

**Table 2.** Metabolic syndrome components of children and adolescents in Crete (2001-2011)

<b>Factors</b>	<b>Boys N (%)</b>	<b>Girls N (%)</b>	<b>Total N (%)</b>
0	472 (53.2)	505 (50.8)	977 (52.0)
1	287 (32.4)	364 (36.7)	651 (34.6)
2	95 (10.7)	100 (10.1)	195 (10.4)
$\geq 3$ (MetS)	33 (3.7)	24 (2.4)	57 (3.0)
Total	887	993	1880

N=total number and % = percentage

Metabolic syndrome components are described as follows:

- 1) Hyperglycemia: blood sugar serum  $\geq 100$ mg /l
- 2) Hypertension: systolic blood pressure  $>95^{\text{th}}$  percentile (gender-age) or diastolic blood pressure  $>95^{\text{th}}$  percentile (gender-age) and 16.5 years  $\geq 130/85$  mmHg
- 3) Central obesity: waist circumference  $>90^{\text{th}}$  percentile and  $>16.5$  years  $\geq 94$ cm and 80 cm for boys and girls, respectively
- 4) Hypertriglyceridemia: triglycerides  $\geq 100$ mg/dl and  $>16.5$  years  $\geq 150$ mg/dl
- 5) HDL-cholesterol: low  $<10^{\text{th}}$  percentile (gender-age) and  $>16.5$  years  $<40$ mg/dl

\* For boys and girls aged  $\geq 16.5$  years, used the criteria for adult men and women were used, respectively.