

Table 4 Association of general and central obesity with various noncommunicable diseases: multiple regression model

Variable	Subgroup	Adjusted OR (95% CI)*	P
Cardiovascular disease			
General obesity	Normal	Reference	–
	Underweight	0.88 (0.60–1.27)	0.509
	Overweight	1.18 (1.02–1.36)	0.018
	Obesity	1.27 (1.07–1.51)	0.006
Central obesity	No	Reference	–
	Yes	1.39 (1.02–1.90)	0.026
Non-alcoholic fatty liver disease			
General obesity	Normal	Reference	–
	Underweight	0.41 (0.20–0.85)	0.017
	Overweight	2.35 (2.00–2.77)	< 0.001
	Obesity	3.10 (2.58–3.73)	< 0.001
Central obesity	No	Reference	–
	Yes	3.01 (2.40–3.78)	< 0.001
Elevated fasting glucose ≥ 100 mg/dL (5.6 mmol/L) or on medication for elevated glucose			
General obesity	Normal	Reference	–
	Underweight	0.56 (0.45–0.72)	< 0.001
	Overweight	1.29 (1.17–1.42)	< 0.001
	Obesity	1.53 (1.35–1.73)	< 0.001
Central obesity	No	Reference	–
	Yes	1.67 (1.49–1.87)	< 0.001
Elevated blood pressure or treated previously for elevated blood pressure			
General obesity	Normal	Reference	–
	Underweight	0.50 (0.37–0.67)	< 0.001
	Overweight	1.69 (1.53–1.87)	< 0.001
	Obesity	2.42 (2.13–2.74)	< 0.001
Central obesity	No	Reference	–
	Yes	2.87 (2.53–3.26)	< 0.001
Elevated TG ≥ 150 mg/dL (1.7 mmol/L) or on medication for elevated triglycerides			
General obesity	Normal	Reference	–
	Underweight	0.64 (0.48–0.84)	0.002
	Overweight	1.39 (1.26–1.54)	< 0.001
	Obesity	1.55 (1.37–1.75)	< 0.001
Central obesity	No	Reference	–
	Yes	1.71 (1.54–1.89)	< 0.001
Reduced HDL-C or on medication for reduced HDL-C			
General obesity	Normal	Reference	–
	Underweight	0.72 (0.57–0.91)	0.007
	Overweight	1.24 (1.13–1.36)	< 0.001
	Obesity	1.44 (1.27–1.62)	< 0.001
Central obesity	No	Reference	–
	Yes	1.53 (1.37–1.71)	< 0.001

OR – odds ratio; CI – confidence interval; TG – triglycerides; HDL-C – high-density lipoprotein cholesterol.

*Adjusted for age, sex, marital status, ethnicity, socioeconomic status, educational level, residence and employment.