Appendix 3: IDF-defined metabolic syndrome (overall and categorical components) and IGT in predicting incident type 2 diabetes after adjustment for age and sex

Variable	OR (95% CI)	*p* value	C statistic	*p* value (v. IGT)
Waist circumference*	3.55 (1.61–7.80)	0.002	0.684	0.84
Triglycerides	1.74 (1.02–2.98)	0.04	0.662	0.42
HDL cholesterol*	1.58 (0.97–2.57)	0.06	0.659	0.34
Blood pressure	2.69 (1.48–4.89)	0.001	0.671	0.67
Blood glucose	2.30 (1.43–3.73)	< 0.001	0.687	0.80
Metabolic syndrome*	2.14 (1.29–3.55)	0.003	0.682	0.96
IGT	2.87 (1.52–5.40)	0.001	0.681	–

Abbreviations: CI = confidence interval; HDL = high-density lipoprotein; IDF = International Diabetes Federation; IGT = impaired glucose tolerance; OR = odds ratio.
*Age-specific cutoffs used.