Table.1 Anthropometric and metabolic characteristics in normal weight and obese individuals

| | [1]Normal weight | [1]Obese | [2]*P* | Normal range |
|---|---|---|---|---|
| Age (years) | 31.68 ± 14.79 | 44.55 ± 12.14 | ≤ 0.001 | |
| Sex M/F | 10 / 28 | 12 / 33 | | |
| BMI (kg/m$^2$) | 22.25 ± 1.79 | 34.80 ± 2.87 | ≤ 0.001 | |
| Waist (cm) | 75.41 ± 7.00 | 108.42 ± 11.87 | ≤ 0.001 | |
| Hip (cm) | 92.92 ± 5.23 | 117.74 ± 8.21 | ≤ 0.001 | |
| Body fat (%) | 22.63 ± 7.43 | 41.52 ± 6.84 | ≤ 0.001 | |
| Body fat mass (kg) | 13.73 ± 4.40 | 40.45 ± 7.67 | ≤ 0.001 | |
| Lean mass (kg) | 48.25 ± 10.40 | 57.53 ± 12.02 | 0.001 | |
| TG (mmol/L) | 0.79 ± 0.29 | 1.32 ± 0.70 | ≤ 0.001 | < 1.7 mmol/L |
| NEFAs (mmol/L) | 0.48 ± 0.21 | 0.6 ± 0.22 | 0.245 | < 0.72 mmol/L |
| TC (mmol/L) | 4.42 ± 1.04 | 5.24 ± 0.92 | ≤ 0.001 | < 5.0 mmol/L |
| HDL-C (mmol/L) | 1.57 ± 0.39 | 1.49 ± 0.37 | 0.295 | > 1.0 mmol/L |
| LDL-C (mmol/L) | 2.69 ± 0.90 | 3.49 ± 0.78 | ≤ 0.001 | < 3.0 mmol/L |
| Glucose (mmol/L) | 4.77 ± 0.42 | 5.6 ± 1.05 | ≤ 0.001 | <7.0 mmol/L |
| Insulin µIU/L | 5.48 ± 2.74 | 13.03 ± 6.69 | ≤ 0.001 | 2.6-24.9 µIU/L |
| [3]HOMA2-IR | 0.73 ± 0.35 | 1.64 ± 0.79 | ≤ 0.001 | < 1.9 |
| [4]Adipose-IR | 2844 ± 2097 | 7111 ± 3321 | ≤ 0.001 | |

[1]Mean ± SD; [2]P obtained from univariate general linear model analysis by comparison of obese and normal weight data. [3] HOMA2-IR = (((insulin mmol/L) x (glucose IU/L)) / 22.5) corrected for variations in hepatic and peripheral glucose resistance, increases in insulin secretion curve for plasma glucose concentrations above 10 mmol/L, and the contribution of circulation proinsulin). [4]Adipose-IR = (NEFAs mmol/L) x (insulin µIU/L).