

Supplementary Table 1. Associations among lipid profiles and cardiometabolic indicators

Variable	β	95% CI	R^2	F-value	P-value
WC (cm)					
Total cholesterol (mg/dL)	0.065	0.051–0.079	0.271	81.122	0.000
Triglycerides (mg/dL)	0.037	0.028–0.046	0.287	65.673	0.000
HDL-C (mg/dL)	-0.220	-0.228–0.18	0.282	119.359	0.000
LDL-C (mg/dL)	0.072	0.055–0.089	0.27	70.141	0.000
Non-HDL-C (mg/dL)	0.097	0.082–0.111	0.305	166.992	0.000
TC/HDL-C ratio	4.146	3.584–4.707	0.344	210.633	0.000
TG/HDL-C ratio	1.278	0.891–1.665	0.29	42.094	0.000
Fasting glucose (mg/dL)					
Total cholesterol (mg/dL)	0.014	0.002–0.027	0.072	4.981	0.026
Triglycerides (mg/dL)	0.010	0.005–0.014	0.076	20.623	0.000
HDL-C (mg/dL)	-0.021	-0.053–0.010	0.07	1.740	0.188
LDL-C (mg/dL)	0.010	-0.005–0.025	0.07	1.760	0.185
Non-HDL-C (mg/dL)	0.018	0.005–0.031	0.074	7.342	0.007
TC/HDL-C ratio	0.663	0.250–1.076	0.075	9.955	0.002
TG/HDL-C ratio	0.309	0.175–0.444	0.075	20.402	0.000
Fasting insulin (μIU/mL)					
Total cholesterol (mg/dL)	0.017	0.005–0.028	0.071	8.364	0.004
Triglycerides (mg/dL)	0.033	0.024–0.042	0.15	55.541	0.000
HDL-C (mg/dL)	-0.127	-0.163–0.092	0.098	50.310	0.000
LDL-C (mg/dL)	0.001	-0.013–0.016	0.067	0.028	0.867
Non-HDL-C (mg/dL)	0.034	0.021–0.047	0.085	25.309	0.000
TC/HDL-C ratio	1.969	1.417–2.522	0.118	49.060	0.000
TG/HDL-C ratio	1.100	0.767–1.433	0.149	42.030	0.000
HOMA-IR					
Total cholesterol (mg/dL)	0.004	0.001–0.007	0.073	8.498	0.004
Triglycerides (mg/dL)	0.008	0.006–0.010	0.145	56.922	0.000
HDL-C (mg/dL)	-0.030	-0.038–0.021	0.096	45.171	0.000
LDL-C (mg/dL)	0.001	-0.003–0.004	0.068	0.087	0.769
Non-HDL-C (mg/dL)	0.008	0.005–0.011	0.085	23.599	0.000
TC/HDL-C ratio	0.467	0.329–0.605	0.116	44.202	0.000
TG/HDL-C ratio	0.260	0.183–0.337	0.145	43.909	0.000
SBP (mmHg)					
Total cholesterol (mg/dL)	0.039	0.022–0.055	0.175	20.387	0.000
Triglycerides (mg/dL)	0.027	0.019–0.035	0.185	42.888	0.000
HDL-C (mg/dL)	-0.047	-0.092–0.002	0.16	4.289	0.039
LDL-C (mg/dL)	0.024	0.003–0.045	0.169	5.188	0.023
Non-HDL-C (mg/dL)	0.047	0.029–0.065	0.179	25.918	0.000
TC/HDL-C ratio	1.699	1.101–2.297	0.181	31.193	0.000
TG/HDL-C ratio	0.851	0.607–1.095	0.183	47.051	0.000
DBP (mmHg)					
Total cholesterol (mg/dL)	0.027	0.011–0.044	0.165	10.856	0.001
Triglycerides (mg/dL)	0.015	0.009–0.021	0.167	21.680	0.000
HDL-C (mg/dL)	-0.005	-0.046–0.037	0.159	0.046	0.829
LDL-C (mg/dL)	0.018	-0.002–0.037	0.161	3.092	0.079
Non-HDL-C (mg/dL)	0.030	0.012–0.047	0.166	10.870	0.001
TC/HDL-C ratio	0.951	0.327–1.576	0.165	8.959	0.003
TG/HDL-C ratio	0.480	0.272–0.689	0.166	20.526	0.000

CI, confidence interval; WC, waist circumference; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; TC, total cholesterol; TG, triglyceride; HOMA-IR, homeostatic model assessment for insulin resistance; SBP, systolic blood pressure; DBP, diastolic blood pressure.