

**Table 3** Frequency distribution of biochemical and physical risk factors for noncommunicable disease among adults aged 25–70 years in five cities in Afghanistan, 2015

Risk factor/ age (years)	City																	
	Jalalabad (n = 1200)			Mazar-e-Sharif (n = 1231)			Hirat (n = 1129)			Kandahar (n = 1165)			Kabul (n = 1172)			Total (n = 5897)		
	No.	U %	W %	No.	U %	W %	No.	U %	W %	No.	U %	W %	No.	U %	W %	No.	U %	W %
<b>General obesity<sup>a</sup></b>																		
25–34	92	22.6	22.3	59	10.5	10	42	10.6	10.1	56	10.8	10.5	91	15.4	15.0	340	13.7	13.4
35–44	87	31.2	30.5	63	22.3	21.8	54	18.8	18.7	68	21.1	20.6	82	28.4	27.1	354	24.2	23.6
45–54	67	33.7	32.6	37	19.7	19.2	45	20.5	20.1	34	18.1	17.1	43	26.1	25.3	226	23.5	22.8
55+	27	22.1	21.4	31	15.5	15.3	36	16.3	15.9	28	20.9	20.1	26	20.6	19.9	148	18.4	17.9
<b>Central obesity<sup>b</sup></b>																		
25–34	199	51.4	50.3	262	46.8	45.4	174	43.6	41.5	220	47.8	45.6	314	53.0	51.5	1169	48.7	47.1
35–44	177	66.3	66	186	65.7	64.2	170	59.0	57.6	185	60.1	58.1	188	65.1	63.2	906	63.1	61.7
45–54	137	71.4	70.8	148	78.7	77.6	136	61.8	60.2	109	59.6	57.6	127	77.0	75.3	657	69.3	67.9
55+	75	64.1	63.6	129	64.8	63.5	110	49.5	48.4	86	65.6	63.7	74	58.7	57.7	474	59.6	58.4
<b>Raised blood pressure<sup>c</sup></b>																		
25–34	85	18.9	18.6	69	12.3	12.1	78	19.5	19.3	95	18.3	17.9	97	16.4	16.3	425	16.8	16.6
35–44	520	33.4	32.6	95	33.6	32.5	89	30.9	30.6	113	35.0	34.0	119	41.2	40.5	520	34.8	34
45–54	101	48.3	47.8	94	50.0	49.3	98	44.5	44.6	81	43.1	41.7	80	48.5	47.9	454	46.8	46.2
55+	60	46.9	45.5	122	61.0	60.4	137	61.7	61.4	87	64.9	64.4	83	65.9	65.3	489	60.4	59.7
<b>Raised blood sugar<sup>d</sup></b>																		
25–34	36	8.0	7.8	32	5.7	5.9	17	4.3	4.2	94	18.3	18.0	22	3.7	3.6	201	8.0	7.9
35–44	42	13.7	13.6	25	8.8	8.9	25	8.7	8.6	72	22.5	22.1	35	12.1	12.1	199	13.4	13.3
45–54	31	15.1	15.0	21	11.2	11.4	28	12.7	12.4	60	32.1	31.7	29	17.6	17.5	169	17.5	17.4
55+	21	16.9	16.4	35	17.5	17.3	42	18.9	18.7	33	24.8	24.6	21	16.7	16.9	152	18.9	18.7

W = weighted; U = unweighted; BMI = body mass index.

<sup>a</sup>BMI  $\geq 30$  kg/m<sup>2</sup>.

<sup>b</sup>Waist circumference  $\geq 94$  cm for men and  $\geq 80$  cm for women.

<sup>c</sup>Systolic blood pressure  $\geq 140$  mmHg and/or diastolic pressure  $\geq 90$  mmHg.

<sup>d</sup>Fasting blood sugar  $\geq 126$  mg/dL.