

Table S1: Baseline characteristics of participants with CKM stages 0–3 in the NHANES (2005–2018) according to METS-IR quartiles

Characteristics	Overall	Quartiles of METS-IR				P
		Q1 (<34.57)	Q2 (34.57-38.26)	Q3 (38.27-44.92)	Q4 (>44.92)	value
Participants (n)	5478	1369	1370	1370	1369	
Age (years)	59.04±9.69	60.75±9.52	58.37±10.26	58.55±9.82	57.74±8.35	<0.01
Male (n, %)	2813 (51.35%)	663 (48.43%)	697 (50.88%)	716 (52.26%)	737 (53.83%)	<0.01
Married(n, %)	2665 (48.65%)	706 (51.57%)	673 (49.12%)	654 (47.74%)	632 (46.17%)	0.437
History(n, %)						
Smoking	1289 (23.53%)	318 (23.23%)	353 (25.77%)	331 (24.16%)	287 (20.96%)	<0.01
Alcohol consumption	1938 (35.37%)	415 (30.31%)	490 (35.77%)	456 (33.28%)	577 (42.15%)	<0.01
Hypertension	2724 (49.72%)	585 (42.73%)	662 (48.32%)	691 (50.44%)	786 (57.41%)	<0.01
Heart Disease	593 (10.83%)	119 (8.69%)	158 (11.53%)	156 (11.39%)	160 (11.69%)	<0.01
Clinical status *						
SBP (mmHg)	129.87±19.46	125.12±20.7	126.78±20.84	131.59±21.14	135.26±21.73	<0.01
DBP (mmHg)	78.19±12.22	71.41±11.56	73.14±11.12	76.71±12.25	80.58±11.83	<0.01
Heart rate(bpm)	72.28±10.5	70.28±10.72	70.16±9.67	72.65±10.96	74.85±10.06	<0.01
BMI(kg/m ²)	23.31±3.48	15.52±1.57	20.74±1.67	24.27±1.54	27.25±3.94	<0.01
Laboratory testing *						
FPG(mg/dL)	108.11±34.86	98.25±19.85	103.04±25.71	109.66±37.79	124.39±50.74	<0.01
TG(mg/dl)	133.43±107.55	85.84±36.7	101.24±51.79	129.47±62.07	205.41±161.97	<0.01
HDL-C(mg/dl)	53.74±12.49	65.98±15.62	53.23±12.27	46.41±10.95	36.24±8.47	<0.01
LDL-C(mg/dl)	119.16±30.7	107.63±33.35	115.75±31.3	122.31±35.91	124.22±35.22	<0.01
TC (mg/dL)	193.98±36.27	188.2±32.61	190.57±34.29	194.81±37.88	199.71±43.33	<0.01
Crea(mg/dl)	0.78±0.31	0.78±0.19	0.78±0.16	0.78±0.13	0.78±0.19	<0.01
HBA1C (%)	7.27±0.73	6.1±0.55	6.18±0.63	7.23±0.58	7.54±1.21	<0.01
UA(mg/dl)	4.39±1.17	4.28±1.21	4.29±1.48	4.59±1.26	4.84±1.13	<0.01
HGB(mg/dl)	14.25±1.99	13.72±1.64	14.27±2.31	14.42±2.34	14.58±2.38	0.416
METS-IR	37.48±5.72	28.09±3.44	36.53±1.27	41.72±3.95	46.37±6.52	<0.01
CKM syndrome stage (n, %)						<0.01
0	728 (13.29%)	460 (33.6%)	154 (11.24%)	112 (8.18%)	2 (0.1%)	
1	1590 (29.03%)	412 (30.09%)	504 (36.82%)	662 (48.36%)	12 (0.9%)	
2	2377 (43.39%)	437 (31.92%)	587 (42.88%)	426 (31.12%)	927 (67.71%)	
3	783 (14.29%)	60 (4.38%)	125 (9.13%)	170 (12.42%)	428 (31.26%)	
Stroke (n, %)	414	79	91	103	121	<0.01

*: Data was presented as mean $\pm$ SD