### Supplementary Table 1. Hazard ratios of the number and content of metabolic syndrome components for elderly participants with MCI and dementia.

| Variables | Model 1 | Model 2 | Model 3 |
|-----------|---------|---------|---------|
|           | HR (95% CI) | p value | HR (95% CI) | p value | HR (95% CI) | p value |
| No metabolic syndrome | Ref. | Ref. | Ref. | Ref. | Ref. | Ref. |
| Number of metabolic syndrome components |         |         |         |         |         |         |
| 1         | 1.193 (1.035,1.377) | 0.015 | 1.181 (1.024,1.362) | 0.023 | 1.177 (1.020,1.358) | 0.026 |
| 2         | 1.282 (1.110,1.480) | 0.001 | 1.217 (1.053,1.406) | 0.008 | 1.207 (1.044,1.395) | 0.011 |
| 3         | 1.244 (1.061,1.458) | 0.007 | 1.199 (1.023,1.046) | 0.025 | 1.179 (1.004,1.385) | 0.045 |
| 4,5       | 1.503 (1.263,1.788) | <0.001 | 1.421 (1.194,1.692) | <0.001 | 1.402 (1.175,1.672) | <0.001 |
| p for trend |         |         | <0.001 |         | 0.002 |         | 0.002 |
| Components of metabolic syndrome |         |         |         |         |         |         |
| High blood pressure | 1.203 (1.093,1.323) | <0.001 | 1.193 (1.085,1.313) | <0.001 | 1.193 (1.083,1.315) | <0.001 |
| Low HDL level | 1.137 (1.038,1.247) | 0.006 | 1.073 (0.976,1.180) | 0.144 | 1.065 (0.968,1.172) | 0.197 |
| Abdominal obesity | 1.028 (0.923,1.145) | 0.613 | 1.014 (0.910,1.129) | 0.800 | 1.007 (0.904,1.122) | 0.901 |
| High triglycerides | 1.149 (1.038,1.271) | 0.007 | 1.125 (1.016,1.245) | 0.024 | 1.116 (1.007,1.236) | 0.036 |
| High glucose | 1.092 (0.994,1.200) | 0.068 | 1.088 (0.989,1.197) | 0.083 | 1.070 (0.969,1.180) | 0.181 |

| Variables | Model 1 | Model 2 | Model 3 |
|-----------|---------|---------|---------|
|           | HR (95% CI) | p value | HR (95% CI) | p value | HR (95% CI) | p value |
| No metabolic syndrome | Ref. | Ref. | Ref. | Ref. | Ref. | Ref. |
| Number of metabolic syndrome components |         |         |         |         |         |         |
| 1         | 1.698 (1.277,2.259) | <0.001 | 1.531 (1.151,2.037) | 0.003 | 1.539 (1.157,2.049) | 0.003 |
| 2         | 1.946 (1.464,2.587) | <0.001 | 1.566 (1.176,2.087) | 0.002 | 1.575 (1.181,2.100) | 0.002 |
| 3         | 1.956 (1.443,2.650) | <0.001 | 1.559 (1.149,2.117) | 0.004 | 1.568 (1.153,2.133) | 0.004 |
| 4,5       | 2.298 (1.657,3.187) | <0.001 | 1.800 (1.296,2.499) | <0.001 | 1.814 (1.303,2.527) | <0.001 |
| p for trend |         | <0.001 |         | 0.001 |         | 0.002 |
| Components of metabolic syndrome |         |         |         |         |         |         |
| High blood pressure | 1.345 (1.141,1.585) | <0.001 | 1.282 (1.087,1.512) | 0.003 | 1.308 (1.106,1.548) | 0.002 |
| Abdominal obesity | 1.442 (1.223,1.700) | <0.001 | 1.149 (0.967,1.365) | 0.115 | 1.147 (0.965,1.364) | 0.120 |
| High triglycerides | 1.213 (1.014,1.451) | 0.035 | 1.137 (0.950,1.361) | 0.161 | 1.132 (0.946,1.356) | 0.176 |
| Low HDL level | 1.364 (1.150,1.617) | <0.001 | 1.247 (1.050,1.480) | 0.012 | 1.241 (1.045,1.474) | 0.014 |
| High glucose | 1.069 (0.906,1.262) | 0.427 | 1.037 (0.878,1.224) | 0.670 | 1.027 (0.865,1.220) | 0.761 |

Model 1 = unadjusted.
Model 2 = Model 1 + age, gender, and education level.
Model 3 = Model 2 + (smoking, coronary artery disease, hypertension, type 2 DM).
*Abdominal obesity is characterized by waist circumference greater than the cut-off value described in the context.
Abbreviations: HR: Hazard ratio; HDL: High-density lipoprotein cholesterol.