

Table 3 Prevalence of metabolic syndrome components overall and in men and women

Variable	Total (n = 342) %	Women (n = 193) %	Men (n = 149) %	P-value
Central obesity	67.0	74.6	57.0	0.001
Hypertriglyceridaemia	34.5	27.5	43.6	0.002
Low HDL-C	45.0	45.1	45.0	1.000
Raised blood pressure ^a	35.9	37.8	32.9	0.364
Diabetes				
Dysglycaemia	25.4	29.5	20.1	0.048
Diabetes	12.6	11.9	13.4	0.743
New onset diabetes	1.8	2.1	1.3	0.700
IFG	11.1	15.5	5.4	0.003
Insulin resistance	27.2	26.4	28.2	0.715

^aBlood pressure \geq 130/85 mmHg or being treated for hypertension.

HDL-C = high-density lipoprotein cholesterol; IFG = impaired fasting glucose.