Figure 1  Selection of study population

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 ≥ 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)