

Table 1 Baseline characteristics of the study sample

Variable	No. (%) n = 10 663
Age group, in years	
40–49	4686 (43.9)
50–59	3759 (35.3)
≥ 60	2218 (20.8)
Sex	
Male	4719 (44.3)
Female	5944 (55.7)
Residence	
Urban	4406 (41.4)
Rural	6257 (58.6)
Employment	
Employed	5447 (48.3)
Unemployed	5546 (51.7)
Marital status	
Single	1171 (11.0)
Married	9492 (89.0)
Educational level	
Illiterate	5587 (52.4)
Primary	2387 (22.4)
Elementary	1250 (11.7)
High school	864 (8.1)
University	575 (5.3)
Ethnicity	
Fars	7185 (68.0)
Other	3478 (32.0)
Socioeconomic status	
Low	2712 (25.4)
Medium	2648 (24.8)
High	2942 (27.6)
Highest	2361 (22.2)
Body mass index, in kg/m²	
≥ 30	1009 (18.0)
25.0–29.9	4451 (41.7)
18.5–24.9	5882 (58.4)
< 18.5	411 (3.9)
Waist circumference, in cm	
≥ 94 in males and ≥ 80 in females	7847 (75.6)
< 94 in males and < 80 in females	2816 (26.4)
Triglyceride, in mg/dL (mmol/L)	
≥ 150 (1.7)	3021 (28.3)
< 150 L (1.7)	7642 (71.7)
HDL-C, in mg/dL (mmol/L)	
< 40 (1.03) in men and < 50 (1.29) in women	5882 (55.2)
≥ 40 (1.03) in men and ≥ 50 (1.29) in women	4781 (44.8)
Fasting plasma glucose, in mg/dL (mmol/L)	
≥ 100 (5.6)	2972 (27.9)
< 100 (5.6)	7691 (72.1)
Systolic blood pressure, in mmHg*	
≥ 130	3956 (38.2)
< 130	6706 (61.8)
Diastolic blood pressure, in mmHg	
≥ 85	1122 (10.4)
< 85	9541 (89.6)

HDL-C = high-density lipoprotein cholesterol.

* Data were missing for 21 participants.