

Table 3 Frequency distribution of clinical risk factors for noncommunicable diseases among the study participants

Variable ^a	Females		Males		Total	
	No.	%	No.	%	No.	%
BMI (kg/m²)^b						
Underweight	16	3.2	61	10.1	77	7.0
Normal weight	150	30.0	244	40.3	394	35.6
Overweight	155	31.0	205	33.8	360	32.5
Obesity I	102	20.4	69	11.4	171	15.5
Obesity II	47	9.4	18	3.0	65	5.9
Obesity III	30	6.0	9	1.5	39	3.5
Central obesity (missing=133)						
No	166	34.5	294	50.7	460	43.4
Yes	315	65.5	286	49.3	601	56.6
Blood pressure^c						
Normotensive	143	25.0	252	41.7	738	62.6
Pre-hypertensive	258	45.2	235	38.9	105	8.9
Hypertensive	170	29.8	117	19.4	335	28.4
Elevated blood sugar^d						
No	497	86.6	541	90.6	1038	88.6
Yes	77	13.4	56	9.4	133	11.4
Total cholesterol (mg/dL)						
< 190	256	44.7	296	49.7	552	47.2
≥ 190	317	55.3	300	50.3	617	52.8
LDL cholesterol (mg/dL)						
< 100	126	22.0	160	26.8	286	24.5
≥ 100	446	78.0	437	73.2	883	75.5
HDL cholesterol (mg/dL)						
< 40 (M); < 50 (F)	518	88.7	420	78.6	938	78.6
≥ 40 (M); ≥ 50 (F)	66	11.3	190	21.4	256	21.4
Triglycerides (mg/dL)						
< 150	194	33.9	173	29.0	367	31.4
≥ 150	378	66.1	424	71.0	802	68.6

^aMissing values in some categories; ^bUnderweight < 18.5 kg/m², normal weight 18.5–24.9 kg/m², overweight 25–29.9 kg/m², obesity I 30–34.9 kg/m², obesity II 35–40 kg/m², obesity III > 40 kg/m²; ^cSystolic/diastolic blood pressures: normotensive 120/80 mmHg, pre-hypertensive 120–140/80–90 mmHg, hypertensive ≥ 140/≥ 90 mmHg; ^dFasting blood sugar ≥ 126 mg%.

LDL = low-density lipoprotein; HDL = high-density lipoprotein; M = males; F = females.