**Table S1. Stage of ABCD according The Cardiometabolic Disease Staging System (CMDS)**

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| **Stage ABCD** | **Stage CMDS** | **Descriptor** | **Criteria** |
| Stage 0 | Stage 0 | Metabolically Healthy | No risk factors |
| Stage 1 | Stage 1 | One or two risk factors | Have one or two of the following risk factors: |
|  |  |  | a. High waist circumference (≥ 112 cm in men, ≥ 88 cm in women)b. Elevated blood pressure (systolic ≥ 130 mmHg and/or diastolic ≥85 mmHg) or on anti-hypertensive medication.c. Reduced serum HDL-c (<40 mg/dL in men; < 50 mg/dL in women) or on medication.d. Elevated fasting serum triglycerides (≥ 150 mg/dL) or on medication  |
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| Stage 2 | Stage 2 | Metabolic syndrome or prediabetes | Have only one of the following three conditions in isolation:a. Metabolic syndrome based on three or more of four risk factors: high waist circumference, elevated blood pressure, reduced HDL-c, and elevated triglyceridesb. Impaired fasting glucose (≥100 mg/dL)c. Impaired glucose tolerance (2-hour glucose > 140 mg/dL) |
|  | Stage 3 | Metabolic syndrome + prediabetes | Have any two of the following three conditions:a. Metabolic syndromeb. Impaired fasting glucose c. Impaired glucose tolerance |
|  | Stage 4 | T2DM and/or CVD | Have type 2 diabetes mellitus (T2DM) and/or cardiovascular disease (CVD)a. T2DM (fasting glucose ≥ 126 mg/dL or 2-hour glucose ≥ 200 mg/dL or on antidiabetic therapy)b. Active CVD (angina pectoris, or status post a CVD event such as acute coronary artery syndrome, stent placement, coronary artery bypass, thrombotic stroke, non-traumatic amputation due to peripheral vascular disease. |