

Table 4 Serum levels of lipids and lipoproteins over different categories of risk for cardiovascular disease among adults from the northern Persian Gulf region

Risk factor (mg/dL)	Males (n = 1746)		Females (n = 1977)	
	No.	%	No.	%
Triglycerides				
< 150 (normal)	818	46.8	1082	54.7
150–199 (borderline high)	355	20.3	367	18.6
200–499 (high)	534	30.6 ^a	510	25.8
≥ 500 (very high)	40	2.3 ^a	17	0.9
Total cholesterol				
< 200 (desirable)	899	51.5	880	44.5
200–239 (borderline high)	521	29.8	605	30.6 ^a
≥ 240 (high)	327	18.7	491	24.8 ^a
LDL-cholesterol				
< 100 (optimal)	486	27.9	433	21.9
100–129 (near optimal)	505	29.0	579	29.3
130–159 (borderline high)	446	25.6	517	26.2
160–189 (high)	210	12.0	258	13.1 ^a
≥ 190 (very high)	92	5.3	176	8.9 ^a
HDL-cholesterol (mg/dL)				
< 40 (low)	1021	58.5 ^a	761	38.5
40–59 (borderline)	656	37.6	984	49.8
≥ 60 (high)	65	3.7	214	10.8

^aP < 0.0001

LDL = low density lipoprotein; HDL = high density lipoprotein.