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| **Supplementary Table 1. Binary logistic regression on the associations of education with general obesity, defined as body mass index (BMI) ≥ 27 kg/m2 as an alternative cut-off, among respondents sampled in the Population Health Survey 2014/15 of Hong Kong, stratified by women and men (n=2297)** |
|  |  |  |  | **Education level** |  | **Education x Gender interaction** |
|  |  |  |  | Primary or below |  | Lower secondary  |  | Upper secondary  |  | Sub-degree  |  | Degree or above |  |  |
| (n=335) | (n=344) | (n=755) | (n=280) | (n=583) |  |  |
|   |   |   |   | OR (95% CI) |   | OR (95% CI) |   | OR (95% CI) |   | OR (95% CI) |   |   |   | Global *p*-value ‡ |
| *BMI ≥ 27 kg/m2* |  |  |  |  |  |  |  |  |  |  | *0.006* |
|  | Women † | 2.64 (1.36-5.15)\*\* |  | 1.65 (0.84-3.26) |  | 1.30 (0.72-2.31) |  | 1.55 (0.78-3.08) |  | ref |  |  |
|  | Men † | 0.76 (0.37-1.56) |  | 0.98 (0.54-1.78) |  | 1.06 (0.67-1.69) |  | 1.36 (0.80-2.32) |  | ref |  |  |
|   |   |  *p*-values for Education x Gender interaction ‡ | *<0.001* |   | *0.192* |   | *0.398* |   | *0.714* |   |   |   |  |
| † Adjusted for age, marital status, household income, household size, smoking, alcohol use, fruit and vegetable intake, and physical activity level for each cardiometabolic outcome or clinical risk factor |
| ‡ Adjusted for age, gender, marital status, household income, household size, smoking, alcohol use, fruit and vegetable intake, physical activity level, and the Education x Gender interaction terms in the total sample |
| \**p*<0.05, \*\**p*<0.01, \*\*\**p*<0.001 |

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| **Supplementary Table 2. Binary logistic regression on the associations of clinical risk factors with hypertension and diabetes among respondents sampled in the Population Health Survey 2014/15 of Hong Kong, stratified by women and men (n=2297)** |
|  |  | Hypertension |  | Diabetes |
|  |  | Women (n=1206) |  | Men (n=1091) |  | Women (n=1206) |  | Men (n=1091) |
|   |   | OR (95% CI) † |   | OR (95% CI) † |   | OR (95% CI) † |   | OR (95% CI) † |
| ***Clinical risk factors*** |  |  |  |  |  |  |  |
|  | BMI ≥ 27 kg/m2 | 4.67 (2.94-7.41)\*\*\* |  | 1.94 (1.30-2.91)\*\* |  | 1.89 (0.99-3.60) |  | 2.77 (1.63-4.72)\*\*\* |
|  | WHR ≥ 0.85 (female) / ≥ 0.9 (male) | 1.43 (0.97-2.11) |  | 1.46 (1.04-2.05)\* |  | 3.33 (1.69-6.57)\*\*\* |  | 2.05 (1.21-3.45)\*\* |
|  | LDL-C ≥ 160 mg/dL | 0.97 (0.44-2.14) |  | 1.01 (0.52-1.98) |  | 0.62 (0.13-3.06) |  | 0.67 (0.24-1.91) |
|  | HDL-C < 40 mg/dL | 1.15 (0.58-2.30) |  | 0.90 (0.60-1.33) |  | 1.37 (0.52-3.59) |  | 1.35 (0.80-2.28) |
|  | TC ≥ 240 mg/dL | 1.02 (0.47-2.20) |  | 1.41 (0.68-2.93) |  | 0.30 (0.06-1.49) |  | 1.48 (0.48-4.53) |
|  | TG ≥ 200 mg/dL | 0.84 (0.42-1.69) |  | 0.89 (0.51-1.56) |  | 0.99 (0.36-2.67) |  | 1.58 (0.78-3.21) |
|  | FPG ≥ 7 mmol/L | 1.34 (0.36-5.02) |  | 1.15 (0.48-2.76) |  | N/A |  | N/A |
|  | HbA1c ≥ 6.5% | 1.11 (0.51-2.40) |  | 0.78 (0.42-1.46) |  | N/A |  | N/A |
|  | SBP ≥ 140 mmHg | N/A |  | N/A |  | 0.71 (0.36-1.43) |  | 0.77 (0.42-1.43) |
|   | DBP ≥ 90 mmHg | N/A |   | N/A |   | 0.74 (0.32-1.71) |   | 0.60 (0.30-1.21) |
| † Model included age, marital status, education, household income, household size, smoking, alcohol use, fruit and vegetable intake, physical activity level, and all the listed clinical risk factors |
| \**p*<0.05, \*\**p*<0.01, \*\*\**p*<0.001 |
| BMI, Body mass index; DBP, Diastolic blood pressure; FPG, Fasting plasma glucose; HbA1c, Hemoglobin A1c; HDL-C, High-density lipoprotein cholesterol; LDL-C, Low-density lipoprotein cholesterol; N/A, Not applicable; SBP, Systolic blood pressure; TC, Total cholesterol; TG, Triglycerides; WHR, Waist-to-hip ratio |