

**Table 1 Characteristics of study participants  
(n = 728)**

Characteristic	Mean	SD	95% CI
Age (years)	32	9	31–33
BMI (kg/m <sup>2</sup> )	32.0	3.5	31.0–32.0
WHR	0.89	0.13	0.88–0.91
WC (cm)	99.8	12.0	98.0–101.0
TC (mg/dL)	192	46	186–197
TG (mg/dL)	134	72	126–143
LDL-C (mg/dL)	119	36	114–123
HDL-C (mg/dL)	48	8	47–49

SD = standard deviation; CI = confidence interval; BMI = body mass index; WHR = waist-to-hip ratio; WC = waist circumference; TC = total cholesterol; TG = triglycerides; HDL-C = high-density lipoprotein cholesterol; LDL-C = low-density lipoprotein cholesterol.