



**Figure 1 Coexistence of total glucose intolerance (diabetes, impaired fasting glucose and impaired glucose tolerance), central obesity (waist–hip ratio  $\geq 0.95$  for men;  $\geq 0.85$  for women) and hypertension (systolic blood pressure  $\geq 140$  mmHg and/or diastolic  $\geq 90$  mmHg) ( $n = 250$ )**