# Botswana

## Women

| Systolic blood pressure (mmHg) | Non-Diabetic, Non-smoker | | | | | Non-Diabetic, Smoker | | | | | Diabetic, Non-smoker | | | | | Diabetic, Smoker | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 3 | 4 | 5 | 6 | 7 | 3 | 4 | 5 | 6 | 7 | 3 | 4 | 5 | 6 | 7 | 3 | 4 | 5 | 6 | 7 |
| **AGE 70-74** | | | | | | | | | | | | | | | | | | | | |
| 180 | 32 | 34 | 36 | 38 | 41 | 45 | 48 | 51 | 54 | 57 | 59 | 62 | 65 | 68 | 71 | 75 | 78 | 81 | 83 | 86 |
| 160 | 25 | 27 | 29 | 31 | 33 | 37 | 39 | 42 | 44 | 47 | 49 | 52 | 55 | 58 | 61 | 66 | 69 | 72 | 75 | 78 |
| 140 | 20 | 22 | 23 | 25 | 27 | 30 | 32 | 34 | 36 | 39 | 41 | 43 | 46 | 49 | 52 | 56 | 59 | 62 | 65 | 68 |
| 120 | 16 | 17 | 18 | 20 | 21 | 24 | 26 | 27 | 29 | 31 | 33 | 35 | 38 | 40 | 43 | 47 | 50 | 53 | 56 | 59 |
| **AGE 65-69** | | | | | | | | | | | | | | | | | | | | |
| 180 | 18 | 20 | 22 | 24 | 27 | 29 | 32 | 35 | 39 | 42 | 38 | 42 | 46 | 50 | 54 | 58 | 62 | 66 | 71 | 75 |
| 160 | 14 | 15 | 17 | 19 | 21 | 23 | 25 | 28 | 31 | 34 | 31 | 34 | 37 | 40 | 44 | 48 | 52 | 56 | 60 | 65 |
| 140 | 10 | 12 | 13 | 14 | 16 | 18 | 19 | 22 | 24 | 27 | 24 | 26 | 29 | 32 | 35 | 38 | 42 | 46 | 50 | 54 |
| 120 | 8 | 9 | 10 | 11 | 12 | 13 | 15 | 17 | 19 | 21 | 19 | 21 | 23 | 25 | 28 | 30 | 34 | 37 | 40 | 44 |
| **AGE 60-64** | | | | | | | | | | | | | | | | | | | | |
| 180 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 26 | 29 | 33 | 26 | 29 | 33 | 37 | 42 | 44 | 49 | 55 | 60 | 66 |
| 160 | 8 | 9 | 10 | 12 | 14 | 15 | 17 | 19 | 22 | 25 | 19 | 22 | 25 | 29 | 33 | 35 | 39 | 44 | 49 | 55 |
| 140 | 6 | 7 | 8 | 9 | 10 | 11 | 13 | 15 | 17 | 19 | 15 | 17 | 19 | 22 | 25 | 27 | 31 | 35 | 39 | 44 |
| 120 | 4 | 5 | 6 | 7 | 8 | 8 | 10 | 11 | 13 | 15 | 11 | 13 | 15 | 17 | 19 | 21 | 24 | 27 | 31 | 35 |
| **AGE 55-59** | | | | | | | | | | | | | | | | | | | | |
| 180 | 6 | 8 | 9 | 11 | 13 | 14 | 16 | 20 | 23 | 27 | 18 | 21 | 25 | 29 | 34 | 35 | 41 | 47 | 53 | 60 |
| 160 | 5 | 6 | 7 | 8 | 10 | 10 | 12 | 14 | 17 | 20 | 13 | 15 | 18 | 22 | 25 | 27 | 31 | 36 | 42 | 48 |
| 140 | 3 | 4 | 5 | 6 | 7 | 7 | 9 | 11 | 13 | 15 | 9 | 11 | 13 | 16 | 19 | 20 | 23 | 28 | 32 | 38 |
| 120 | 2 | 3 | 4 | 4 | 5 | 5 | 6 | 8 | 9 | 11 | 7 | 8 | 10 | 12 | 14 | 15 | 17 | 21 | 24 | 29 |
| **AGE 50-54** | | | | | | | | | | | | | | | | | | | | |
| 180 | 5 | 6 | 8 | 10 | 12 | 12 | 15 | 18 | 22 | 27 | 15 | 18 | 22 | 27 | 32 | 33 | 39 | 46 | 54 | 62 |
| 160 | 4 | 4 | 6 | 7 | 8 | 9 | 11 | 13 | 16 | 20 | 11 | 13 | 16 | 20 | 24 | 24 | 29 | 35 | 42 | 49 |
| 140 | 3 | 3 | 4 | 5 | 6 | 6 | 8 | 9 | 12 | 14 | 8 | 9 | 11 | 14 | 17 | 18 | 22 | 26 | 32 | 38 |
| 120 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 7 | 8 | 10 | 5 | 7 | 8 | 10 | 12 | 13 | 16 | 19 | 23 | 28 |
| **AGE 45-49** | | | | | | | | | | | | | | | | | | | | |
| 180 | 3 | 4 | 6 | 7 | 9 | 9 | 12 | 15 | 19 | 24 | 11 | 14 | 17 | 22 | 27 | 27 | 34 | 41 | 49 | 58 |
| 160 | 2 | 3 | 4 | 5 | 6 | 6 | 8 | 10 | 13 | 17 | 8 | 10 | 12 | 16 | 20 | 20 | 24 | 30 | 37 | 45 |
| 140 | 2 | 2 | 3 | 4 | 4 | 4 | 6 | 7 | 9 | 12 | 5 | 7 | 9 | 11 | 14 | 14 | 18 | 22 | 27 | 34 |
| 120 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 5 | 6 | 8 | 4 | 5 | 6 | 8 | 10 | 10 | 12 | 16 | 20 | 25 |
| **AGE 40-44** | | | | | | | | | | | | | | | | | | | | |
| 180 | 2 | 3 | 3 | 5 | 6 | 6 | 8 | 10 | 13 | 17 | 7 | 9 | 12 | 15 | 20 | 19 | 25 | 31 | 39 | 49 |
| 160 | 1 | 2 | 2 | 3 | 4 | 4 | 5 | 7 | 9 | 12 | 5 | 6 | 8 | 10 | 14 | 13 | 17 | 22 | 28 | 36 |
| 140 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 5 | 6 | 8 | 3 | 4 | 5 | 7 | 9 | 9 | 12 | 16 | 20 | 26 |
| 120 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 3 | 4 | 6 | 2 | 3 | 4 | 5 | 6 | 6 | 8 | 11 | 14 | 18 |

## Men

| Systolic blood pressure (mmHg) | Non-Diabetic, Non-smoker | | | | | Non-Diabetic, Smoker | | | | | Diabetic, Non-smoker | | | | | Diabetic, Smoker | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 3 | 4 | 5 | 6 | 7 | 3 | 4 | 5 | 6 | 7 | 3 | 4 | 5 | 6 | 7 | 3 | 4 | 5 | 6 | 7 |
| **AGE 70-74** | | | | | | | | | | | | | | | | | | | | |
| 180 | 33 | 35 | 37 | 40 | 43 | 37 | 39 | 42 | 44 | 47 | 46 | 49 | 52 | 55 | 58 | 51 | 54 | 57 | 61 | 64 |
| 160 | 26 | 28 | 30 | 32 | 35 | 30 | 32 | 34 | 36 | 39 | 38 | 41 | 43 | 46 | 49 | 42 | 45 | 48 | 51 | 54 |
| 140 | 21 | 22 | 24 | 26 | 28 | 24 | 25 | 27 | 29 | 31 | 31 | 33 | 35 | 38 | 40 | 34 | 37 | 39 | 42 | 45 |
| 120 | 16 | 18 | 19 | 21 | 22 | 19 | 20 | 22 | 23 | 25 | 25 | 26 | 28 | 30 | 32 | 28 | 30 | 32 | 34 | 37 |
| **AGE 65-69** | | | | | | | | | | | | | | | | | | | | |
| 180 | 22 | 24 | 27 | 30 | 33 | 28 | 30 | 34 | 37 | 41 | 34 | 38 | 41 | 45 | 49 | 42 | 46 | 50 | 54 | 59 |
| 160 | 17 | 19 | 21 | 23 | 26 | 21 | 24 | 26 | 29 | 32 | 27 | 30 | 33 | 36 | 40 | 33 | 37 | 40 | 44 | 48 |
| 140 | 13 | 15 | 16 | 18 | 20 | 16 | 18 | 20 | 23 | 25 | 21 | 23 | 26 | 29 | 32 | 26 | 29 | 32 | 35 | 39 |
| 120 | 10 | 11 | 12 | 14 | 16 | 13 | 14 | 16 | 18 | 20 | 16 | 18 | 20 | 22 | 25 | 20 | 23 | 25 | 28 | 31 |
| **AGE 60-64** | | | | | | | | | | | | | | | | | | | | |
| 180 | 15 | 18 | 20 | 23 | 27 | 21 | 24 | 28 | 32 | 36 | 26 | 30 | 34 | 38 | 43 | 35 | 40 | 45 | 50 | 55 |
| 160 | 12 | 13 | 15 | 18 | 20 | 16 | 19 | 21 | 24 | 28 | 20 | 23 | 26 | 29 | 33 | 27 | 31 | 35 | 40 | 45 |
| 140 | 9 | 10 | 11 | 13 | 15 | 12 | 14 | 16 | 19 | 21 | 15 | 17 | 20 | 23 | 26 | 21 | 24 | 27 | 31 | 35 |
| 120 | 6 | 7 | 9 | 10 | 11 | 9 | 10 | 12 | 14 | 16 | 11 | 13 | 15 | 17 | 20 | 16 | 18 | 21 | 24 | 27 |
| **AGE 55-59** | | | | | | | | | | | | | | | | | | | | |
| 180 | 10 | 12 | 14 | 17 | 20 | 15 | 18 | 22 | 25 | 30 | 18 | 21 | 25 | 30 | 34 | 27 | 32 | 37 | 43 | 49 |
| 160 | 7 | 9 | 10 | 12 | 15 | 11 | 13 | 16 | 19 | 22 | 13 | 16 | 19 | 22 | 26 | 21 | 24 | 28 | 33 | 39 |
| 140 | 5 | 6 | 7 | 9 | 11 | 8 | 10 | 12 | 14 | 17 | 10 | 12 | 14 | 16 | 19 | 15 | 18 | 21 | 25 | 29 |
| 120 | 4 | 5 | 5 | 6 | 8 | 6 | 7 | 9 | 10 | 12 | 7 | 8 | 10 | 12 | 14 | 11 | 13 | 16 | 19 | 22 |
| **AGE 50-54** | | | | | | | | | | | | | | | | | | | | |
| 180 | 6 | 7 | 9 | 11 | 14 | 10 | 13 | 16 | 19 | 23 | 12 | 15 | 18 | 22 | 26 | 20 | 25 | 30 | 36 | 42 |
| 160 | 4 | 5 | 7 | 8 | 10 | 7 | 9 | 11 | 14 | 17 | 8 | 10 | 13 | 16 | 19 | 15 | 18 | 22 | 26 | 32 |
| 140 | 3 | 4 | 5 | 6 | 7 | 5 | 7 | 8 | 10 | 12 | 6 | 7 | 9 | 11 | 14 | 10 | 13 | 16 | 19 | 24 |
| 120 | 2 | 3 | 3 | 4 | 5 | 4 | 5 | 6 | 7 | 9 | 4 | 5 | 7 | 8 | 10 | 7 | 9 | 11 | 14 | 17 |
| **AGE 45-49** | | | | | | | | | | | | | | | | | | | | |
| 180 | 3 | 4 | 6 | 7 | 9 | 7 | 9 | 11 | 14 | 18 | 7 | 10 | 12 | 15 | 19 | 14 | 18 | 23 | 29 | 35 |
| 160 | 2 | 3 | 4 | 5 | 7 | 5 | 6 | 8 | 10 | 13 | 5 | 7 | 8 | 11 | 14 | 10 | 13 | 16 | 21 | 26 |
| 140 | 2 | 2 | 3 | 4 | 5 | 3 | 4 | 5 | 7 | 9 | 4 | 5 | 6 | 8 | 10 | 7 | 9 | 11 | 15 | 18 |
| 120 | 1 | 1 | 2 | 2 | 3 | 2 | 3 | 4 | 5 | 6 | 2 | 3 | 4 | 5 | 7 | 5 | 6 | 8 | 10 | 13 |
| **AGE 40-44** | | | | | | | | | | | | | | | | | | | | |
| 180 | 2 | 3 | 4 | 5 | 7 | 5 | 6 | 8 | 11 | 14 | 5 | 6 | 8 | 11 | 15 | 10 | 14 | 18 | 23 | 30 |
| 160 | 1 | 2 | 2 | 3 | 4 | 3 | 4 | 5 | 7 | 10 | 3 | 4 | 6 | 8 | 10 | 7 | 9 | 12 | 16 | 21 |
| 140 | 1 | 1 | 2 | 2 | 3 | 2 | 3 | 4 | 5 | 7 | 2 | 3 | 4 | 5 | 7 | 5 | 6 | 8 | 11 | 15 |
| 120 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 3 | 4 | 1 | 2 | 3 | 3 | 5 | 3 | 4 | 6 | 8 | 10 |

Total cholesterol (mmol/L)

| | |
|---|---|
| | >=50 % |
| | 40-49 % |
| | 30-39 % |
| | 20-29 % |
| | 10-19 % |
| | 5-9 % |
| | <5 % |