

Criteria for the Harmonized Definition of Metabolic Syndrome³

Risk Factor	Level That Meets Criteria
Blood pressure*	Systolic ≥ 130 mm Hg or diastolic ≥ 85 mm Hg
Fasting plasma glucose*	≥ 100 mg/dL
Serum triglycerides*	≥ 150 mg/dL
HDL cholesterol*	Men < 40 mg/dL Women < 50 mg/dL
Waist circumference	Population-specific thresholds internationally In the United States ¹ <ul style="list-style-type: none">• For people of most ancestries Men ≥ 40 inches (> 102 cm) Women ≥ 35 inches (≥ 88 cm)• For people of Asian ancestry** Men ≥ 35 inches (≥ 90 cm) Women ≥ 31.5 inches (≥ 80 cm)

METABOLIC SYNDROME IS DEFINED BY THE PRESENCE OF ANY THREE OF THE FIVE RISK FACTORS.

* BLOOD SUGAR, BLOOD PRESSURE, OR LIPIDS PREVIOUSLY ABNORMAL BUT CONTROLLED BY MEDICATIONS STILL "COUNTS" FOR MEETING THESE CRITERIA.

** THE LOWER CUT-POINT FOR WAIST CIRCUMFERENCE IS BASED ON GREATER VISCERAL ADIPOSITY AT ANY SPECIFIC WAIST CIRCUMFERENCE MEASUREMENT, PARTICULARLY AMONG SOUTH ASIANS COMPARED WITH EUROPEANS. WORK IS IN PROGRESS TO IDENTIFY ADDITIONAL ETHNICITY-BASED WAIST CIRCUMFERENCE CRITERIA.