TABLES

Table 1: Characteristics of the 7118 Three City Study participants according to the presence of the metabolic syndrome at baseline.

| | | Metabolic Syndrome * | | |
|---------------------------|----------------------------------|----------------------|------------|-------------------|
| | | No | Yes | |
| | | (N=6134) | (N=984) | |
| | | % or m | % or m | D |
| | | (SD) | (SD) | I |
| Age (year) | (year) | 73.5 (4.9) | 73.8 (4.8) | 0.10 |
| Sex | Women | 61.3 | 54.0 | <10-4 |
| Marital status | Married / cohabited | 66.0 | 65.0 | 0.53 |
| Education | No qualification /primary school | 32.0 | 37.1 | 0.002 |
| | Lower secondary school | 29.6 | 30.6 | |
| | Higher secondary school | 13.8 | 11.4 | |
| | University degree | 24.6 | 20.9 | |
| Former occupational grade | Manual worker +housewife | 29.5 | 34.6 | |
| | Office based | 50.4 | 46.8 | <10 ⁻⁴ |
| | High grade | 20.1 | 18.6 | |
| Smoking habit | Never smoke | 62.3 | 54.7 | |
| | Former smoker | 32.2 | 39.9 | <10 ⁻⁴ |
| | Current smoker | 5.5 | 5.4 | |
| Alcohol intake* | No drinks | 19.5 | 22.2 | 0.08 |

| | Moderate : \leq 3 (2) men (women) | 63.2 | 59.8 | |
|--|-------------------------------------|------|------|-------------------|
| | High > 3 (2) men (women) | 17.3 | 18.0 | |
| Fruits and vegetables intake | Regular : (≥1/day) | 93.4 | 92.4 | 0.29 |
| Fish consumption | Rarely: <1/week | 10.6 | 12.8 | 0.13 |
| | Regular 1-3/ week | 83.4 | 81.6 | |
| | Often $\geq 4/$ week | 6.0 | 5.6 | |
| | Normal | 52.7 | 14.2 | |
| BMI | Overweight | 38.7 | 48.4 | <10 ⁻⁴ |
| | Obesity | 8.6 | 37.4 | |
| Cognitive impairment in Mini Mental State Examination (score<24) | | 5.0 | 8.6 | <10 ⁻⁴ |
| History of ischemic vascular diseases or stroke | | 15.4 | 21.3 | <10 ⁻⁴ |
| History of cancer | | 0.5 | 0.3 | 0.43 |
| | | | | |
| History of depression | | 21.4 | 20.9 | 0.76 |
| | | | | |
| Use of anti-hypertensive drugs | | 41.5 | 64.1 | <10 ⁻⁴ |
| Use of anti-diabetic drugs | | 2.9 | 26.9 | <10-4 |
| Use of lipids lowering drugs | | 30.3 | 39.1 | <10 ⁻⁴ |
| Metabolic syndrome component | nts | | | |
| Central obesity criteria | | 20.2 | 76.2 | <10-4 |
| High Triglycerides criteria | | 7.8 | 71.5 | <10-4 |
| Low HDL Cholesterol criteria | | 4.4 | 44.2 | <10-4 |
| Hypertension criteria | | 76.4 | 94.3 | <10-4 |
| Elevated Fasting Blood Glucose criteria | | 5.5 | 54.7 | <10-4 |

* Defined using the National Cholesterol Education Program (NCEP) criteria (8).

 Table 2: Contribution of the lipid and glucose components of the metabolic syndrome (MetS)* to the association between MetS and mortality risk

| | β | SE | Reduction |
|---|-------|-------|-----------|
| | | | in effect |
| | | | (%)‡ |
| MetS basic model [†] | 0.427 | 0.115 | Ref. |
| MetS basic model additionally adjusted for | | | |
| High triglyceride component | 0.411 | 0.139 | 3.7 |
| Low HDL-C component | 0.381 | 0.140 | 10.8 |
| Elevated Glucose component | 0.266 | 0.129 | 37.7 |
| | | | |
| High triglycerides and Low HDL-C components | 0.366 | 0.149 | 14.3 |
| High triglycerides and Elevated glucose components | 0.156 | 0.165 | 63.5 |
| Low HDL-C and Elevated glucose components | 0.189 | 0.145 | 55.7 |
| | | | |
| High triglycerides, Low HDL-C and Elevated glucose components | 0.094 | 0.175 | 78.0 |

* Defined using the National Cholesterol Education Program (NCEP) criteria (8).

† The effect of MetS on all-cause mortality adjusted for sex, age, centre, education level, occupational grade, marital status, smoking status, alcohol intake, dietary intakes (fruits, vegetables and fish), BMI categories, cognitive impairment, and history of vascular pathologies, cancer and depression ‡ To assess the weight of individual MetS components in the association with mortality, we calculated the percent attenuation in the MetS –all cause mortality association after adding each individual component separately to a model already including MetS. The percent attenuation in the association between the MetS and mortality risk was determined using the formula $\% = \{[(\beta_x - \beta_x adjusted for w)/\beta_x]\} \times 100$, where β is the coefficient estimated from the proportional hazards regression model.