

SUPPLEMENTARY DATA

Supplementary Table 1. Algorithm to calculate weighted CMDS score.

Items	CMDS Score
Fasting glucose ≥ 100 mg/dL and < 126 mg/dL	30
Waist circumference (≥ 102 cm in men, ≥ 88 cm in women)*	33
Blood pressure (systolic ≥ 130 mmHg and/or diastolic ≥ 85 mmHg) or on anti-hypertensive medication	22
HDL cholesterol (< 40 mg/dL in men; < 50 mg/dL in women)	7
Fasting triglycerides ≥ 150 mg/dL or on anti-hyperlipidemia medication	8
Total (range 0 to 100 possible)=	

CMDS: Cardiometabolic Disease Staging; HDL: High-density lipoprotein.

*: Elevated waist circumference was not treated as a risk factor in participants with BMI ≥ 35 kg/m².

Fasting glucose ≥ 100 mg/dL (≥ 5.6 mmol/L) and < 126 mg/dL (< 7.0 mmol/L).

HDL cholesterol < 40 mg/dL (< 1.0 mmol/L) in men; < 50 mg/dL (< 1.3 mmol/L) in women.

Fasting triglycerides ≥ 150 mg/dL (≥ 1.7 mmol/L).

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Supplementary Table 2. Distribution of CMDS score in overweight and obese adults in the United States, NHANES 2013-2014.

	Number in millions		
	0-29	30-59	60 +
All	29.3	53.2	46.6
Age group			
20-39 y	16.7	23.3	8.9
40-59 y	9.7	21.8	20.4
60+ y	2.9	8.2	17.3
Gender			
Male	17.6	24	23.5
Female	11.7	29.3	23.1
Race/Ethnicity			
Non-Hispanic White	17.7	34.8	34.8
Non-Hispanic Black	5.3	6.6	3.8
Mexican American	3.1	6.2	3.6
Other	3.1	5.7	4.4

* 0-29: Participants who had a CMDS score in the range of 0-29.