

Supplemental Table 2: Comparison between metabolically healthy obese participants at baseline who remained metabolically healthy to those who became metabolically unhealthy after 10.7 years follow-up

	Became MU (n=92)	Remained MH (n=78)	p-value
Age (years)	51.1 ± 9.9	47.4 ± 9.1	0.015
Female sex	44 (47.8)	31 (39.7)	0.290
Smoking status			0.343
Never	35 (38.0)	38 (48.7)	
Former	38 (41.3)	25 (32.1)	
Current	19 (20.7)	15 (19.2)	
Education			0.115
University	8 (8.7)	14 (18.0)	
High school	17 (18.5)	20 (25.6)	
Apprenticeship	37 (40.2)	27 (34.6)	
Mandatory	30 (32.6)	17 (21.8)	
Physically active	46 (50.0)	30 (38.5)	0.132
Body mass index (kg/m ²)	32.8 ± 3.0	32.9 ± 3.0	0.725
SBP (mm Hg)	129 ± 15	124 ± 16	0.041
DBP (mm Hg)	82 ± 10	81 ± 10	0.295
Total cholesterol (mmol/L)	5.8 ± 1.2	5.3 ± 0.9	0.016
Fasting glucose (mmol/L)	5.4 ± 0.5	5.2 ± 0.4	0.037

MH, metabolically healthy; MU, metabolically unhealthy. Results are expressed as number of participants (percentage) or as mean ± standard deviation. Between-group comparisons performed using student's t-test or chi square analysis.