

Table 1 Lipid profile, blood pressure and anthropometric measurements for adults from the northern Persian Gulf region

Variable	Males Mean (SD)	Females Mean (SD)
Total cholesterol (mg/dL)	201.53 (52.17)	210.05 (51.52) ^b
LDL-cholesterol (mg/dL)	122.93 (51.42)	129.46 (63.53) ^a
HDL-cholesterol (mg/dL)	42.14 (44.53)	48.11 (47.60) ^b
Triglycerides (mg/dL)	182.20 (113.97) ^b	162.33 (97.85)
Diastolic blood pressure (mmHg)	82.56 (42.73) ^b	77.21 (20.64)
Systolic blood pressure (mmHg)	129.35 (43.40) ^b	121.38 (25.33)
Body mass index (kg/m ²)	25.93 (4.65)	28.44 (5.62) ^b
Waist to hip ratio	0.91 (0.12)	0.91 (0.14)
Fasting blood sugar (mg/dL)	92.09 (41.39)	93.08 (47.46)

^aP = 0.001; ^bP < 0.0001.

SD = standard deviation.