**Additional file 1: Appendix I: Cut-off values of metabolic risk factors of NCDs**

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| **Metabolic risk factors** | Cut-off values | | | | |
| **WHO (1999)[1]** | **EGIR (1999)[2]** | **NCEP ATP III[3]** | **AACE (2002)[4]** | **IDF (2006)[5]** |
| High Blood Pressure | >=90 mm Hg (Diastolic BP) or >=140 mm Hg (Systolic BP) | >=90 mm Hg (Diastolic BP) or >=140 mm Hg (Systolic BP) | >=90 mm Hg (Diastolic BP) or >=140 mm Hg (Systolic BP) | >=85 mm Hg (Diastolic BP) or >=130 mm Hg (Systolic BP) | >=85 mm Hg (Diastolic BP) or >=130 mm Hg (Systolic BP) |
| High Blood Sugar (Fasting Plasma Glucose level) | >=6.1 mmol/l (110mg/dl) | >=6.1 mmol/l(110mg/dl) | >=6.1 mmol/l (110mg/dl) | >=6.1-6.9 mmol/l (110-125mg/dl) | >=5.6 mmol/l (100mg/dl) |
| High BMI | >=30 kg/m2 value | >=30 kg/m2 value | >=30 kg/m2 value | - | >=30 kg/m2 value |
| High Waist-Hip Ratio | >=90 mm for Men and >=85 for Women | >=94 mm for Men and >=80 for Women | >=102 mm for Men and >=88 for Women | - | >=90 mm for Men and >=80 for Women  (Asian origin) |

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