

Table 3 Means and proportions of selected cardiovascular risk factors in men and women with normal glucose tolerance (NGT), abnormal glucose tolerance [(impaired fasting glucose (IFG), impaired glucose tolerance (IGT)] and diabetes mellitus (DM)

Variable	N		IFG/ IGT		DM		Total	
<i>Men</i>	<i>(n = 93)</i>		<i>(n = 18)</i>		<i>(n = 12)</i>		<i>(n = 123)</i>	
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI
Age (years)	53.9	50.7–57.0	62.3	56.5–58.0	62.3	55.0–7.0	55.9	53.3–58.6
BMI (kg/m ²)	22.8	22.0–23.6	22.8	21.3–24.4	24.2	21.0–27.4	23	22.3–23.6
WHR	0.92	0.90–0.94	0.95	0.91–0.99	0.96	0.92–1.00	0.93	0.92–0.94
Waist (cm)	83.4	81.3–85.5	86.4	81.8–91.0	90.3	83.0–98.0	84.5	82.7–86.4
Systolic BP (mmHg)	120.7	117.3–124.2	127.0	120.0–134.0	132.0	118.0–146.0	122.7	119.7–125.8
Diastolic BP (mmHg)	81.2	79.0–83.4	81	77.0–85.0	88.5	79.2–97.8	81.9	79.9–83.8
	No.	%	No.	%	No.	%	No.	%
Overweight ^a	24	25.8	4	22.2	5	42.0	33	26.8
Centrally obese ^b	34	36.6	10	55.6	7	58.3	51	41.5
Physically active ^c	46	49.5	8	44.4	3	25.0	57	46.3
Hypertensive ^d	23	24.7	8	44.4	5	41.7	36	29.3
Family history of diabetes	4	4.3	0	0.0	1	8.3	5	4.0
<i>Women</i>	<i>(n = 94)</i>		<i>(n = 19)</i>		<i>(n = 14)</i>		<i>(n = 127)</i>	
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI
Age (years)	46	44.0–48.0	49.4	43.8–54.9	49.4	42.6–56.2	46.8	45.0–48.6
BMI (kg/m ²)	22.9	21.9–23.8	23.9	21.5–26.3	25.6	22.8–28.3	23.3	22.5–24.0
WHR	0.92	0.90–0.94	0.94	0.90–0.98	0.96	0.92–1.00	0.93	0.91–0.95
Waist (cm)	86.5	84.0–88.9	89.0	83.0–95.0	94.4	87.6–101.2	87.8	85.7–89.8
Systolic BP (mmHg)	117	113.5–120.6	122	113.0–130.0	122	109.0–135.0	118.3	115.0–121.4
Diastolic BP (mmHg)	77.6	75.4–79.7	80.0	74.0–85.0	82.0	73.0–90.0	78.3	76.4–80.3
	No.	%	No.	%	No.	%	No.	%
Overweight ^a	28	29.8	8	42.0	9	64.3	45	35.4
Centrally obese ^b	63	67.0	12	63.0	11	78.6	84	66.0
Physically active ^c	60	63.8	12	63.2	7	50.0	79	62.2
Hypertensive ^d	20	21.3	5	26.3	4	28.6	29	22.8
Family history of diabetes	1	1.0	2	10.5	5	35.7	8	6.3

^aBMI ≥ 25 kg/m² ; ^bWHR ≥ 0.95; ^cOccupational + leisure activity; ^dBP ≥ 140/90 mmHg.

n = number of participants.

BMI = body mass index; WHR = waist-to-hip ratio; BP = blood pressure; CI = confidence interval.