# Pakistan

## 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 | 44 | 46 | 49 | 52 | 55 | 60 | 63 | 66 | 69 | 72 | 74 | 77 | 80 | 82 | 85 | 88 | 90 | 92 | 94 | 95 |
| 160 | 36 | 38 | 40 | 43 | 46 | 50 | 53 | 56 | 59 | 63 | 64 | 67 | 71 | 74 | 77 | 81 | 83 | 86 | 88 | 90 |
| 140 | 29 | 31 | 33 | 35 | 38 | 41 | 44 | 47 | 50 | 53 | 55 | 58 | 61 | 64 | 67 | 72 | 75 | 78 | 81 | 83 |
| 120 | 23 | 24 | 26 | 28 | 30 | 34 | 36 | 38 | 41 | 44 | 45 | 48 | 51 | 54 | 57 | 62 | 65 | 68 | 71 | 74 |
| **AGE 65-69** | | | | | | | | | | | | | | | | | | | | |
| 180 | 31 | 34 | 37 | 41 | 45 | 48 | 52 | 57 | 61 | 65 | 60 | 65 | 69 | 73 | 78 | 81 | 85 | 88 | 91 | 93 |
| 160 | 24 | 27 | 30 | 33 | 36 | 39 | 43 | 46 | 51 | 55 | 50 | 54 | 59 | 63 | 67 | 71 | 75 | 79 | 83 | 87 |
| 140 | 19 | 21 | 23 | 26 | 28 | 31 | 34 | 37 | 41 | 45 | 41 | 44 | 48 | 52 | 57 | 60 | 65 | 69 | 74 | 78 |
| 120 | 14 | 16 | 18 | 20 | 22 | 24 | 27 | 30 | 33 | 36 | 32 | 36 | 39 | 43 | 47 | 50 | 54 | 59 | 63 | 68 |
| **AGE 60-64** | | | | | | | | | | | | | | | | | | | | |
| 180 | 21 | 24 | 27 | 31 | 35 | 37 | 42 | 47 | 52 | 57 | 46 | 52 | 57 | 63 | 68 | 71 | 76 | 82 | 86 | 90 |
| 160 | 16 | 18 | 21 | 24 | 27 | 29 | 32 | 37 | 41 | 46 | 37 | 41 | 46 | 51 | 57 | 60 | 65 | 71 | 76 | 82 |
| 140 | 12 | 13 | 16 | 18 | 20 | 22 | 25 | 28 | 32 | 37 | 28 | 32 | 36 | 41 | 46 | 49 | 54 | 60 | 65 | 71 |
| 120 | 9 | 10 | 12 | 13 | 15 | 17 | 19 | 22 | 25 | 28 | 22 | 25 | 28 | 32 | 36 | 39 | 43 | 48 | 54 | 59 |
| **AGE 55-59** | | | | | | | | | | | | | | | | | | | | |
| 180 | 15 | 17 | 20 | 24 | 28 | 29 | 34 | 40 | 46 | 52 | 36 | 42 | 48 | 55 | 61 | 63 | 70 | 77 | 83 | 88 |
| 160 | 11 | 13 | 15 | 18 | 21 | 22 | 26 | 30 | 35 | 41 | 28 | 32 | 37 | 43 | 49 | 51 | 58 | 65 | 72 | 78 |
| 140 | 8 | 9 | 11 | 13 | 16 | 16 | 19 | 23 | 27 | 31 | 21 | 24 | 28 | 33 | 39 | 40 | 46 | 53 | 59 | 66 |
| 120 | 6 | 7 | 8 | 10 | 11 | 12 | 14 | 17 | 20 | 24 | 15 | 18 | 21 | 25 | 29 | 31 | 36 | 41 | 48 | 54 |
| **AGE 50-54** | | | | | | | | | | | | | | | | | | | | |
| 180 | 11 | 13 | 16 | 20 | 24 | 24 | 29 | 35 | 42 | 49 | 29 | 35 | 41 | 49 | 56 | 57 | 65 | 73 | 81 | 87 |
| 160 | 8 | 9 | 11 | 14 | 17 | 18 | 21 | 26 | 31 | 38 | 21 | 26 | 31 | 37 | 44 | 45 | 52 | 60 | 69 | 77 |
| 140 | 5 | 7 | 8 | 10 | 12 | 13 | 16 | 19 | 23 | 28 | 16 | 19 | 23 | 28 | 34 | 34 | 41 | 48 | 56 | 64 |
| 120 | 4 | 5 | 6 | 7 | 9 | 9 | 11 | 14 | 17 | 21 | 11 | 14 | 17 | 20 | 25 | 25 | 31 | 37 | 43 | 51 |
| **AGE 45-49** | | | | | | | | | | | | | | | | | | | | |
| 180 | 8 | 10 | 12 | 16 | 20 | 20 | 25 | 31 | 38 | 46 | 23 | 28 | 35 | 43 | 51 | 51 | 60 | 70 | 79 | 87 |
| 160 | 5 | 7 | 9 | 11 | 14 | 14 | 18 | 22 | 28 | 34 | 16 | 20 | 26 | 32 | 39 | 39 | 47 | 56 | 66 | 75 |
| 140 | 4 | 5 | 6 | 8 | 10 | 10 | 12 | 16 | 20 | 25 | 11 | 15 | 18 | 23 | 29 | 29 | 35 | 43 | 52 | 61 |
| 120 | 3 | 3 | 4 | 5 | 7 | 7 | 9 | 11 | 14 | 18 | 8 | 10 | 13 | 16 | 21 | 21 | 26 | 32 | 39 | 47 |
| **AGE 40-44** | | | | | | | | | | | | | | | | | | | | |
| 180 | 6 | 8 | 10 | 13 | 17 | 17 | 22 | 28 | 36 | 45 | 19 | 24 | 31 | 39 | 49 | 48 | 58 | 69 | 79 | 88 |
| 160 | 4 | 5 | 7 | 9 | 12 | 12 | 15 | 20 | 25 | 33 | 13 | 17 | 22 | 28 | 36 | 35 | 44 | 54 | 65 | 75 |
| 140 | 3 | 3 | 5 | 6 | 8 | 8 | 10 | 14 | 18 | 23 | 9 | 12 | 15 | 20 | 26 | 25 | 32 | 40 | 50 | 61 |
| 120 | 2 | 2 | 3 | 4 | 6 | 5 | 7 | 9 | 12 | 16 | 6 | 8 | 11 | 14 | 18 | 18 | 23 | 29 | 37 | 46 |

## 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 | 36 | 38 | 41 | 43 | 37 | 40 | 43 | 45 | 48 | 47 | 50 | 53 | 56 | 59 | 52 | 55 | 59 | 62 | 65 |
| 160 | 27 | 29 | 31 | 33 | 35 | 30 | 32 | 35 | 37 | 40 | 39 | 41 | 44 | 47 | 50 | 43 | 46 | 49 | 52 | 55 |
| 140 | 21 | 23 | 25 | 26 | 28 | 24 | 26 | 28 | 30 | 32 | 31 | 33 | 36 | 38 | 41 | 35 | 38 | 40 | 43 | 46 |
| 120 | 17 | 18 | 19 | 21 | 23 | 19 | 20 | 22 | 24 | 26 | 25 | 27 | 29 | 31 | 33 | 28 | 30 | 33 | 35 | 37 |
| **AGE 65-69** | | | | | | | | | | | | | | | | | | | | |
| 180 | 25 | 27 | 30 | 34 | 37 | 31 | 34 | 37 | 41 | 45 | 38 | 42 | 46 | 50 | 54 | 46 | 50 | 55 | 59 | 64 |
| 160 | 19 | 21 | 24 | 26 | 29 | 24 | 27 | 30 | 33 | 36 | 30 | 33 | 37 | 40 | 44 | 37 | 41 | 45 | 49 | 53 |
| 140 | 15 | 17 | 18 | 20 | 23 | 19 | 21 | 23 | 26 | 28 | 24 | 26 | 29 | 32 | 35 | 29 | 32 | 36 | 39 | 43 |
| 120 | 11 | 13 | 14 | 16 | 18 | 14 | 16 | 18 | 20 | 22 | 18 | 20 | 23 | 25 | 28 | 23 | 25 | 28 | 31 | 34 |
| **AGE 60-64** | | | | | | | | | | | | | | | | | | | | |
| 180 | 19 | 22 | 25 | 29 | 32 | 26 | 30 | 34 | 39 | 43 | 32 | 36 | 41 | 45 | 51 | 42 | 48 | 53 | 59 | 64 |
| 160 | 14 | 17 | 19 | 22 | 25 | 20 | 23 | 26 | 30 | 34 | 24 | 28 | 32 | 36 | 40 | 33 | 38 | 42 | 47 | 53 |
| 140 | 11 | 12 | 14 | 16 | 19 | 15 | 17 | 20 | 23 | 26 | 18 | 21 | 24 | 28 | 32 | 26 | 29 | 33 | 38 | 42 |
| 120 | 8 | 9 | 11 | 12 | 14 | 11 | 13 | 15 | 17 | 20 | 14 | 16 | 18 | 21 | 24 | 19 | 22 | 25 | 29 | 33 |
| **AGE 55-59** | | | | | | | | | | | | | | | | | | | | |
| 180 | 16 | 19 | 22 | 26 | 31 | 24 | 29 | 34 | 39 | 45 | 28 | 33 | 39 | 45 | 51 | 42 | 48 | 55 | 62 | 69 |
| 160 | 12 | 14 | 17 | 20 | 23 | 18 | 21 | 25 | 30 | 35 | 21 | 25 | 29 | 34 | 40 | 32 | 37 | 43 | 49 | 56 |
| 140 | 9 | 10 | 12 | 14 | 17 | 13 | 16 | 19 | 22 | 26 | 16 | 19 | 22 | 26 | 31 | 24 | 28 | 33 | 39 | 45 |
| 120 | 6 | 7 | 9 | 11 | 13 | 10 | 12 | 14 | 17 | 20 | 12 | 14 | 16 | 19 | 23 | 18 | 21 | 25 | 29 | 34 |
| **AGE 50-54** | | | | | | | | | | | | | | | | | | | | |
| 180 | 12 | 15 | 19 | 23 | 28 | 21 | 26 | 31 | 37 | 44 | 24 | 29 | 35 | 41 | 49 | 39 | 46 | 54 | 62 | 70 |
| 160 | 9 | 11 | 14 | 17 | 20 | 15 | 19 | 23 | 28 | 34 | 17 | 21 | 26 | 31 | 37 | 29 | 35 | 42 | 49 | 57 |
| 140 | 6 | 8 | 10 | 12 | 15 | 11 | 14 | 17 | 20 | 25 | 13 | 15 | 19 | 23 | 28 | 21 | 26 | 31 | 38 | 45 |
| 120 | 4 | 6 | 7 | 9 | 11 | 8 | 10 | 12 | 15 | 18 | 9 | 11 | 14 | 17 | 20 | 16 | 19 | 23 | 28 | 34 |
| **AGE 45-49** | | | | | | | | | | | | | | | | | | | | |
| 180 | 10 | 13 | 16 | 20 | 25 | 19 | 24 | 29 | 36 | 44 | 20 | 26 | 32 | 39 | 47 | 37 | 45 | 54 | 63 | 72 |
| 160 | 7 | 9 | 11 | 14 | 18 | 13 | 17 | 21 | 27 | 33 | 14 | 18 | 23 | 29 | 35 | 27 | 33 | 41 | 49 | 58 |
| 140 | 5 | 6 | 8 | 10 | 13 | 9 | 12 | 15 | 19 | 24 | 10 | 13 | 16 | 21 | 26 | 19 | 24 | 30 | 37 | 45 |
| 120 | 3 | 4 | 5 | 7 | 9 | 6 | 8 | 11 | 13 | 17 | 7 | 9 | 12 | 15 | 18 | 14 | 17 | 22 | 27 | 34 |
| **AGE 40-44** | | | | | | | | | | | | | | | | | | | | |
| 180 | 7 | 9 | 12 | 15 | 20 | 14 | 19 | 24 | 31 | 39 | 15 | 20 | 25 | 32 | 40 | 30 | 38 | 48 | 58 | 69 |
| 160 | 5 | 6 | 8 | 11 | 14 | 10 | 13 | 17 | 22 | 28 | 10 | 14 | 18 | 23 | 29 | 22 | 28 | 35 | 44 | 54 |
| 140 | 3 | 4 | 5 | 7 | 10 | 7 | 9 | 12 | 15 | 20 | 7 | 9 | 12 | 16 | 21 | 15 | 20 | 25 | 32 | 40 |
| 120 | 2 | 3 | 4 | 5 | 6 | 5 | 6 | 8 | 11 | 14 | 5 | 6 | 8 | 11 | 14 | 10 | 14 | 18 | 23 | 29 |

Total cholesterol (mmol/L)

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