

Supplement Table 1 Adjusted odds ratio of having metabolic syndrome according to resting heart rate in cross-sectional study in 2006

Heart Rate Range (bpm)	45-54	55-64	65-74	75-84	85-94	95-104	P trend
No of cases (%)	181(14.26)	2572(19.67)	9001(24.08)	8021(28.60)	2438(32.69)	937(35.53)	
Model 1	0.63(0.54-0.74)	reference	1.36(1.29-1.43)	1.76(1.67-1.85)	2.12(1.99-2.27)	2.30(2.10-2.52)	<0.0001
Model 2	0.63(0.53-0.74)	reference	1.35(1.29-1.43)	1.77(1.68-1.86)	2.14(2.00-2.28)	2.31(2.12-2.54)	<0.0001
Model 3	0.71(0.58-0.88)	reference	1.10(1.03-1.18)	1.33(1.24-1.42)	1.44(1.32-1.57)	1.50(1.32-1.70)	<0.0001
Model 4	0.72(0.58-0.88)	reference	1.10(1.03-1.18)	1.33(1.24-1.42)	1.45(1.33-1.58)	1.50(1.32-1.70)	<0.0001
Model 5	0.72(0.58-0.88)	reference	1.10(1.04-1.19)	1.33(1.24-1.42)	1.45(1.32-1.58)	1.49(1.32-1.69)	<0.0001

Model 1: adjusted for age and sex; Model 2: further adjusted for education, smoking, alcohol drinking and physical activities; Model 3: further adjusted for BMI, hypertension, diabetes and hyperlipidemia (triglycerides, high density lipoprotein-cholesterol, low density lipoprotein-cholesterol, total cholesterol); Model 4: further adjusted for CRP; Model 5: further adjusted for creatinine.

Supplement Table 2 Adjusted odds ratio of newly developed metabolic syndrome according to resting heart rate after 4-year follow-up

Heart Rate Range (bpm)	45-54	55-64	65-74	75-84	85-94	95-104	P trend
No of cases (%)	164(23.30)	1984(28.14)	5811(30.46)	4163(32.62)	1039(33.56)	366(35.36)	
Model 1	0.77(0.64-0.93)	reference	1.12(1.06-1.19)	1.25(1.17-1.33)	1.31(1.19-1.43)	1.42(1.23-1.62)	<0.0001
Model 2	0.77(0.64-0.94)	reference	1.13(1.06-1.20)	1.18(1.10-1.27)	1.32(1.20-1.43)	1.43(1.24-1.65)	<0.0001
Model 3	0.81(0.66-0.99)	reference	1.08(1.01-1.15)	1.18(1.10-1.27)	1.25(1.13-1.38)	1.45(1.24-1.69)	<0.0001
Model 4	0.81(0.66-0.99)	reference	1.08(1.00-1.15)	1.18(1.10-1.27)	1.24(1.12-1.37)	1.45(1.24-1.69)	<0.0001
Model 5	0.80(0.66-0.98)	reference	1.08(1.01-1.16)	1.17(1.09-1.25)	1.22(1.10-1.35)	1.41(1.21-1.65)	<0.0001

Model 1: adjusted for age and sex; Model 2: further adjusted for education, smoking, alcohol drinking and physical activities; Model 3: further adjusted for BMI, hypertension, diabetes and hyperlipidemia (triglycerides, high density lipoprotein-cholesterol, low density lipoprotein-cholesterol, total cholesterol); Model 4: further adjusted for CRP; Model 5: further adjusted for creatinine.