Supplementary appendix

Table S1: Data excluded by implausible or missing values.

| Variables            | Overall population (n = 367) |
|----------------------|-----------------------------|
|                      | Missing | Implausible | Total excluded |
| Glucose              | 18      | 1           | 19             |
| Total cholesterol    | 0       | 2           | 2              |
| HDL-C                | 5       | 11          | 16             |
| LDL cholesterol      | 1       | 1           | 2              |
| VLDL cholesterol     | 0       | 2           | 2              |
| HbA1c                | 2       | 3           | 5              |
| Serum Uric Acid      | 1       | 1           | 2              |
| Waist circumference  | 11      | 0           | 11             |
| Body fat percentage  | 2       | 1           | 3              |
| Findrisc_1           | 1       | 1           | 2              |
| Findrisc_2           | 1       | 0           | 1              |
| Findrisc_6           | 0       | 1           | 1              |
| Findrisc_8           | 0       | 3           | 3              |
| Smoking              | 3       | 1           | 4              |
| Age                  | 1       | 1           | 2              |
| Summatory            | 46      | 29          | 75             |
| Percentage (%)       | 12.5    | 7.9         | 20.4           |

LDL-C, low density lipoprotein cholesterol; VLDL-C, very low-density lipoprotein cholesterol; HDL-C, high density lipoprotein cholesterol; HbA1c, glycosylated hemoglobin

Description of data: Data excluded from the Plan for the Prevention and Surveillance of Communicable and Non-Communicable Diseases by implausible or missing values.
Table S2: General characteristics of the healthcare personnel by sex and MetS

| Variable                  | Overall population (n=292) | Men (n=90) | Women (n=202) | P-value | No-MetS (n=124) | MetS (n=78) | p-value |
|---------------------------|-----------------------------|------------|---------------|---------|----------------|-------------|---------|
| Age (years)               | 46.2 ± 10.6                 | 45.6 ± 11.2| 51.5 ± 10.2   | 0.014*  | 43.2 ± 10.1    | 49.0 ± 9.7  | <0.001**|
| Weight (Kg)               | 67.9 ± 13.0                 | 70.9 ± 12.1| 82.7 ± 12.8   | <0.001**| 60.7 ± 9.8     | 71.2 ± 10.4 | <0.001**|
| BMI (Kg/m²)               | 28.1 ± 4.3                  | 26.8 ± 3.7 | 30.4 ± 3.7    | <0.001**| 26.3 ± 3.7     | 30.6 ± 4.0  | <0.001**|
| Waist circumference (cm)  | 91.8 ± 10.8                 | 91.7 ± 12.3| 103.0 ± 7.4   | <0.001**| 86.1 ± 9.2     | 96.3 ± 6.7  | <0.001**|
| Body fat (%)              | 33.0 ± 6.7                  | 25.7 ± 5.6 | 29.4 ± 3.0    | <0.001**| 33.8 ± 5.4     | 38.5 ± 4.4  | <0.001**|
| Glucose (mg/dL)           | 95.9 ± 32.7                 | 93.6 ± 14.0| 114.0 ± 48.9  | 0.027*  | 90.8 ± 32.8    | 98.2 ± 31.5 | 0.111   |
| Cholesterol (mg/dL)       | 193.1 ± 37.0                | 187.0 ± 35.5| 216.0 ± 34.7  | <0.001**| 187.0 ± 33.4   | 199.0 ± 40.4| 0.034*  |
| Triglycerides (mg/dL)     | 153.7 ± 79.3                | 142.0 ± 77.2| 234.0 ± 92.7  | <0.001**| 116.0 ± 54.3   | 188.0 ± 69.4| <0.001**|
| LDL-C (mg/dL)             | 114.3 ± 31.0                | 113.0 ± 28.7| 129.0 ± 32.7  | 0.019*  | 111.0 ± 25.6   | 114.0 ± 37.8| 0.460   |
| VLDL-C (mg/dL)            | 29.07 ± 12.79               | 27.1 ± 11.5 | 40.5 ± 13.9   | <0.001**| 24.5 ± 10.4    | 36.6 ± 12.8 | <0.001**|
| HDL-C (mg/dL)             | 49.8 ± 10.3                 | 47.1 ± 7.7  | 47.5 ± 9.6    | 0.818   | 53.0 ± 11.2    | 47.8 ± 9.5  | <0.001**|
| HbA1c (%)                 | 6.0 ± 1.0                   | 5.8 ± 0.6   | 6.6 ± 1.8     | 0.028*  | 5.8 ± 0.8      | 6.2 ± 1.0   | <0.001**|
| Uric acid (mg/dL)         | 3.9 ± 1.0                   | 4.6 ± 0.8   | 4.9 ± 0.9     | 0.054   | 3.3 ± 0.8      | 3.8 ± 0.8   | <0.001**|
| SBP (mmHg)                | 108.1 ± 13.4                | 110.0 ± 12.0| 123.0 ± 11.5  | <0.001**| 103.0 ± 11.1   | 109.0 ± 13.4| <0.001**|
| DBP (mmHg)                | 68.8 ± 10.5                 | 69.3 ± 9.8  | 80.3 ± 10.7   | <0.001**| 65.0 ± 8.8     | 69.7 ± 9.8  | <0.001**|
| Uric acid tertiles (%)    |                             |            |               |         |                |             |         |
| T1'                       | 100 (34.2)                  | 26 (78.8)  | 7 (21.2)      | 0.068   | 57 (78.1)      | 16 (21.9)   | <0.001**|
| T2'                       | 96 (32.9)                   | 15 (53.6)  | 13 (46.4)     | 40 (64.5)| 22 (35.5)      |             |         |
| T3'                       | 96 (32.9)                   | 16 (55.2)  | 13 (44.8)     | 27 (40.3)| 40 (59.7)      |             |         |

Data expressed as mean ± standard deviation or number (percentage). MetS, Metabolic Syndrome; BMI, Body mass index; LDL-C, Low density lipoprotein cholesterol; VLDL-C, Very low density lipoprotein cholesterol; HDL-C, High density lipoprotein cholesterol; HbA1c, Glycosylated hemoglobin; SBP, Systolic blood pressure; DBP, Diastolic blood pressure; T1, Low tertile; T2, Middle tertile; T3, high tertile; *p < 0.05, **p < 0.01, 'Interval of uric acid depend of the group (overall population, male or women). The p value was calculated for the numeric variables with the Welch Two Sample t-test, and for the categorical variables with Chi-Square test.