

**Table 3 Distribution of cardiovascular risk factors in older people in Amirkola**

| Risk factor            | Males<br>( <i>n</i> = 604) |      | Females<br>( <i>n</i> = 415) |      | Both sexes<br>( <i>n</i> = 1019) |      | <i>P</i> -value |
|------------------------|----------------------------|------|------------------------------|------|----------------------------------|------|-----------------|
|                        | No.                        | %    | No.                          | %    | No.                              | %    |                 |
| Hypertension           | 131                        | 21.7 | 109                          | 26.3 | 240                              | 23.6 | 0.07            |
| Diabetes mellitus      | 111                        | 18.4 | 128                          | 30.8 | 239                              | 23.5 | < 0.001         |
| Smoking                | 174                        | 28.8 | 14                           | 3.4  | 188                              | 18.4 | < 0.001         |
| Overweight and obesity | 222                        | 36.8 | 214                          | 51.6 | 436                              | 42.8 | < 0.001         |
| Lack of activity       | 376                        | 62.3 | 307                          | 74.0 | 683                              | 67.0 | < 0.001         |