**Supplementary Table 1.** Sequencing Statistics

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Weight | Phenotype | # of Visit 1 Samples | # of Visit 2 Samples | # of Visit 1 Reads (K) | # of Visit 2 Reads (K) | AVG Visit 1 Reads (K)/  Sample | AVG Visit 2 Reads (K)/  Sample | # of Visit 1 BP (M) | # of Visit 2 BP (M) | AVG V1 Read Length | AVG V2 Read Length |
| Normal |  | 75 | 5 | 855 | 63 | 11 | 13 | 260 | 20 | 305 | 310 |
| Overweight | No features\* of metabolic syndrome | 68 | 0 | 638 | - | 9 | - | 183 | - | 287 | - |
| One or more features of metabolic syndrome | 22 | 1 | 219 | 16 | 10 | 16 | 73 | 5 | 333 | 321 |
| Obese | No features\* of metabolic syndrome | 66 | 4 | 698 | 34 | 11 | 9 | 214 | 10 | 306 | 304 |
| One or more features of metabolic syndrome | 79 | 9 | 799 | 81 | 10 | 9 | 281 | 26 | 352 | 316 |
| Total |  | 310 | 19 | 3,209 | 196 | 10 | 12 | 1,012 | 61 | 317 | 313 |