

Table S1. Definitions of metabolic syndrome in children and adolescents: overview of criteria (in round brackets = number of criteria that must be met)

Parameters	IDF (WC + 2 of 4) (Zimmet P, 2007) [27]	AHA (3 of 5) (Goodman E, 2007) [28]	Cook et Al. (3 of 5) (Cook S, 2003) [29]	IDEFICS criteria (3 of 4) (Ahrens et al, 2014) [30]
Age range	age 10-16 y		age 10-16 y	age 3-10,9 y
Obesity	WC \geq 90th pt. by age, gender, and ethnicity	WC \geq 90th pt. by age, gender, and ethnicity	WC \geq 90th pt. by age, gender, and ethnicity	WC \geq 90th by age, gender, and ethnicity
Glycemic homeostasis	IGP \geq 100 mg/dL	IGP \geq 100 mg/dL	IGP \geq 110 mg/dL	IGP \geq 90th pt. or HOMA-index \geq 90th pt.
Blood pressure (SBP or DBP)	SBP \geq 130 mmHg or DBP \geq 85 mmHg	SBP or DBP \geq 90th pt. by age, gender, and height	SBP or DBP \geq 90th pt. by age, gender, and height	SBP or DBP \geq 90th pt. by age, gender, and height
HDL cholesterol (mg/dl)	\leq 40 mg/dL	< 10th pt. by age, gender, and ethnicity	< 40 mg/dL	< 10th pt. by age, gender and ethnicity ^a
TG (mg/dl)	\geq 150 mg/dL	\geq 110 mg/dL	\geq 110 mg/dL	\geq 90th pt. by age, gender and ethnicity ^a

AHA: American Heart Association; DBP: diastolic blood pressure; IDF: International Diabetes Federation; pt.: percentile; SBP: systolic blood pressure; TG: triglycerides; WC: waist circumference; y: years; IGP: incremental glucose peak; HOMA: homeostasis model assessment; IDEFICS: identification and prevention of dietary- and lifestyle-induced health effects in children and infants; ^a1 of 2 criteria (HDL or TG)