

Supplementary Table 1. Characteristics of the study participants

Variable	Men (n=1,263)	Women (n=2,264)	P value	Premenopausal women (n=788)	Postmenopausal women (n=1,476)	P value
Age, yr	49.8±10.3	52.2±8.6	<0.001	43.0±7.0	57.1±4.1	<0.001
BMI, kg/m ²	24.9±2.9	23.5±2.9	<0.001	23.0±2.9	23.7±2.8	<0.001
Waist circumference, cm	86.8±7.8	78.2±7.9	<0.001	76.3±7.5	79.2±7.8	<0.001
Visceral fat area, cm ²	117.1±47.9	89.4±38.6	<0.001	72.7±31.7	98.4±38.9	<0.001
TMA, cm ²	259.6±34.8	163.9±22.4	<0.001	170.2±21.2	160.5±22.2	<0.001
TMA/Wt, cm ² /kg	358.7±44.4	283.8±40.8	<0.001	293.8±38.2	278.4±41.2	<0.001
SBP, mm Hg	125.2±13.6	115.2±14.1	<0.001	111.0±12.5	117.5±14.5	<0.001
DBP, mm Hg	80.9±10.0	73.9±9.0	<0.001	72.4±9.1	74.7±8.9	<0.001
Total cholesterol, mg/dL	197.9±34.0	201.9±34.9	<0.001	191.9±32.3	207.2±35.1	<0.001
HDL-C, mg/dL	51.3±12.4	61.0±14.3	<0.001	62.2±14.5	60.3±14.1	0.003
LDL-C, mg/dL	122.4±31.9	120.9±31.8	0.194	113.3±29.6	124.9±32.2	<0.001
Triglycerides, mg/dL	130.0 (93.0–187.0)	99.0 (74.0–134.5)	<0.001	86.0 (65.0–112.0)	107.5 (81.0–144.0)	<0.001
Fasting glucose, mg/dL	90.0 (84.0–98.0)	87.0 (81.0–93.0)	<0.001	85.0 (80.0–90.0)	88.0 (83.0–94.0)	<0.001
Fasting insulin, uIU/mL	8.7 (6.6–11.4)	8.0 (6.4–10.1)	<0.001	7.9 (6.5–9.9)	8.0 (6.4–10.2)	0.187
HbA1c, %	5.5 (5.3–5.8)	5.5 (5.3–5.8)	0.247	5.4 (5.2–5.6)	5.6 (5.4–5.9)	<0.001
HOMA-IR	2.0 (1.5–2.7)	1.7 (1.3–2.3)	<0.001	1.6 (1.3–2.1)	1.8 (1.4–2.3)	<0.001
Increased IR, %	316 (25.0)	565 (25.0)	0.966	197 (25.0)	369 (25.0)	0.999
C-reactive protein, mg/L	0.7 (0.4–1.3)	0.5 (0.3–1.1)	<0.001	0.5 (0.3–1.0)	0.6 (0.4–1.2)	<0.001
Hypertension	430 (34.1)	469 (20.7)	<0.001	74 (9.4)	395 (26.8)	<0.001
Pre-diabetes mellitus	458 (36.3)	808 (35.7)	0.733	157 (20.0)	651 (44.1)	<0.001
Dyslipidemia	609 (48.2)	826 (36.5)	<0.001	144 (18.3)	682 (46.2)	<0.001
Antihypertensive medication	205 (16.2)	310 (13.7)	0.041	28 (3.6)	282 (19.1)	<0.001
Lipid-lowering medication	99 (7.8)	263 (11.6)	<0.001	16 (2.0)	247 (16.7)	<0.001
Current smoker	422 (33.4)	58 (2.6)	<0.001	36 (4.6)	22 (1.5)	<0.001
Alcohol intake						<0.001
Non-drinker	99 (7.8)	672 (29.7)	<0.001	172 (21.8)	500 (33.9)	
Former drinker	73 (5.8)	78 (3.4)		33 (4.2)	45 (3.1)	
Current non-heavy drinker	594 (47.0)	1,324 (58.5)		484 (61.4)	840 (56.9)	
Current heavy drinker	497 (39.4)	190 (8.4)		99 (12.6)	91 (6.1)	
Regular exercise	832 (65.9)	1,488 (65.7)	0.928	475 (60.3)	1,013 (68.6)	<0.001
Sleep duration, hr/day	6.9±1.1	6.8±1.2	0.194	6.9±1.2	6.8±1.2	0.002

Values are presented as mean ± standard deviation, median (interquartile range), or number (%). P values were derived using the independent *t*-test, Wilcoxon rank sum test, or chi-square test.

BMI, body mass index; TMA, thigh muscle area; Wt, weight; SBP, systolic blood pressure; DBP, diastolic blood pressure; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; HbA1c, glycosylated hemoglobin; HOMA-IR, homeostasis model assessment of insulin resistance; IR, insulin resistance.