



1. MS was defined using both NCEP and IDF criteria; only one participant in the Female >16 age group was diagnosed with MS with the NCEP criteria but not with the IDF.
2. In the <16 age groups adult cut-off point were used for waist circumference as values were too low according to the 90th percentile; as instructed in the IDF criteria.

Table 1: The means and standard deviations of anthropometric, physiological measurements, dietary and physical activity variables according to gender

Variables	Male (22)	Female (26)	P-Value
	Mean \pm SD	Mean \pm SD	
Age	16 \pm 2	16 \pm 1	0.22
Height (cm)	172.57 \pm 6.52	160.66 \pm 5.42	0.00**
Weight (kg)	66.81 \pm 11.69	53.68 \pm 8.66	0.00**
BMI (kg/m ²)	22.51 \pm 4.21	20.79 \pm 3.12	0.12
WC (cm)	79.54 \pm 10.19	68.60 \pm 12.18	0.00**
HC (cm)	94.5 \pm 8.46	92.69 \pm 5.90	0.40
WHR	0.84 \pm 0.06	0.73 \pm 0.10	0.00*
% Body Fat	23.37 \pm 4.83	26.71 \pm 3.02	0.00**
SBP (mmHg)	128.5 \pm 16.56	121.27 \pm 8.95	0.08
DBP (mmHg)	74.5 \pm 10.43	76.08 \pm 8.69	0.58
PAQ-A	2.52 \pm 0.61	1.91 \pm 0.57	0.00**
Total fat (%)	34.77 \pm 5.50	33.27 \pm 4.93	0.33
Saturated fat (%)	13.18 \pm 3.49	12.12 \pm 2.67	0.25

1. *Denotes significance P<0.05

2. **Denotes significance P<0.01

Table 2: The means and standard deviation of blood lipids and clinical characteristics according to gender

Variables	Male (22)	Female (26)	P-Value
	Mean \pm SD	Mean \pm SD	
Fasting insulin (IU/ml)	7.67 \pm 5.42 (17)	10.83 \pm 11.00 (22)	0.25
Fasting glucose (mmol/L)	5.3 \pm 1.29 (21)	4.59 \pm 0.71	0.03*
Total cholesterol (mmol/L)	2.92 \pm 0.39 (21)	2.82 \pm 0.53	0.46
HDL-C (mmol/L)	1.32 \pm 0.43 (21)	1.69 \pm 0.69	0.03*
LDL-C (mmol/L)	1.33 \pm 0.1 (20)	0.96 \pm 0.62 (23)	0.03*
Triglycerides (mmol/L)	0.77 \pm 0.37 (21)	0.75 \pm 0.64	0.89
Fibrinogen (mg/dL)	260.7 \pm 215.6 (18)	337.2 \pm 210.3 (22)	0.27
IL-6 (pg/ml)	1.38 \pm 0.9 (18)	1.31 \pm 1.79 (22)	0.87
CRP (mg/L)	2.57 \pm 2.68 (20)	1.05 \pm 0.93 (24)	0.03*

1. *Denotes significance P<0.05

2. **Denotes significance P<0.01

3. Where n \neq denoted number, actual sample number is presented in brackets

Table 3: The prevalence of metabolic syndrome amongst adolescent Scottish Ethnic Minority males and females according to age

	(n) 22		(n)26	
	Male<16	Male>16	Female<16	Female>16
MS	1	3	2	2

Table 4: The health status of adolescent Scottish Ethnic Minority males and females according to age groups and weight classification

	n	Underweight	Healthy	Overweight	Obese
Total	48	4(8.33)	35(72.92)	6 (12.5)	3(6.25)
Male <16	8	1 (12.5)	4 (50)	2 (25)	1 (12.5)
Male >16	14	2 (14.29)	9 (64.29)	1 (7.14)	2 (14.29)
Female <16	11	0	10 (90.91)	1(9.09)	0
Female >16	15	1(6.67)	12 (80)	2 (13.33)	0

1. BMI used in context of gender-specific centres for disease control (CDC) charts was used to elicit weight status
2. Results are presented number (%)

Table5: The percentage of Scottish ethnic minority males and females with CVD risk factors based on published criterion thresholds

Risk Factors	Males (%)	Females (%)	Total (%)
SBP \geq 136 mmHg	36.36	0	16.67
DBP \geq 86 mmHg	18.18	11.54	14.58
SBP and DBP \geq 136/86 mmHg	9.09	0	4.17
BMI			
Overweight	13.64	11.54	12.5
Obese	13.64	0	6.25
WHR			
\geq 0.9 (males)	18.18	15.38	16.67
\geq 0.8 (females)			
Total fat > 30%	77.27	73.08	75
Saturated fat > 10%	72.73	73.08	72.92
Total cholesterol \geq 5.2 mmol/L	0	0	0
HDL-C \leq 0.9 mmol/L	14.29	7.69	10.64
LDL-C \geq 3.8 mmol/L	0	0	
TG \geq 1.7 mmol/L	0	11.54	6.38
CRP			
< 1.0 mg/L (low risk)	40	66.67	54.55
1.0 - 3.0 mg/L (moderate risk)	30	25	27.27
> 3.0mg/L (high risk)	30	8.33	18.18
Fg \geq 350 mg/dL	22.22	40.91	32.5
IL-6 \geq 3.0 pg/ml	5.56	4.55	5