Supplementary

Table S1 Characteristics of the participants with and without NAFLD stratified by gender and BMI

	Nonobese (BMI <25)		Obese (BMI ≥25)	
	NAFLD	Controls	NAFLD	Controls
Male				
n (%)	200 (23.6)	646 (76.4)	526 (72.0)	205 (28.0)
Age, mean ± SD (y)[a]	44.5±11.8	39.9±12.8	42.9±11.0	43.2±13.0
18–31, n (%)[a,b]	32 (16.0)	217 (33.6)	92 (17.5)	49 (23.9)
32–41, n (%)	50 (25.0)	146 (22.6)	157 (29.8)	51 (24.9)
42–53, n (%)[b]	57 (28.5)	143 (22.1)	153 (29.1)	40 (19.5)
54–65, n (%)[a,b]	61 (30.5)	140 (21.7)	124 (23.6)	65 (31.7)
Abdominal obesity, n (%)[a,b]	60 (30.0)	71 (11.0)	421 (80.2)	114 (55.6)
MetS, n (%)[a,b]	60 (30.0)	52 (8.0)	312 (59.4)	61 (29.8)
DM, n (%)[a,b]	25 (12.5)	28 (4.3)	96 (18.3)	18 (8.8)
Hyperglycemia, n (%)[a,b]	53 (26.5)	81 (12.5)	203 (38.6)	43 (21.0)
High TG, n (%)[a,b]	99 (49.5)	111 (17.2)	309 (58.7)	68 (33.2)
Low HDL, n (%)[a,b]	34 (17.0)	45 (7.0)	162 (30.8)	35 (17.1)
HBP, n (%)[a,b]	118 (59.0)	268 (41.5)	390 (74.1)	133 (64.9)
SUA (μmol/L)[a,b]	381.5±70.5	349.7±65.3	404.6±84.9	371.5±72.5
FBG (mmol/L)[a,b]	5.51±1.03	5.35±1.22	5.94±1.67	5.70±1.83
2hFBG (mmol/L)[a,b]	6.73±3.35	5.70±2.67	7.60±3.86	6.28±2.85
HbA1C[a,b]	5.50±0.53	5.37±0.62	5.73±0.84	5.53±0.85
HOMA-IR[a,b]	2.39±1.49	1.77±1.47	3.96±2.98	2.47±1.63
Female				
n (%)	200 (12.4)	1,414 (87.6)	291 (55.3)	235 (44.7)
Age, mean ± SD (y)[a,b]	48.9±10.8	39.5±11.5	46.7±11.6	44.2±12.4
18–31, n (%)[a]	16 (8.0)	436 (30.8)	41 (14.1)	46 (19.6)
32–41, n (%)[a]	39 (19.5)	383 (27.1)	56 (19.2)	51 (21.7)
42–53, n (%)	45 (22.5)	353 (25.0)	79 (27.1)	63 (26.8)
54–65, n (%)[a]	100 (50.0)	242 (17.1)	115 (39.5)	75 (31.9)
Abdominal obesity, n (%)[a,b]	58 (29.1)	107 (7.6)	217 (74.8)	130 (55.6)
MetS, n (%)[a,b]	45 (22.6)	50 (3.5)	137 (47.2)	34 (14.7)
DM, n (%)[a,b]	36 (18.0)	40 (2.8)	51 (17.5)	17 (7.3)
Hyperglycemia, n (%)[a,b]	81 (40.5)	166 (11.7)	140 (48.1)	56 (24.0)
High TG, n (%)[a,b]	69 (34.5)	121 (8.6)	111 (38.1)	41 (17.6)
Low HDL, n (%)[a,b]	19 (9.5)	26 (1.8)	27 (9.3)	7 (3.0)
HBP, n (%)[a,b]	97 (48.5)	409 (28.9)	207 (71.1)	110 (47.0)
SUA (μmol/L)[a,b]	305.2±69.1	265.1±56.7	325.4±70.3	289.0±49.5
FBG (mmol/L)[a,b]	5.89±1.71	5.18±0.85	5.92±1.50	5.48±0.85
2hFBG (mmol/L)[a,b]	7.98±3.84	5.69±1.85	7.87±3.35	6.60±2.86
HbA1C[a,b]	5.78±0.87	5.33±0.52	5.79±0.85	5.51±0.43
HOMA-IR[a,b]	2.85±1.68	1.94±3.50	3.95±2.78	2.60±1.79

Data are presented as n (%) or mean ± SD. [a]component with a P value of <0.05 in the normal/overweight group; [b]component with a P value of <0.05 in the obese group. NAFLD, nonalcoholic fatty liver disease; SD, standard deviation; BMI, body mass index; MetS, metabolic syndrome; DM, diabetes mellitus; high TG, hypertriglyceridemia; HDL, high-density lipoprotein cholesterol; HBP, high blood pressure; SUA, serum uric acid; FBG, fasting blood glucose; 2hFBG, 2-hour postprandial blood glucose; HOMA-IR, homeostasis metabolic assessment insulin resistance index; HbA1C, hemoglobin A1c.

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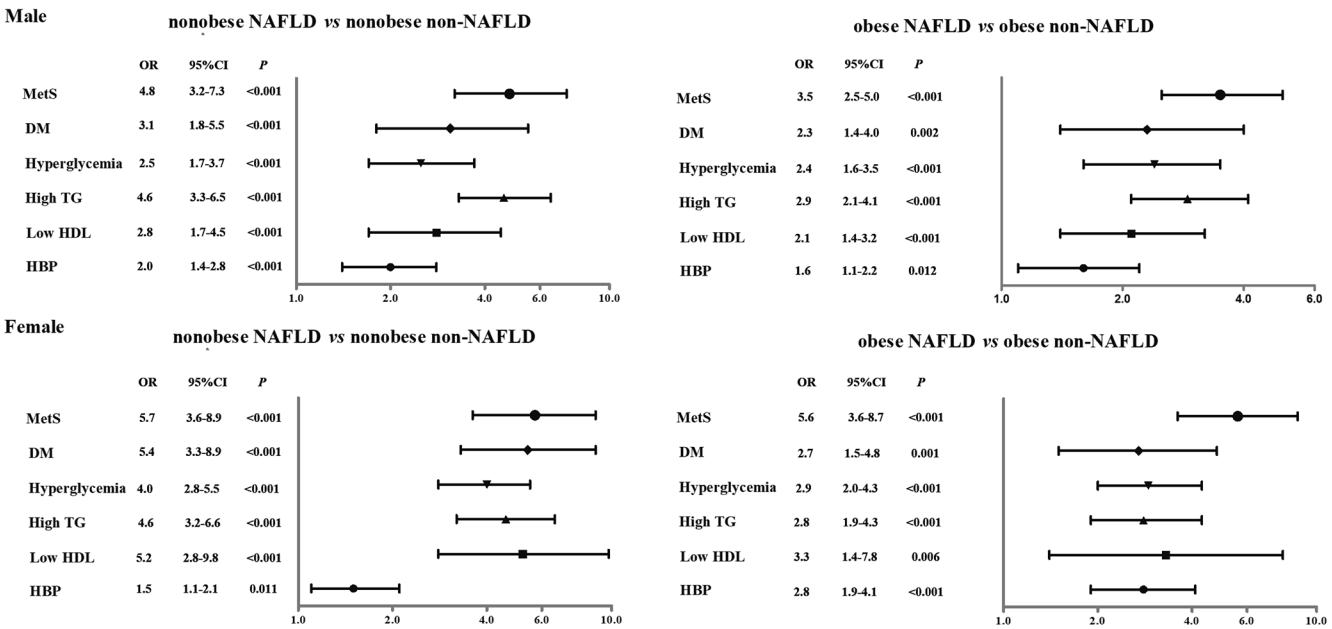

Figure S1 The presence of NAFLD increased the risk of metabolic diseases. According to BMI and the presence of NAFLD or not, we classified the subjects into nonobese subjects without NAFLD (nonobese non-NAFLD), nonobese subjects with NAFLD (nonobese NAFLD), obese subjects without NAFLD (obese non-NAFLD) and obese subjects with NAFLD (obese NAFLD). The presence of NAFLD on the risk for metabolic diseases including metabolic syndrome (MetS), diabetes mellitus (DM), hyperglycemia, hypertriglyceridemia (high TG), low high-density lipoprotein cholesterol (low HDL) and high blood pressure (HBP) were evaluated using a logistic regression model, adjusting for potentially confounding variables, including education, living area, smoking, drinking status and menopause status for females. Data are presented as the odds ratio (OR, 95% CI).

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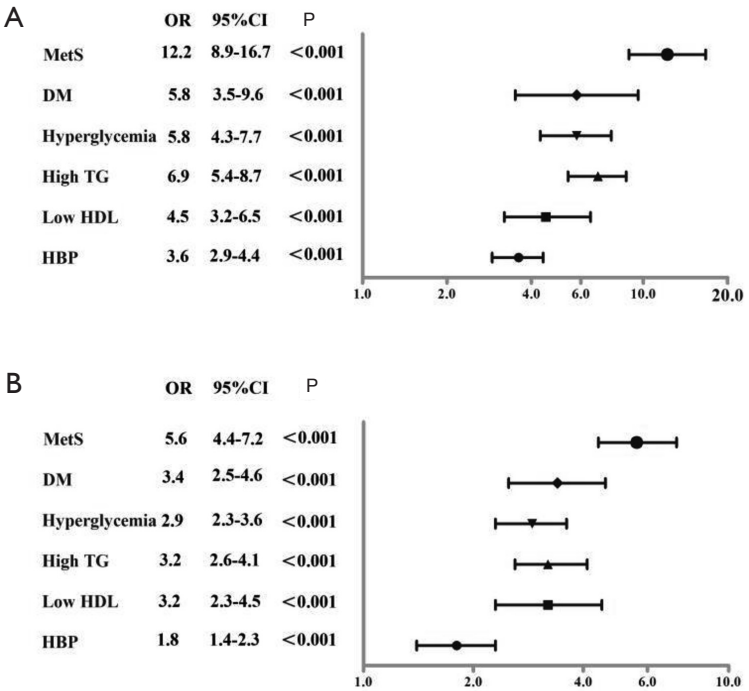

Figure S2 The presence of NAFLD in youth increased the risk of metabolic diseases than the older subjects. According to age, we classified the subjects into younger than 45 years (A) or older than 45 years (B). The presence of NAFLD on the risk for metabolic diseases including metabolic syndrome (MetS), diabetes mellitus (DM), hyperglycemia, hypertriglyceridemia (high TG), low high-density lipoprotein cholesterol (low HDL) and high blood pressure (HBP) were evaluated using a logistic regression model, adjusting for potentially confounding variables, including gender, education, living area, smoking and drinking status. Data are presented as the odds ratio (OR, 95% CI).

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