### Supplemental Table 1. Mean waist circumference (cm) by silhouette number, country, and sex

| Silhouette | United States (N=265) | Seychelles (N=283) | Ghana (N=203) |
|------------|-----------------------|---------------------|---------------|
|            | N (all)               | Men [95% CI]        | Women [95% CI] | All [95% CI]  |
|            |                       | Mean               | Mean           | Mean           |
| Silhouette 1 | 4                     | 79 [59.4-97.6]     | 82 [51.7-113.0] | 80 [65.3-95.6] |
| Silhouette 2 | 14                    | 86 [80.9-91.7]     | 85 [73.0-96.9] | 86 [81.3-90.8] |
| Silhouette 3 | 24                    | 89 [84.8-93.1]     | 86 [76.7-95.8] | 88 [84.6-92.2] |
| Silhouette 4 | 40                    | 97 [92.2-100.9]    | 92 [87.0-96.2] | 94 [91.1-97.6] |
| Silhouette 5 | 43                    | 103 [97.0-109.2]   | 100 [95.7-103.5] | 101 [97.4-104.0] |
| Silhouette 6 | 57                    | 109 [101.0-116.1]  | 108 [105.4-111.2] | 108 [105.6-111.1] |
| Silhouette 7 | 40                    | 131 [117.6-144.0]  | 116 [111.4-121.1] | 118 [113.7-123.2] |
| Silhouette 8 | 25                    | 137 [122.2-150.8]  | 120 [115.5-124.5] | 121 [116.7-126.0] |
| Silhouette 9 | 18                    | 163 [*]            | 134 [125.4-142.1] | 153 [126.9-144.2] |
| Reg coeff   | 265                   | 8.3 [6.88-9.73]    | 7.34 [6.33-8.35] | 7.05 [6.32-7.79] |

Notes: CI: confidence interval; Reg coeff: Linear Regression coefficients. * indicates no data. Mean waist circumference rounded to the nearest whole number.