

Supplementary Table 3. Predictive costs of metabolic syndrome and its components over 5 years in males

Variable	Simple regression model		Multiple regression models I through VI		Multiple regression model VII		Multiple regression model VIII	
	Parameter estimation, USD	p value	Parameter estimation, USD	p value	Parameter estimation, USD	p value	Parameter estimation, USD	p value
Metabolic syndrome	3,110	< 0.001	2,030	< 0.001	897	< 0.001	606	< 0.001
Abdominal obesity	1,500	< 0.001	1,030	< 0.001	182	0.010	254	0.001
Hypertriglyceridemia	1,544	< 0.001	1,117	< 0.001	393	< 0.001	277	< 0.001
Low HDL-C level	1,094	< 0.001	694	< 0.001	130	0.075	227	0.003
High blood pressure	2,720	< 0.001	1,522	< 0.001	1,006	< 0.001	885	< 0.001
Hyperglycemia	2,379	< 0.001	1,269	< 0.001	657	< 0.001	629	< 0.001
Age	3,947	< 0.001	^a	< 0.001	3,335	< 0.001	3,110	< 0.001
Intercept	-	-	^b	< 0.001	-1,236	< 0.001	-863	< 0.001
Cardiac disorders	-	-	-	-	-	-	3,098	< 0.001
Stroke	-	-	-	-	-	-	3,549	< 0.001

Multiple regressions models I through VI include age, sex, household income level, smoking status, alcohol consumption, exercise status, and each individual component of metabolic syndrome. Multiple regression model VII includes all components of metabolic syndrome and controls for age, sex, household income level, smoking status, alcohol consumption, and exercise status. Multiple regression model VIII adds controls for cardiac disorders and stroke to model VII. Abdominal obesity, waist circumference ≥ 90 cm in men and ≥ 85 cm in women; hypertriglyceridemia, serum triglyceride ≥ 150 mg/dL; low HDL-C, HDL-C < 40 mg/dL in men and < 50 mg/dL in women; high blood pressure, blood pressure $\geq 130/85$ mmHg or current use of antihypertensive medication; hyperglycemia, serum glucose ≥ 100 mg/dL or current use of medication for diabetes.

USD, US dollar; HDL-C, high density lipoprotein cholesterol.

^aIndividual parameter estimates for age were as follows: model I (MetS), 3,530 USD; model II (abdominal obesity), 3,773 USD; model III (hypertriglyceridemia), 3,723 USD; model IV (low HDL-C level), 3,804 USD; model V (high blood pressure), 3,514 USD; and model VI (hyperglycemia), 3,601 USD.

^bIndividual intercepts were as follows: model I (MetS), -911 USD; model II (abdominal obesity), -1,818 USD; model III (hypertriglyceridemia), -1,128 USD; model IV (low HDL-C level), -1,007 USD; model V (high blood pressure), -1,149 USD; and model VI (hyperglycemia), -986 USD.