

Supplementary Table 1: Socio-economic profile, behavioral characteristics and skin and sun exposure

Variables		Total (n, 797)	Obese (n, 492)	Non obese (n, 305)	P value
Religion	Hindu	794 (99.62)	491 (61.84)	303 (38.16)	0.23
	Others	03 (0.37)	01 (33.3)	02 (66.7)	
Marital status	Married	492 (61.63)	226 (45.93)	266 (54.07)	0.35
	Unmarried	305 (38.37)	225 (73.78)	80 (26.22)	
Education	Never attended school	147 (18.44)	56 (38.10)	91 (61.90)	0.04
	Grade 1 <sup>st</sup> to 8 <sup>th</sup>	164 (20.58)	59 (35.98)	105 (64.02)	
	Grades 9 <sup>th</sup> to 10 <sup>th</sup>	110 (13.80)	34 (30.91)	76 (69.09)	
	Higher secondary	106 (13.30)	38 (35.85)	68 (64.15)	
	College/diploma	23 (2.89)	4 (17.39)	19 (82.61)	
	Graduate	157 (18.70)	65 (41.40)	92 (58.60)	
Employment status	Employed	454 (56.96)	293 (64.54)	161 (35.46)	0.05
	Housewife	343 (43.03)	198 (57.23)	145 (42.77)	
Family income	Less than Rs 10000	286 (35.88)	199 (69.58)	87 (30.42)	0.04
	Rs 10001- Rs 30000	333 (41.78)	200 (60.06)	154 (39.94)	
	More than Rs 30000	178 (22.34)	99 (55.61)	79 (44.39)	
Tobacco consumption		04	2 (0.4741)	2 (0.66)	0.63
Alcohol consumption		02	2 (0.41)	0	0.52
Personal medical history	Hypertension	92 (11.54)	70 (74.23)	22 (7.21)	0.003
	Thyroid	81 (10.16)	55 (11.18)	26 (8.52)	0.27
	Tuberculosis/ asthma	8 (1)	4 (0.81)	4 (1.31)	0.49
	Skeletal bone disorder	16 (2.01)	13 (2.64)	3 (0.98)	0.08
Family medical history	Obesity	10 (1.21)	8 (1.63)	2 (0.66)	0.19
	Diabetes	148 (18.57)	91 (18.50)	57 (18.69)	0.51
	Hypertension	90 (11.29)	56 (11.38)	34 (11.15)	0.50
	Coronary heart disease	37 (4.64)	29 (5.89)	8 (2.62)	0.02
Skin exposure	Face/hands	511 (64.12)	316 (61.84)	195 (38.16)	0.002
	Face/hands/arms/leg	286 (35.88)	176 (61.54)	110 (38.46)	
Duration of Sun exposure (min)	< 5	102 (12.79)	52(50.98)	50 (49.02)	0.03
	5-15	495 (62.12)	213 (43.03)	282 (56.97)	
	15-30	200 (25.09)	91 (45.50)	191 (54.50)	

Values are given as the number, %. P value is < 0.05 is statistically significant

Supplementary Table 2: Demographic, clinical, body composition and biochemical profiles.

Variables	Total Mean $\pm$ SD n, 797	Obese Mean $\pm$ SD n, 492	Non obese Mean $\pm$ SD n, 305	P value
Numbers (%)	797 (100)	492 (61.73)	305 (38.27)	
Age (Years)	42.02 $\pm$ 11.38	43.73 $\pm$ 10.29	39.26 $\pm$ 12.48	<0.0001
Blood pressure (mmHg)				
Systolic	122.68 $\pm$ 12.76	124.95 $\pm$ 11.75	119.02 $\pm$ 13.49	<0.0001
Diastolic	80.55 $\pm$ 7.92	82.28 $\pm$ 7.40	77.77 $\pm$ 7.94	<0.0001
Body composition				
Weight (Kg)	61.86 $\pm$ 11.96	68.47 $\pm$ 9.0	51.20 $\pm$ 7.71	<0.0001
Height (cm)	153.49 $\pm$ 5.90	152.90 $\pm$ 5.87	154.36 $\pm$ 5.86	0.001
Body mass index(Kg/m <sup>2</sup> )	26.36 $\pm$ 3.83	29.41 $\pm$ 3.83	21.42 $\pm$ 2.72	<0.0001
Circumferences(cm) and ratios				
Waist	89.18 $\pm$ 7.53	93.82 $\pm$ 4.42	81.69 $\pm$ 5.06	<0.0001
Hip	96.34 $\pm$ 7.93	100.99 $\pm$ 4.30	88.80 $\pm$ 6.62	<0.0001
Ratio				
Waist-hip	0.92 $\pm$ 0.02	0.93 $\pm$ 0.008	0.92 $\pm$ 0.02	<0.0001
Waist-height	0.58 $\pm$ 0.05	0.61 $\pm$ 0.03	0.53 $\pm$ 0.38	<0.0001
Skinfolds and (mm) ratios				
Biceps	27.09 $\pm$ 6.23	30.43 $\pm$ 5.04	25.71 $\pm$ 3.67	<0.0001
Triceps	28.63 $\pm$ 5.88	31.85 $\pm$ 5.06	23.44 $\pm$ 2.35	<0.0001
Anterior axillary	12.1 $\pm$ 3.7	14.0 $\pm$ 4.0	10.2 $\pm$ 3.4	0.04
Subscapular	35.05 $\pm$ 9.88	40.07 $\pm$ 9.58	26.95 $\pm$ 0.89	<0.0001
Lateral thoracic	36.41 $\pm$ 11.3	42.96 $\pm$ 9.61	25.85 $\pm$ 2.73	<0.0001
Suprailiac	37.68 $\pm$ 11.55	44.25 $\pm$ 9.95	27.07 $\pm$ 2.53	<0.0001
Subscapular/triceps ratio	1.21 $\pm$ 0.11	1.24 $\pm$ 0.12	1.15 $\pm$ 0.09	<0.0001
Central	72.73 $\pm$ 21.35	84.32 $\pm$ 19.51	54.02 $\pm$ 3.33	<0.0001
Peripheral	56.26 $\pm$ 11.99	56.40 $\pm$ 11.99	56.05 $\pm$ 12.09	0.69
Total ( $\Sigma$ 4SF)	176.96 $\pm$ 48.58	203.56 $\pm$ 43.24	139.22 $\pm$ 15.57	<0.0001
% Body Fat	44.56 $\pm$ 8.8	40.23 $\pm$ 8.65	36.54 $\pm$ 5.69	<0.0001
Fat Mass (Kg)	34.25 $\pm$ 6.54	29.54 $\pm$ 5.64	18.54 $\pm$ 7.62	<0.0001
Biochemical Investigations and Leukocyte Telomere Length				
Fasting blood glucose (mg/dL)	100.1 $\pm$ 7.54	111.62 $\pm$ 7.40	101.3 $\pm$ 7.76	0.05
Leukocyte telomere length (T/S ratio)	0.95 $\pm$ 0.09	0.85 $\pm$ 0.02	0.94 $\pm$ 0.01	<0.0001

Values are given as the mean $\pm$ standard deviation. T/S ratio, telomere to single copy gene ratio. P value is < 0.05 is statistically significant