# Malawi

| Systolic blood pressure (mmHg) | Women, Non-smoker | | | | Women, Smoker | | | | AGE | Men, Non-smoker | | | | Men, Smoker | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 20 | 25 | 30 | 35 | 20 | 25 | 30 | 35 | | 20 | 25 | 30 | 35 | 20 | 25 | 30 | 35 |
| 180 | 37 | 40 | 42 | 45 | 53 | 56 | 59 | 63 | 70-74 | 33 | 35 | 38 | 40 | 36 | 39 | 42 | 45 |
| 160 | 29 | 32 | 34 | 37 | 43 | 46 | 49 | 52 | | 26 | 28 | 30 | 32 | 29 | 31 | 34 | 36 |
| 140 | 23 | 25 | 27 | 29 | 35 | 37 | 40 | 43 | | 20 | 22 | 24 | 26 | 23 | 25 | 27 | 29 |
| 120 | 18 | 20 | 21 | 23 | 28 | 30 | 32 | 34 | | 16 | 17 | 18 | 20 | 18 | 19 | 21 | 22 |
| 180 | 25 | 27 | 30 | 32 | 40 | 43 | 47 | 50 | 65-69 | 23 | 25 | 27 | 30 | 28 | 31 | 34 | 37 |
| 160 | 19 | 21 | 23 | 25 | 32 | 34 | 37 | 41 | | 17 | 19 | 21 | 23 | 22 | 24 | 26 | 29 |
| 140 | 14 | 16 | 17 | 19 | 24 | 27 | 29 | 32 | | 13 | 15 | 16 | 18 | 16 | 18 | 20 | 22 |
| 120 | 11 | 12 | 13 | 15 | 19 | 21 | 23 | 25 | | 10 | 11 | 12 | 13 | 12 | 14 | 15 | 17 |
| 180 | 14 | 16 | 18 | 20 | 26 | 29 | 32 | 35 | 60-64 | 16 | 18 | 21 | 23 | 23 | 25 | 28 | 31 |
| 160 | 10 | 12 | 13 | 15 | 20 | 22 | 24 | 27 | | 12 | 14 | 15 | 17 | 17 | 19 | 21 | 24 |
| 140 | 8 | 9 | 10 | 11 | 15 | 16 | 18 | 20 | | 9 | 10 | 11 | 13 | 13 | 14 | 16 | 18 |
| 120 | 6 | 6 | 7 | 8 | 11 | 12 | 14 | 15 | | 7 | 7 | 8 | 9 | 9 | 10 | 12 | 13 |
| 180 | 7 | 8 | 9 | 11 | 15 | 17 | 20 | 22 | 55-59 | 13 | 15 | 16 | 19 | 20 | 22 | 25 | 28 |
| 160 | 5 | 6 | 7 | 8 | 11 | 13 | 14 | 16 | | 9 | 10 | 12 | 14 | 14 | 16 | 18 | 21 |
| 140 | 4 | 4 | 5 | 6 | 8 | 9 | 10 | 12 | | 7 | 8 | 9 | 10 | 10 | 12 | 13 | 15 |
| 120 | 3 | 3 | 3 | 4 | 6 | 7 | 8 | 9 | | 5 | 5 | 6 | 7 | 7 | 8 | 10 | 11 |
| 180 | 4 | 5 | 5 | 6 | 10 | 11 | 13 | 15 | 50-54 | 10 | 11 | 13 | 15 | 16 | 19 | 22 | 25 |
| 160 | 3 | 3 | 4 | 4 | 7 | 8 | 9 | 10 | | 7 | 8 | 9 | 10 | 12 | 13 | 15 | 18 |
| 140 | 2 | 2 | 3 | 3 | 5 | 5 | 6 | 7 | | 5 | 6 | 6 | 7 | 8 | 9 | 11 | 13 |
| 120 | 1 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 9 |
| 180 | 3 | 4 | 4 | 5 | 8 | 10 | 12 | 13 | 45-49 | 7 | 8 | 9 | 11 | 13 | 15 | 17 | 20 |
| 160 | 2 | 3 | 3 | 3 | 6 | 7 | 8 | 9 | | 5 | 5 | 6 | 7 | 9 | 10 | 12 | 14 |
| 140 | 1 | 2 | 2 | 2 | 4 | 5 | 5 | 6 | | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 10 |
| 120 | 1 | 1 | 1 | 2 | 3 | 3 | 4 | 4 | | 2 | 3 | 3 | 4 | 4 | 5 | 6 | 7 |
| 180 | 2 | 3 | 3 | 4 | 6 | 8 | 9 | 11 | 40-44 | 4 | 5 | 6 | 7 | 9 | 10 | 12 | 15 |
| 160 | 1 | 2 | 2 | 2 | 4 | 5 | 6 | 7 | | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 10 |
| 140 | 1 | 1 | 1 | 2 | 3 | 3 | 4 | 5 | | 2 | 2 | 3 | 3 | 4 | 5 | 6 | 7 |
| 120 | 1 | 1 | 1 | 1 | 2 | 2 | 3 | 3 | | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 5 |

BMI (kg/m$^2$)

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