### Supplement Table 1. The incidence of metabolic syndrome (IDF 2005) among RTA personnel by demographic and behavioral factors

|                  | Person-years of observation | No. of metabolic syndrome | Incidence rate / 100 person-years | 95% CI       | p-value |
|------------------|-----------------------------|---------------------------|-----------------------------------|--------------|---------|
| **Total**        | 281901                      | 12240                     | 4.34                              | 4.27-4.42    |         |
| **Sex**          |                             |                           |                                   |              | 0.06    |
| Female           | 24862                       | 1022                      | 4.11                              | 3.87-4.37    |         |
| Male             | 257039                      | 11218                     | 4.36                              | 4.28-4.45    |         |
| **Age (years)**  |                             |                           |                                   |              | <0.001  |
| <35              | 157038                      | 2350                      | 1.50                              | 1.44-1.56    |         |
| 35-44            | 53419                       | 3633                      | 6.80                              | 6.58-7.03    |         |
| ≥45              | 71444                       | 6257                      | 8.76                              | 8.54-8.98    |         |
| **Regions**      |                             |                           |                                   |              | <0.001  |
| Bangkok          | 44312                       | 2131                      | 4.81                              | 4.61-5.02    |         |
| Central          | 79522                       | 3520                      | 4.43                              | 4.28-4.58    |         |
| Northeast        | 58548                       | 2834                      | 4.84                              | 4.67-5.02    |         |
| North            | 62566                       | 2262                      | 3.62                              | 3.47-3.77    |         |
| South            | 36953                       | 1493                      | 4.04                              | 3.84-4.25    |         |
| **Health Scheme**|                             |                           |                                   |              | 0.03    |
| Civil Servant Medical Benefits | 277690               | 12077                     | 4.35                              | 4.27-4.43    |         |
| Social Security  | 2892                        | 123                       | 4.25                              | 3.56-5.08    |         |
| Universal Coverage | 1319               | 40                        | 3.03                              | 2.22-4.13    |         |
| **Smoking status**|                             |                           |                                   |              | <0.001  |
| Never            | 139334                      | 6403                      | 4.60                              | 4.48-4.71    |         |
| Ex-smoker        | 50309                       | 2306                      | 4.58                              | 4.40-4.77    |         |
| Current smoker (irregular) | 38159             | 1499                      | 3.93                              | 3.73-4.13    |         |
| Current smoker (regular) | 51370           | 1938                      | 3.77                              | 3.61-3.94    |         |
| **Alcohol drinking**|                             |                           |                                   |              | <0.001  |
| Never            | 52148                       | 2488                      | 4.77                              | 4.59-4.96    |         |
| Ex-drinker       | 26680                       | 1239                      | 4.64                              | 4.39-4.91    |         |
| Current drinker (irregular) | 179184          | 7540                      | 4.21                              | 4.11-4.30    |         |
| Current drinker (regular) | 22610          | 926                       | 4.10                              | 3.84-4.37    |         |
| **Exercise**     |                             |                           |                                   |              | <0.001  |
| No               | 18996                       | 907                       | 4.77                              | 4.47-5.10    |         |
| Irregular exercise | 83958               | 4246                      | 5.06                              | 4.91-5.21    |         |
| Regular exercise | 175467                      | 6964                      | 3.97                              | 3.88-4.06    |         |

95% CI: 95% confidence interval
Table 2. Univariable and multivariable analysis of the association between demographic, behavioral, and clinical factors and the incidence of metabolic syndrome (IDF 2005) among RTA personnel

| Factors            | Unadjusted HR | 95% CI         | p-value | Adjusted HR | 95% CI         | p-value |
|--------------------|---------------|----------------|---------|-------------|----------------|---------|
| Sex                |               |                |         |             |                |         |
| Female             | 1.06          | 1.00-1.13      | 0.07    | 1.25        | 1.16-1.34      | <0.001  |
| Male               | 1.00          |                |         |             |                |         |
| Age (years)        |               |                |         |             |                |         |
| <35                | 4.55          | 4.32-4.79      | <0.001  | 4.61        | 4.38-4.86      | <0.001  |
| ≥45                | 5.86          | 5.59-6.14      | <0.001  | 5.95        | 5.67-6.25      | <0.001  |
| Regions            |               |                |         |             |                |         |
| Bangkok            | 0.92          | 0.87-0.97      | 0.003   | 1.12        | 1.06-1.19      | <0.001  |
| Central            | 1.01          | 0.96-1.07      | 0.605   | 1.22        | 1.15-1.29      | <0.001  |
| Northeast          | 0.75          | 0.71-0.80      | <0.001  | 0.91        | 0.86-0.97      | 0.004   |
| North              | 0.84          | 0.79-0.90      | <0.001  | 1.28        | 1.19-1.37      | <0.001  |
| South              | 1.00          |                |         | 1.00        | 0.93-1.08      | 0.97    |
| Health Scheme      |               |                |         |             |                |         |
| Civil Servant      | 0.97          | 0.81-1.16      | 0.72    | 1.10        | 0.92-1.32      | 0.30    |
| Medical Benefits   | 0.67          | 0.49-0.91      | 0.01    | 0.77        | 0.56-1.06      | 0.10    |
| Social Security    | 0.94-1.04     | 0.87           | 0.99    | 0.94-1.04   | 0.72           |         |
| Universal Coverage | 0.81-0.90     | 0.87           | 0.92    | 0.87-0.97   | 0.004          |         |
| Smoking status     |               |                |         |             |                |         |
| Never              | 0.85          | 0.81-0.90      | <0.001  | 1.02        | 0.96-1.08      | 0.59    |
| Ex-smoker          | 0.82          | 0.78-0.86      | <0.001  | 1.00        | 0.97-1.07      | 0.42    |
| Current smoker (irregular) | 0.82 | 0.78-0.86 | <0.001 | 0.95 | 0.88-1.03 | 0.25 |
| Current smoker (regular) | 0.85 | 0.79-0.92 | <0.001 | 0.95 | 0.88-1.03 | 0.25 |
| Alcohol drinking   |               |                |         |             |                |         |
| Never              | 0.85          | 0.84-0.92      | <0.001  | 1.02        | 0.97-1.07      | 0.42    |
| Ex-drinker         | 0.88          | 0.84-0.92      | <0.001  | 1.00        | 0.93-1.08      | 0.97    |
| Current drinker (irregular) | 0.85 | 0.79-0.92 | <0.001 | 0.78 | 0.73-0.84 | <0.001 |
| Current drinker (regular) | 0.83 | 0.77-0.89 | <0.001 | 0.78 | 0.73-0.84 | <0.001 |

HR: hazard ratio; CI: 95% confidence interval