Qatar

Cardiovascular Risk Chart

Systolic blood pressure (mmHg) — **BMI (kg/m²)**

Legend:
- ≥50 %
- 40-49 %
- 30-39 %
- 20-29 %
- 10-19 %
- 5-9 %
- <5 %

AGE 70-74

SBP	Women Non-smoker (BMI 20/25/30/35)				Women Smoker				Men Non-smoker				Men Smoker			
180	16	17	19	20	25	27	29	31	19	20	22	24	21	23	25	27
160	12	13	14	16	19	21	23	24	14	16	17	18	16	18	19	21
140	9	10	11	12	15	16	17	19	11	12	13	14	12	14	15	16
120	7	8	8	9	11	12	13	15	8	9	10	11	10	10	11	12

AGE 65-69

SBP	Women Non-smoker				Women Smoker				Men Non-smoker				Men Smoker			
180	12	13	14	16	20	22	24	27	11	13	14	15	14	16	18	19
160	9	10	11	12	15	17	19	20	9	10	11	12	11	12	13	15
140	6	7	8	9	11	13	14	16	6	7	8	9	8	9	10	11
120	5	5	6	7	9	10	11	12	5	5	6	7	6	7	7	8

AGE 60-64

SBP	Women Non-smoker				Women Smoker				Men Non-smoker				Men Smoker			
180	9	10	12	13	18	20	22	25	9	10	11	12	12	14	16	17
160	7	8	8	10	13	15	17	19	6	7	8	9	9	10	11	13
140	5	5	6	7	10	11	12	14	5	5	6	7	7	7	8	9
120	4	4	4	5	7	8	9	10	3	4	4	5	5	5	6	7

AGE 55-59

SBP	Women Non-smoker				Women Smoker				Men Non-smoker				Men Smoker			
180	7	8	9	10	15	17	19	22	7	9	10	11	12	13	15	17
160	5	6	6	7	11	12	14	16	5	6	7	8	8	10	11	13
140	4	4	5	5	8	9	10	12	4	4	5	6	6	7	8	9
120	3	3	3	4	6	6	7	8	3	3	4	4	4	5	6	6

AGE 50-54

SBP	Women Non-smoker				Women Smoker				Men Non-smoker				Men Smoker			
180	4	5	6	7	10	12	14	16	5	6	7	8	9	10	12	14
160	3	3	4	5	7	8	10	11	4	4	5	6	6	7	8	10
140	2	2	3	3	5	6	7	8	3	3	3	4	4	5	6	7
120	1	2	2	2	4	4	5	6	2	2	2	3	3	4	4	5

AGE 45-49

SBP	Women Non-smoker				Women Smoker				Men Non-smoker				Men Smoker			
180	2	2	3	3	5	6	7	8	2	3	3	4	5	5	6	8
160	1	1	2	2	3	4	5	5	2	2	2	3	3	4	4	5
140	1	1	1	1	2	3	3	4	1	1	2	2	2	3	3	4
120	1	1	1	1	2	2	2	3	1	1	1	1	1	2	2	2

AGE 40-44

SBP	Women Non-smoker				Women Smoker				Men Non-smoker				Men Smoker			
180	1	1	1	1	2	3	4	4	1	1	1	2	2	3	3	4
160	1	1	1	1	2	2	2	3	1	1	1	1	2	2	2	3
140	<1	<1	1	1	1	1	2	2	<1	1	1	1	1	1	1	2
120	<1	<1	<1	<1	1	1	1	1	<1	<1	<1	1	1	1	1	1

BMI (kg/m²) columns: 20, 25, 30, 35