

Supplemental Table 1. Anthropometric measures and cardiovascular parameters of the study population by gender

Characteristics	Men		Women		p-value*
	Mean	SEM	Mean	SEM	
Age (years)	38.51	1.02	44.41	2.02	0.004
Height (cm)	182.24	0.75	170.79	1.01	<0.001
Weight (Kg)	89.78	1.96	76.52	2.62	<0.001
BMI (Kg/m ²)	27.42	0.60	26.25	0.80	0.251
BSA (m ²)	2.16	0.03	1.90	0.04	<0.001
Total fat (Kg)	19.95	1.37	24.31	1.84	0.064
Waist (cm)	96.65	1.59	84.68	2.12	<0.001
Hip (cm)	105.13	1.17	107.18	1.57	0.305
WHR	0.92	0.01	0.79	0.01	<0.001
Systolic blood pressure (mmHg)	125.70	1.11	122.92	1.48	0.144
Diastolic blood pressure (mmHg)	75.72	0.80	75.17	1.08	0.662
Glucose (nmol/l)	5.03	0.07	4.77	0.09	0.030
Total Cholesterol (nmol/l)	4.87	0.12	4.79	0.17	0.681
LDL cholesterol (nmol/l)	3.02	0.10	2.80	0.13	0.203
HDL cholesterol (nmol/l)	1.31	0.05	1.72	0.07	<0.001
Triglycerides (nmol/l)	1.33	0.08	0.99	0.11	0.012
Glycated hemoglobin (nmol/mol)	38.84	0.59	38.31	0.79	0.597
Creatinine (nmol/l)	13.37	0.74	10.23	0.99	0.015
QIMT (μm)	559.98	11.38	519.39	15.97	0.046
Right ABI	1.03	0.01	1.03	0.02	0.691
Left ABI	1.03	0.01	1.03	0.02	0.807

*p-values<0.05 are in bold font

Abbreviations: SEM, standard error of the mean; BMI, Body mass index; BSA, Body surface area; WHR, Waist-Hip ratio; HDL, high density lipoprotein; LDL, low density lipoprotein; QIMT, Quality Intima-media thickness; Ankle-Brachial Index