

Sex differences and risk factors of Metabolic syndrome in adults aged more than 40 in Northeast China: Results from the National Stroke Screening Survey  
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**Supplementary Table S1** Definitions of metabolic syndrome-related risk factors in the survey.

| Variables                   | Criteria  | References  |
|-----------------------------|---|---|
| BMI                         | BMI was grouped into five categories for our study:<br>underweight (BMI < 18.5 kg/m <sup>2</sup> ), normal (18.5 ≤ BMI < 24 kg/m <sup>2</sup> ), overweight (24 ≤ BMI < 26 kg/m <sup>2</sup> ), apparently overweight (26 ≤ BMI < 28 kg/m <sup>2</sup> ), obesity (BMI ≥ 28 kg/m <sup>2</sup> ).  | Guidelines for diabetes prevention and treatment in China <sup>1</sup>                                |
| Abnormal neck circumference | ≥37cm for male and ≥33cm for female   | Neck circumference as an independent predictive contributor of cardio-metabolic syndrome <sup>2</sup> |
| Physical inactivity         | Physical inactivity is defined as insufficient physical activity;<br>Physical activity is defined as the performance of heavy physical labor or regular physical exercise for more than one year, more than 3 times per week, and for at least 30 minutes per session.  | CHNS guidelines <sup>3</sup>  |
| Smoking                     | A smoker was defined as one who reported smoking one or more cigarettes or was passively exposed to tobacco smoke every day in general for more than 6 consecutive months. A non-smoker was defined as the one who had never smoked, nor passively exposed to tobacco smoke; or, had history of smoking but quit smoking for at least 6 consecutive months previous to the study.   | Technical specification of stroke screening and prevention in China <sup>4</sup>                      |
| Drinking                    | The NIAAA sets the standard drink size at about 14g of absolute ethanol, advising limits of no more than three drinks per day or seven drinks per week for men and women.<br>Drinking status was divided into three categories according to the participants' self-report in the previous 6 months: non-drinkers: had never drunk alcoholic beverage; light/moderate drinkers: less than or upto NIAAA limits; heavier drinkers: in excess of NIAAA limits. | NIAAA guidelines <sup>5</sup>   |
| Fruit consumption           | Fruit consumption was grouped into three categories for our study:<br>less than or equal to two days per week (≤ 2 d/w), three to four days per week (3–4 d/w), and greater than or equal to five days per week (≥ 5 d/w). And the weight of consumed fruits should reach or exceed two servings per day, and the definition of a serving of a fruit was calculated as 80g.   | Fruit and vegetable consumption and stroke: meta-analysis of cohort studies <sup>6</sup>              |

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**Abbreviation:** BMI, body mass index; CHNS, China Health and Nutrition Survey; NIAAA, National Institute on Alcohol Abuse and Alcoholism.

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