

Supplemental Table 1 Anthropometric and clinical characteristics of the whole population, stratified into two groups according to AST levels

| | Normal AST (<i>n</i> = 201) | Elevated AST (<i>n</i> = 235) | <i>P</i> value |
|-------------------------------|---------------------------------|-----------------------------------|-------------------------------|
| Variable | mean ± SD | mean ± SD | |
| Age (years) | 52 ± 12 | 52.2 ± 13.3 | 0.9 |
| BMI (kg/m ²) | 29.4 ± 5 | 30.1 ± 4.6 | 0.38 |
| T-Cholesterol (mmol/l) | 4.4 ± 1.2 | 4.7 ± 2.1 | 0.11 |
| HDL (mmol/l) | 1.1 ± 1.3 | 1 ± 0.4 | 0.27 |
| LDL (mmol/l) | 2.4 ± 1 | 2.6 ± 1 | 0.11 |
| Triglycerides (mmol/l) | 1.7 ± 1.2 | 1.8 ± 1.4 | 0.48 |
| HbA1c (mmol/l) | 42 ± 18 | 43 ± 15.9 | 0.29 |
| ALT (IU/L) | 31 ± 6 | 81 ± 55 | <0.0001^a |
| γGT (IU/L) | 49 ± 48 | 85 ± 56 | <0.0001^a |
| Platelet (10 ⁹ /l) | 229 ± 68 | 224 ± 73 | 0.93 |
| Albumin (g/l) | 41 ± 3.8 | 41 ± 3.3 | 0.38 |
| Ferritin (μg/l) | 86 ± 104 | 191 ± 44 | 0.002 |
| Variable | <i>n</i> (%) | <i>n</i> (%) | |
| Male gender | 130 (65) | 152(64) | 0.82 |
| Diabetes Mellitus | 104 (51) | 119 (50) | 0.7 |
| ETHNICITY | | | |
| Caucasian | 89 (44) | 126 (53) | 0.7 |
| Arab | 41 (20) | 44 (19) | 0.18 |
| Hispanic and Latinos | 22 (11) | 51 (21) | 0.64 |
| South Asian | 23 (11) | 33 (14) | 0.7 |
| East Asian | 9 (4) | 23 (9) | 0.16 |
| African/Afrocaribbean | 7 (3) | 14 (6) | 0.33 |
| Hypertension | 92 (45) | 116 (49) | 0.15 |
| Dyslipidemia | 80(39) | 103 (44) | 0.76 |
| Pts on Statin | 80 (40) | 98 (42) | 0.43 |

^a*P* value < 0.005. BMI: Body mass index; T-cholesterol: Total cholesterol; HDL: High-density lipoprotein; LDL: Low-density lipoprotein; HbA1c: Haemoglobin A1c; AST: Aspartate aminotransferase; ALT: Alanine aminotransferase; γ GT: Gamma glutamyl transferase.

