

Table 4. Mean of biochemical factors among adults aged 25–70 years in five cities in Afghanistan, 2015

Characteristic/age (years)	City											
	Jalalabad (n = 1200)		Mazar-e-Sharif (n = 1231)		Hirat (n = 1129)		Kandahar (n = 1165)		Kabul (n = 1172)		Total (n = 5897)	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
<i>Fasting blood sugar (mg/dL)</i>												
25–34	87.8	30.5	84.1	30.5	80.4	31.2	125.7	110.4	83.8	28.9	92.6	59.2
35–44	92.8	40.4	87.9	32.6	85.6	44.4	137.2	120.1	94.4	49.8	100.4	69.9
45–54	101.2	50.3	91.9	38.7	89.1	44.4	138.1	128.0	102.8	57.6	104.0	72.7
55+	97.9	49.1	97.6	48.5	94.5	60.7	133.2	110.4	103.8	58.0	103.6	68.3
Overall											97.92	65.47
<i>Total glyceride (mg/dL)</i>												
25–34	177.6	61.7	157.7	103.1	152.2	55.2	149.5	87.0	154.4	89.8	157.9	84.0
35–44	185.2	83.0	154.8	94.5	158.6	66.1	149.1	93.3	175.1	101.2	164.5	89.4
45–54	205.7	76.8	176.0	135.4	157.3	61.8	179.7	131.0	176.7	90.6	178.9	103.1
55+	187.5	66.8	169.0	108.0	154.9	66.6	153.1	77.0	170.5	89.6	165.6	84.5
Overall											164.51	89.41
<i>Total cholesterol (mg/dL)</i>												
25–34	194.6	39.2	177.1	63.8	177.1	40.6	180.2	49.9	175.6	42.2	180.5	49.1
35–44	199.9	46.5	181.8	62.4	186.0	54.6	182.8	55.8	179.8	46.4	186.1	53.9
45–54	205.7	39.1	183.0	84.3	184.3	45.2	192.2	61.9	185.4	46.3	190.3	57.8
55+	200.8	46.4	177.8	74.7	176.8	48.4	181.8	47.6	180.2	46.8	182.1	56.0
Overall											184.01	52.83
<i>High density lipoprotein (mg/dL)</i>												
25–34	38.4	6.0	49.9	40.4	44.8	10.7	45.4	12.9	44.7	12.9	44.9	21.8
35–44	38.8	6.0	47.5	33.7	46.3	11.0	46.3	15.6	45.9	15.8	44.9	18.9
45–54	40.3	7.5	51.1	32.7	45.3	8.3	47.3	15.5	46.7	15.3	46.0	18.3
55+	40.2	7.5	49.2	36.5	44.4	8.7	44.6	10.9	47.3	33.5	45.4	23.7
Overall											45.07	20.79
<i>Low density lipoprotein (mg/dL)</i>												
25–34	120.3	31.6	112.6	51.1	102.1	33.7	105.7	36.1	100.1	28.5	107.9	38.1
35–44	122.9	33.2	113.1	50.2	105.6	36.3	106.5	39.6	99.3	31.0	109.6	39.3

45-54	128.9	75.8	117.5	65.8	108.3	49.8	111.5	47.5	103.6	32.8	114.3	57.6
55+	123.3	34.3	112.7	59.6	103.8	34.8	109.7	45.3	101.6	33.1	109.6	44.2
Overall											109.82	42.99

SD = standard deviation.