

Table 1. Age- and gender-adjusted anthropometric and biochemical characteristics of the three BMI groups

	Normal weight n 79	Overweight n 69	Obese n 126	Normal weight vs. overweight	Normal weight vs. obese	Overweight vs. obese
Adiponectin (µg/ml)	16.28 ± 0.71	14.25 ± 0.73	11.48 ± 0.47	>0.1	<0.001	0.002
Acute phase proteins						
hs-CRP (mg/l)	1.72 ± 0.55	1.99 ± 0.24	5.61 ± 0.52	>0.1	<0.001	<0.001
SAA (mg/l)	4.26 ± 0.60	6.21 ± 0.97	8.63 ± 1.04	>0.1	0.011	>0.1
PLASM (mg/dl)	276.66 ± 7.52	288.91 ± 9.30	335.93 ± 7.62	>0.1	<0.001	<0.001
ESR (mm/hr)	9.87 ± 0.84	12.97 ± 1.18	19.52 ± 1.11	>0.1	<0.001	<0.001
Blood cell type						
WBC	6,491.27 ± 158.01	6,847.29 ± 179.10	7,424.69 ± 124.19	>0.1	<0.001	0.021
Lipid parameters						
TG (mg/dl)	79.69 ± 4.37	100.54 ± 6.28	137.14 ± 7.30	0.005	<0.001	<0.001
CHOL (mg/dl)	193.24 ± 3.93	204.61 ± 5.30	210.42 ± 3.28	>0.1	0.006	>0.1
LDL (mg/dl)	115.85 ± 3.37	130.29 ± 4.60	131.34 ± 2.69	0.022	0.003	>0.1
HDL (mg/dl)	61.97 ± 1.51	53.37 ± 1.51	50.69 ± 1.05	<0.001	<0.001	>0.1
Insulin parameters						
GLU (mg/dl)	89.62 ± 0.94	92.44 ± 1.37	101.40 ± 2.93	>0.1	0.002	0.036
Insulin (µU/ml)	6.08 ± 0.39	8.35 ± 0.49	15.63 ± 1.64	0.003	<0.001	<0.001
HbA1c (%)	5.35 ± 0.05	5.51 ± 0.06	5.78 ± 0.07	>0.1	<0.001	0.029
HOMA-IR	1.31 ± 0.09	1.95 ± 0.15	3.61 ± 0.34	0.001	<0.001	<0.001
Obesity indexes						
BMI (Kg/m²)	22.40 ± 0.20	27.48 ± 0.18	35.86 ± 0.41	<0.001	<0.001	<0.001
Total fat (%)	27.70 ± 0.70	33.64 ± 0.86	41.21 ± 0.50	<0.001	<0.001	<0.001
Trunk fat (%)	37.31 ± 1.44	47.69 ± 1.33	52.74 ± 0.68	<0.001	<0.001	0.006
Legs fat (%)	37.68 ± 1.90	51.64 ± 1.22	52.87 ± 1.09	<0.001	<0.001	0.9
Waist (cm)	78.84 ± 1.14	93.66 ± 0.98	110.28 ± 1.05	<0.001	<0.001	<0.001
Hip (cm)	98.51 ± 0.85	108.14 ± 0.84	124.15 ± 1.10	<0.001	<0.001	<0.001
Neck (cm)	33.56 ± 0.57	37.91 ± 0.56	38.62 ± 0.56	<0.001	<0.001	>0.1
Android%	39.13 ± 2.01	50.56 ± 1.58	54.70 ± 0.85	<0.001	<0.001	>0.1
Gynoid%	46.13 ± 1.55	55.13 ± 2.40	53.53 ± 1.28	0.021	0.010	>0.1
Demographics						
Age (years)	36.23 ± 1.40	40.31 ± 1.57	41.22 ± 1.13	>0.1	0.020	>0.1
Gender (Females; n%)	71 (89.9%)	46 (67.0%)	106 (84.1%)	0.05	>0.1	0.05

Values are MEAN+SE. Significant pairwise comparisons were made by Bonferonni-corrected at p=0.017. Total fat was measured by BIA. hs-CRP: High sensitivity CRP; SAA: Serum amyloid A; PLASM: Plasminogen; ESR: Erythrocyte sedimentation rate; WBC: White blood cells; TG: Triglycerides; CHOL: Cholesterol; GLU: Glucose; HbA1c: Glycosylated hemoglobin; HOMA-IR: Homeostasis model assessment of insulin resistance.