

**Table 1 Characteristics of the participants**

Characteristic	Total	Men	Women	<i>P</i>
	Mean (SD)	Mean (SD)	Mean (SD)	
Age (years)	56.0 (11.7)	59.2 (13.9)	54.6 (10.7)	0.08
Weight (kg)	76.5 (12.2)	77.9 (14.6)	76.3 (11.0)	0.38
Height (cm)	159.0 (8.0)	167.0 (6.9)	155.4 (5.4)	< 0.001
FBS (mg/dL)	181.4 (75.6)	172.3 (64.6)	185.6 (79.4)	0.25
TC (mg/dL)	203.8 (69.0)	196.2 (30.7)	207.8 (79.0)	0.34
HDL-C (mg/dL)	45.2 (16.7)	42.5 (13.6)	46.4 (17.0)	0.42
LDL-C (mg/dL)	103.3 (43.5)	101.0 (32.8)	104.4 (47.8)	0.61
TG (mg/dL)	260.7 (182.3)	233.4 (140.6)	273.1 (196.3)	0.16
SBP (mmHg)	153.2 (19.7)	151.6 (17.9)	154.3 (20.3)	0.38
DBP (mmHg)	89.9 (13.7)	88.9 (10.2)	90.4 (15.0)	0.48
CRP (mg/L)	2.1 (2.0)	1.9 (1.8)	2.5 (2.2)	0.07
IL-6 (pg/mL)	3.5 (3.7)	3.6 (3.2)	3.4 (3.3)	0.83

*FBS* = fasting blood sugar; *TC* = total cholesterol; *HDL-C* = high density lipoprotein-cholesterol; *LDL-C* = low density lipoprotein-cholesterol; *TG* = triglyceride; *SBP* = systolic blood pressure; *DBP* = diastolic blood pressure; *CRP* = C-reactive protein; *IL-6* = interleukin-6.

*SD* = standard deviation.