WC, cm	80.0±0.29	80.6±0.30	80.6±0.31	81.8±0.39	81.1±0.34	80.8±0.34	80.8±0.33	81.2±0.35	81.1±0.25
SBP, mm Hg	124.4±0.53	121.6±0.56	117.7±0.54	115.3±0.77	114.2±0.56	116.4±0.53	116.9±0.55	117.3±0.54	117.8±0.39
Hemoglobin, g/dL	14.1±0.04	13.7±0.04	14.0±0.04	14.0±0.05	14.1±0.04	14.0±0.05	14.1±0.04	14.2±0.04	14.2±0.03
AST, IU/L	27.9±0.42	22.1±0.36	24.2±0.39	24.7±0.48	21.5±0.38	22.3±0.37	22.2±0.38	22.1±0.38	22.6±0.31
ALT, IU/L	28.4±0.71	20.4±0.66	22.9±0.72	24.7±0.81	21.8±0.69	22.4±0.69	21.7±0.67	21.6±0.69	23.1±0.62
Creatinine, mg/dL	0.9±0.005	1.0±0.005	1.0±0.005	1.0±0.006	0.9±0.007	0.8±0.006	0.8±0.005	0.8±0.005	0.9±0.004
FPG, mg/dL	99.9±0.73	96.3±0.56	93.5±0.53	94.2±0.77	97.0±0.55	96.3±0.55	96.2±0.57	96.2±0.57	97.1±0.42
HbA1c, % ^a	5.1±0.03	5.7±0.02	7.4±0.11	6.9±0.10	7.4±0.09	7.3±0.07	7.4±0.10	5.7±0.02	5.7±0.02
TC, mg/dL	185.9±0.98	186.0±0.94	182.6±0.97	186.3±1.25	185.6±0.98	185.5±0.94	186.8±1.02	188.4±1.01	189.4±0.73
TG, mg/dL	120.2±2.68	135.2±2.80	121.3±2.86	126.5±3.09	121.9±2.77	127.6±2.83	127.7±3.15	127.1±2.97	135.0±2.47
HDL-C, mg/dL	50.1±0.33	46.4±0.38	45.3±0.33	48.4±0.37	48.6±0.35	48.0±0.32	48.6±0.32	48.9±0.35	50.2±0.26
LDL-C, mg/dL	112.2±0.83	112.5±0.79	113.1±0.79	112.7±1.07	112.6±0.80	112.2±0.77	113.1±0.83	115.0±0.82	114.6±0.57
DM, %	9.6 (0.5)	8.7 (0.4)	7.0 (0.4)	8.9 (0.8)	8.3 (0.4)	8.2 (0.4)	8.5 (0.5)	10.3 (0.5)	10.0 (0.6)
Hypertension, %	24.5 (0.7)	22.3 (0.8)	21.8 (0.8)	14.6 (0.9)	22.1 (0.7)	22.7 (0.8)	23.5 (0.8)	25.7 (0.8)	26.3 (1.0)
Current smoker, %	36.0 (0.6)	31.9 (0.7)	25.6 (0.8)	25.4 (1.2)	26.5 (0.7)	26.5 (0.7)	29.9 (0.8)	32.7 (1.0)	26.0 (0.8)
Lipid-lowering agents use, %	NA	NA	1.0 (0.1)	1.8 (0.3)	2.4 (0.2)	3.0 (0.2)	4.2 (0.3)	4.3 (0.3)	5.3 (0.4)
Antihypertensive agents, %	7.0 (0.3)	6.9 (0.4)	10.6 (0.5)	11.8 (0.7)	13.5 (0.6)	13.7 (0.6)	14.9 (0.7)	14.5 (0.6)	15.2 (0.8)

Values are presented as mean ± standard error or percentage (standard error).

BMI, body mass index; WC, waist circumference; SBP, systolic blood pressure; AST, aspartate transferase; ALT, alanine transferase; FPG, fasting plasma glucose; HbA1c, glycosylated hemoglobin; TC, total cholesterol; TG, triglyceride; HDL-C, high density lipoprotein cholesterol; LDL-C, low density lipoprotein cholesterol; DM, diabetes mellitus; NA, not assessed.

^aHbA1c levels were measured in adults aged ≥30 years in 1998 and 2001, in patients with diabetes mellitus from 2005 to 2010, and in subjects aged ≥10 years in 2011 and 2012.