

### Table 10A. ATP III: The Metabolic Syndrome

Diagnosis is established when  $\geq 3$  of these risk factors are present.

Risk Factor	Defining Level
Abdominal obesity* (Waist circumference <sup>†</sup> ) Men Women	>102 cm (>40 in) >88 cm (>35 in)
Triglycerides	$\geq 150$ mg/dL or on drug treatment for elevated triglycerides
HDL-C Men Women	<40 mg/dL <50 mg/dL or on drug treatment for reduced HDL-C
Blood pressure	$\geq 130/\geq 85$ mm Hg or on antihypertensive drug treatment for hypertension
Fasting glucose	$\geq 110$ mg/dL or on drug treatment for elevated glucose

\*Abdominal obesity is more highly correlated with metabolic risk factors than is  $\uparrow$  BMI.

<sup>†</sup>Some men develop metabolic risk factors when waist circumference is only marginally increased.

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). Bethesda, Md: National Institutes of Health, National Heart, Lung, and Blood Institute; 2001. NIH Publication 01-3095.

Updated with: Grundy SM, Cleeman JI, Daniels SR, et al. Diagnosis and management of the metabolic syndrome. An American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. *Circulation*. 2005;112. Epub 2005 Sept 12.