

Table 5 The baseline characteristics of Cardiovascular risk factors characteristics in modified fasting patients

	24 ≤ BMI < 28				BMI ≥ 28				<i>P</i> value between groups
	pre-fasting	post-fasting	delta	<i>P</i> value	pre-fasting	post-fasting	delta	<i>P</i> value	
SBP (mmHg)	121.4 ± 15.13	115.6 ± 13.69	-5.86 ± 14.68	<0.001	127.9 ± 16.73	120.3 ± 11.71	-7.59 ± 14.97	<0.001	0.12
<120	109.3 ± 6.60	109.6 ± 9.19	0.31 ± 9.69	0.70	110.5 ± 6.38	113.5 ± 10.23	3.02 ± 10.99	0.002	0.03
≥120	132.6 ± 11.72	121.1 ± 14.81	-11.55 ± 16.16	<0.001	136.4 ± 13.24	123.6 ± 10.92	-12.78 ± 13.89	<0.001	0.40
DBP (mmHg)	79.5 ± 9.75	76.46 ± 8.21	-3.03 ± 8.69	<0.001	84.16 ± 11.06	79.41 ± 8.40	-4.76 ± 10.71	<0.001	0.02
<80	72.26 ± 4.91	73.17 ± 7.14	0.91 ± 7.46	0.13	72.96 ± 4.34	75.4 ± 7.83	2.45 ± 8.25	<0.001	0.09
≥80	87.55 ± 7.13	80.13 ± 7.77	-7.43 ± 7.84	<0.001	90.2 ± 8.61	81.56 ± 7.91	-8.64 ± 9.86	<0.001	0.21
FPG (mmol/L)	5.55 ± 1.23	4.73 ± 0.98	-0.82 ± 0.62	0.002	5.72 ± 1.43	4.72 ± 1.77	-1.00 ± 1.55	0.003	0.73
<5.6	4.91 ± 0.40	4.23 ± 0.57	-0.69 ± 0.61	0.02	4.68 ± 0.45	4.00 ± 0.62	-0.69 ± 0.77	0.004	>0.99
≥5.6	7.04 ± 1.25	5.90 ± 0.65	-1.14 ± 0.64	0.09	7.15 ± 0.97	5.72 ± 2.33	-1.43 ± 2.20	0.06	0.83
FCP (pmol/L)	858.2 ± 276.4	538.6 ± 273	-319.5 ± 191.3	0.02	978.2 ± 325.7	571.6 ± 326.9	-406.6 ± 286.6	<0.001	0.52
<260	-	-	-	-	-	-	-	-	-

≥260	858.2 ± 276.4	538.6 ± 273	-319.5 ± 191.3	0.02	978.2 ± 325.7	571.6 ± 326.9	-406.6 ± 286.6	<0.001	0.52
INS (μU/mL)	7.65 ± 2.80	3.35 ± 1.85	-4.30 ± 2.26	<0.001	21.57 ± 55.54	7.15 ± 11.14	-14.42 ± 56.35	0.08	0.46
<1.9	-	-	-	-	-	-	-	-	-
1.9-23	7.65 ± 2.80	3.35 ± 1.85	-4.30 ± 2.26	<0.001	12.56 ± 4.25	7.24 ± 11.74	-5.32 ± 12.33	0.007	0.74
>23	-	-	-	-	100.9 ± 167.5	6.330 ± 2.72	-94.57 ± 165.9	0.27	-
TC (mmol/L)	5.14 ± 1.01	5.20 ± 1.08	0.06 ± 0.59	0.42	5.07 ± 1.12	5.21 ± 1.21	0.14 ± 0.73	0.07	0.48
<5.2	4.41 ± 0.54	4.54 ± 0.75	0.14 ± 0.53	0.15	4.38 ± 0.63	4.62 ± 0.83	0.23 ± 0.56	0.003	0.43
≥5.2	6.00 ± 0.72	5.97 ± 0.89	-0.03 ± 0.65	0.83	6.09 ± 0.89	6.10 ± 1.14	0.003 ± 0.92	0.98	0.89
TG (mmol/L)	2.34 ± 2.76	1.30 ± 0.57	-1.04 ± 2.29	<0.001	2.97 ± 3.42	1.54 ± 0.82	-1.44 ± 2.92	<0.001	0.37
<1.1	0.80 ± 0.15	0.93 ± 0.12	0.13 ± 0.22	0.08	0.87 ± 0.15	0.90 ± 0.14	0.03 ± 0.10	0.31	0.19
≥1.1	2.68 ± 2.94	1.38 ± 0.59	-1.30 ± 2.45	<0.001	3.25 ± 3.55	1.62 ± 0.84	-1.63 ± 3.06	<0.001	0.52
LDL-C (mmol/L)	2.88 ± 0.73	3.37 ± 0.88	0.49 ± 0.71	<0.001	2.85 ± 0.88	3.41 ± 1.00	0.56 ± 0.87	<0.001	0.64
<3.4	2.60 ± 0.59	3.12 ± 0.76	0.52 ± 0.71	<0.001	2.50 ± 0.65	3.14 ± 0.88	0.64 ± 0.86	<0.001	0.43
≥3.4	3.73 ± 0.34	4.15 ± 0.75	0.41 ± 0.72	0.04	4.00 ± 0.52	4.28 ± 0.84	0.28 ± 0.89	0.15	0.64

HDL-C (mmol/L)	1.11 ± 0.26	0.95 ± 0.18	-0.15 ± 0.15	<0.001	1.02 ± 0.25	0.89 ± 0.20	-0.13 ± 0.16	<0.001	0.29
<1.3	1.03 ± 0.18	0.90 ± 0.14	-0.13 ± 0.14	<0.001	0.95 ± 0.17	0.85 ± 0.16	-0.11 ± 0.15	<0.001	0.43
≥1.3	1.51 ± 0.23	1.22 ± 0.15	-0.29 ± 0.17	<0.001	1.50 ± 0.21	1.23 ± 0.19	-0.27 ± 0.19	<0.001	0.83
