Supplementary Table S2. Biochemical, physical parameters and frequency of preventive medication used to estimate the prevalence of metabolic syndrome in the study populations by sex.

	Male			Female		
	Sample of 2011	Sample of 2018	p-Value	Sample of 2011	Sample of 2018	p-value
A	Mean (95% CI)	Mean (95% CI)		Mean (95% CI)	Mean (95% CI)	
Fasting glucose (mmol/L)	**6.1 (5.6-6.5)**	**5.3 (4.9-5.7)**	**0.002**	**5.3 (5.1-5.5)**	**5.0 (4.9-5.2)**	**<0.001**
Fasting TG (mmol/L)	1.8 (1.6-2.1)	1.9 (1.7-2.1)	0.406	1.5 (1.4-1.6)	1.5 (1.4-1.7)	0.384
HDL-C (mmol/L)	1.2 (1.1-1.2)	1.2 (1.1-1.3)	0.225	1.2 (1.2-1.3)	1.3 (1.2-1.3)	0.146
Waist circumference (cm)	94.7 (91.8-97.6)	97.6 (94.0-101.2)	0.185	**89.1 (87.3-91.0)**	**93.8 (91.9-95.8)**	**0.001**
Systolic blood pressure (mmHg)	131.7 (127.9-135.5)	128.4 (125.0-131.9)	0.328	124.4 (122.4-126.5)	121.3 (119.3-123.3)	0.072
Diastolic blood pressure (mmHg)	80.7 (78.9-82.4)	81.0 (78.9-83.1)	0.600	**78.0 (77.0-79.1)**	**79.6 (78.4-80.8)**	**0.026**
B	Prevalence in % (95% CI)	Prevalence in % (95% CI)	p-Value	Prevalence in % (95% CI)	Prevalence in % (95% CI)	p-value
Prevalence of antihypertensive treatment (%)	30.7 (23.2-39.1)	36.1 (27.0-45.9)	0.397	30.2 (25.5-35.3)	30.0 (24.8-35.5)	0.947
Prevalence of antidiabetic treatment (%)	11.0 (6.5-17.3)	10.3 (5.4-17.5)	0.864	**5.1 (3.1-7.9)**	**11.6 (8.2-15.7)**	**0.004**
Prevalence of lipid lowering therapy (%)	16.5 (10.9-23.7)	13.4 (7.7-21.2)	0.517	9.1 (6.3-12.5)	9.7 (6.7-13.7)	0.773

Significant differences in mean or prevalence rates are highlighted in **bold**. 95% CI: 95% confidence interval. TG: triglyceride; HDL-C: high-density lipoprotein cholesterol.