Table S1: Relationship to the Metabolic Syndrome

Variable	p-value[*]
Achieve physical activity recommendations[†]	0.38
Current smoker	0.77
Drink >3 caffeinated beverages/day	
Usually/often/sometimes	0.69
Rarely/never	
Drink >1-2 alcoholic beverages/day	
Usually/often/sometimes	0.65
Rarely/never	
High life stress present[‡]	0.69
Emotional health score[§]	0.96

*Wilcoxon rank-sum test for continuous variables and Chi-Square or Fisher's test for categorical variables;
[†] WHO guidelines;[17] [‡] Derogatis Stress Profile;[18] [§] Centre for Epidemiologic Studies Depression Scale Revised;[19]