**Supplemental Table 2. Comparison of measurement methods of indices in two studies**

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| Index | CHNS | CUADHS |
| Waist circumference | Measured with an inelastic tape to the nearest 0.1 centimeter directly above the umbilicus for 1 centimeter around the waist at the end of exhalation , and do keep the tape level | Measured with an inelastic tape to the nearest 0.1 cm at a midpoint between the bottom of the rib cage and the top of the iliac crest at the end of exhalation |
| Triglycerides, TC | Measured by glycerol lipase oxidase(GPO-PAP) method in serum, which was collected by centrifuging the sample 3000g for 15minutes | Measured by enzymatic process (dissociation) method in serum, which was collected by centrifuging the sample 3000g for 15minutes |
| High-density lipoprotein cholesterol, HDL-C | Measured by enzymatic process(direct) method in serum, which was collected by centrifuging the sample 3000g for 15minutes | Same as CUADHS |
| Fasting glucose | Measured by glucose oxidase method(GOD) in serum, which was collected by centrifuging the sample 3000g for 15minutes | Same as CUADHS |
| Blood pressure | Measured by electronic sphygmomanometer (OMRON HEM-7124, Omron health (China) co. LTD) after the subjects 5 minutes of seated rest and no physical activity in 30 minutes for once, repeated once when the measurements were suspicious | Measured by standard mercury sphygmomanometers after 10 minutes of seated rest and a 30 s interval between cuff inflations for three times |