# Jordan

## 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 |
| 180 | 24 | 26 | 28 | 30 | 32 | 35 | 38 | 40 | 43 | 46 | 47 | 50 | 53 | 56 | 60 | 64 | 67 | 71 | 74 | 77 |
| 160 | 19 | 20 | 22 | 24 | 25 | 28 | 30 | 33 | 35 | 38 | 39 | 42 | 44 | 47 | 50 | 55 | 58 | 61 | 64 | 67 |
| 140 | 15 | 16 | 17 | 19 | 20 | 23 | 24 | 26 | 28 | 30 | 31 | 34 | 36 | 39 | 41 | 45 | 48 | 51 | 54 | 57 |
| 120 | 12 | 13 | 14 | 15 | 16 | 18 | 19 | 21 | 22 | 24 | 25 | 27 | 29 | 31 | 33 | 37 | 40 | 42 | 45 | 48 |
| 180 | 16 | 17 | 19 | 21 | 24 | 26 | 29 | 32 | 35 | 38 | 35 | 38 | 42 | 46 | 50 | 53 | 57 | 62 | 66 | 71 |
| 160 | 12 | 13 | 15 | 16 | 18 | 20 | 22 | 25 | 28 | 30 | 27 | 30 | 33 | 37 | 40 | 43 | 47 | 51 | 56 | 60 |
| 140 | 9 | 10 | 11 | 13 | 14 | 15 | 17 | 19 | 21 | 24 | 21 | 24 | 26 | 29 | 32 | 35 | 38 | 42 | 46 | 50 |
| 120 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 15 | 16 | 18 | 16 | 18 | 20 | 22 | 25 | 27 | 30 | 33 | 37 | 40 |
| 180 | 10 | 12 | 13 | 15 | 18 | 19 | 22 | 25 | 28 | 32 | 25 | 28 | 32 | 36 | 41 | 43 | 48 | 53 | 59 | 65 |
| 160 | 7 | 9 | 10 | 11 | 13 | 14 | 16 | 19 | 21 | 25 | 19 | 21 | 24 | 28 | 32 | 34 | 38 | 43 | 48 | 53 |
| 140 | 5 | 6 | 7 | 9 | 10 | 11 | 12 | 14 | 16 | 19 | 14 | 16 | 19 | 21 | 24 | 26 | 30 | 34 | 38 | 43 |
| 120 | 4 | 5 | 5 | 6 | 7 | 8 | 9 | 11 | 12 | 14 | 11 | 12 | 14 | 16 | 18 | 20 | 23 | 26 | 29 | 33 |
| 180 | 6 | 7 | 9 | 10 | 13 | 13 | 16 | 19 | 22 | 26 | 17 | 20 | 23 | 27 | 32 | 33 | 39 | 45 | 51 | 58 |
| 160 | 4 | 5 | 6 | 8 | 9 | 10 | 11 | 14 | 16 | 19 | 12 | 15 | 17 | 20 | 24 | 25 | 30 | 35 | 40 | 46 |
| 140 | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 10 | 12 | 14 | 9 | 11 | 13 | 15 | 18 | 19 | 22 | 26 | 31 | 36 |
| 120 | 2 | 3 | 3 | 4 | 5 | 5 | 6 | 7 | 9 | 10 | 6 | 8 | 9 | 11 | 13 | 14 | 16 | 19 | 23 | 27 |
| 180 | 5 | 6 | 7 | 9 | 11 | 11 | 14 | 17 | 21 | 26 | 14 | 17 | 21 | 25 | 31 | 31 | 37 | 45 | 52 | 61 |
| 160 | 3 | 4 | 5 | 6 | 8 | 8 | 10 | 12 | 15 | 19 | 10 | 12 | 15 | 18 | 23 | 23 | 28 | 34 | 40 | 48 |
| 140 | 2 | 3 | 4 | 4 | 6 | 6 | 7 | 9 | 11 | 14 | 7 | 9 | 11 | 13 | 16 | 17 | 20 | 25 | 30 | 36 |
| 120 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 6 | 8 | 10 | 5 | 6 | 8 | 9 | 12 | 12 | 15 | 18 | 22 | 27 |
| 180 | 4 | 5 | 7 | 8 | 11 | 11 | 14 | 17 | 22 | 27 | 12 | 16 | 20 | 25 | 31 | 31 | 38 | 46 | 56 | 65 |
| 160 | 3 | 4 | 5 | 6 | 7 | 7 | 9 | 12 | 15 | 19 | 9 | 11 | 14 | 18 | 23 | 22 | 28 | 35 | 42 | 51 |
| 140 | 2 | 2 | 3 | 4 | 5 | 5 | 7 | 8 | 11 | 14 | 6 | 8 | 10 | 13 | 16 | 16 | 20 | 25 | 31 | 39 |
| 120 | 1 | 2 | 2 | 3 | 4 | 4 | 5 | 6 | 7 | 10 | 4 | 5 | 7 | 9 | 11 | 11 | 14 | 18 | 23 | 28 |
| 180 | 3 | 4 | 6 | 7 | 10 | 9 | 12 | 16 | 21 | 27 | 11 | 14 | 18 | 23 | 30 | 29 | 37 | 46 | 56 | 67 |
| 160 | 2 | 3 | 4 | 5 | 7 | 6 | 8 | 11 | 15 | 19 | 7 | 10 | 13 | 16 | 21 | 21 | 27 | 34 | 42 | 52 |
| 140 | 1 | 2 | 3 | 3 | 4 | 4 | 6 | 8 | 10 | 13 | 5 | 7 | 9 | 11 | 15 | 14 | 19 | 24 | 31 | 39 |
| 120 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 5 | 7 | 9 | 3 | 4 | 6 | 8 | 10 | 10 | 13 | 17 | 22 | 28 |

## Men

| AGE | 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 |
| 70-74 | 26 | 28 | 30 | 33 | 35 | 30 | 32 | 34 | 37 | 39 | 38 | 41 | 44 | 46 | 49 | 43 | 46 | 49 | 52 | 55 |
| | 21 | 23 | 24 | 26 | 28 | 24 | 26 | 28 | 30 | 32 | 31 | 33 | 36 | 38 | 41 | 35 | 37 | 40 | 43 | 46 |
| | 16 | 18 | 19 | 21 | 22 | 19 | 20 | 22 | 24 | 25 | 25 | 27 | 29 | 31 | 33 | 28 | 30 | 32 | 35 | 37 |
| | 13 | 14 | 15 | 16 | 18 | 15 | 16 | 17 | 19 | 20 | 20 | 21 | 23 | 24 | 26 | 22 | 24 | 26 | 28 | 30 |
| 65-69 | 18 | 20 | 23 | 25 | 28 | 23 | 26 | 28 | 31 | 35 | 29 | 32 | 35 | 39 | 42 | 36 | 39 | 43 | 47 | 51 |
| | 14 | 16 | 17 | 19 | 22 | 18 | 20 | 22 | 24 | 27 | 22 | 25 | 28 | 31 | 34 | 28 | 31 | 34 | 38 | 42 |
| | 11 | 12 | 13 | 15 | 17 | 14 | 15 | 17 | 19 | 21 | 17 | 19 | 21 | 24 | 27 | 22 | 24 | 27 | 30 | 33 |
| | 8 | 9 | 10 | 11 | 13 | 10 | 12 | 13 | 15 | 16 | 13 | 15 | 17 | 18 | 21 | 17 | 19 | 21 | 23 | 26 |
| 60-64 | 13 | 15 | 18 | 20 | 23 | 19 | 21 | 25 | 28 | 32 | 23 | 26 | 30 | 34 | 38 | 31 | 35 | 40 | 45 | 51 |
| | 10 | 11 | 13 | 15 | 18 | 14 | 16 | 19 | 21 | 25 | 17 | 20 | 23 | 26 | 30 | 24 | 27 | 31 | 35 | 40 |
| | 7 | 8 | 10 | 11 | 13 | 10 | 12 | 14 | 16 | 19 | 13 | 15 | 17 | 20 | 23 | 18 | 21 | 24 | 27 | 31 |
| | 5 | 6 | 7 | 8 | 10 | 8 | 9 | 10 | 12 | 14 | 10 | 11 | 13 | 15 | 17 | 14 | 16 | 18 | 21 | 24 |
| 55-59 | 10 | 12 | 15 | 17 | 21 | 16 | 19 | 23 | 27 | 32 | 19 | 22 | 26 | 31 | 36 | 29 | 34 | 39 | 45 | 52 |
| | 7 | 9 | 11 | 13 | 15 | 12 | 14 | 17 | 20 | 24 | 14 | 17 | 20 | 23 | 27 | 22 | 25 | 30 | 35 | 41 |
| | 5 | 6 | 8 | 9 | 11 | 9 | 10 | 12 | 15 | 18 | 10 | 12 | 14 | 17 | 20 | 16 | 19 | 22 | 27 | 31 |
| | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 9 | 11 | 13 | 7 | 9 | 11 | 13 | 15 | 12 | 14 | 17 | 20 | 23 |
| 50-54 | 8 | 10 | 13 | 15 | 19 | 14 | 18 | 22 | 26 | 32 | 16 | 20 | 24 | 29 | 35 | 27 | 33 | 40 | 47 | 55 |
| | 6 | 7 | 9 | 11 | 14 | 10 | 13 | 16 | 19 | 23 | 12 | 14 | 18 | 22 | 26 | 20 | 24 | 30 | 36 | 43 |
| | 4 | 5 | 6 | 8 | 10 | 7 | 9 | 11 | 14 | 17 | 8 | 10 | 13 | 16 | 19 | 14 | 18 | 22 | 27 | 32 |
| | 3 | 4 | 4 | 6 | 7 | 5 | 6 | 8 | 10 | 12 | 6 | 7 | 9 | 11 | 14 | 10 | 13 | 16 | 19 | 24 |
| 45-49 | 6 | 8 | 10 | 13 | 17 | 12 | 16 | 20 | 25 | 31 | 14 | 17 | 22 | 27 | 34 | 25 | 32 | 39 | 47 | 56 |
| | 4 | 6 | 7 | 9 | 12 | 9 | 11 | 14 | 18 | 23 | 9 | 12 | 15 | 19 | 24 | 18 | 23 | 29 | 35 | 43 |
| | 3 | 4 | 5 | 6 | 8 | 6 | 8 | 10 | 13 | 16 | 7 | 8 | 11 | 14 | 17 | 13 | 16 | 21 | 26 | 32 |
| | 2 | 3 | 3 | 4 | 6 | 4 | 5 | 7 | 9 | 11 | 5 | 6 | 7 | 10 | 12 | 9 | 11 | 15 | 18 | 23 |
| 40-44 | 4 | 6 | 7 | 10 | 13 | 9 | 12 | 16 | 20 | 26 | 10 | 13 | 16 | 21 | 27 | 20 | 26 | 33 | 41 | 51 |
| | 3 | 4 | 5 | 7 | 9 | 6 | 8 | 11 | 14 | 19 | 7 | 9 | 11 | 15 | 19 | 14 | 18 | 24 | 30 | 38 |
| | 2 | 3 | 3 | 5 | 6 | 4 | 6 | 7 | 10 | 13 | 4 | 6 | 8 | 10 | 13 | 10 | 13 | 16 | 21 | 27 |
| | 1 | 2 | 2 | 3 | 4 | 3 | 4 | 5 | 7 | 9 | 3 | 4 | 5 | 7 | 9 | 7 | 9 | 11 | 15 | 19 |

Total cholesterol (mmol/L)

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