

Apparently healthy subject screened in 2003  
and re-exam 5 years later (2008)  
(n=3,153)

**Exclusion criteria (n=803) at 2003**

On medication for DM (n=58) or hypertension (n=142)

Elevated fasting plasma glucose  $\geq 126$  mg/dL (n=382)

Diagnosis with Metabolic syndrome at baseline (n=342)

Missing variables (n=168)

Metabolic syndrome free cohort in 2003  
(n=2,350)

Followed up for 5 years

Newly developed Metabolic syndrome in 2008  
(n=199)