# WHO cardiovascular disease risk non-laboratory-based charts

## Southeast Asia

Indonesia, Cambodia, Lao PDR, Sri Lanka, Maldives, Myanmar, Malaysia, Philippines, Thailand, Timor-Leste, Viet Nam, Mauritius, Seychelles.

Risk Level: <5% | 5% to <10% | 10% to <20% | 20% to <30% | ≥30%

### People without Diabetes

| Age (years) | Men, Non-smoker | | | | | Men, Smoker | | | | | Women, Non-smoker | | | | | Women, Smoker | | | | | SBP (mmHg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | |
| 70-74 | 24 | 26 | 29 | 32 | 35 | 30 | 33 | 36 | 40 | 44 | 18 | 19 | 20 | 21 | 22 | 26 | 27 | 28 | 30 | 31 | ≥180 |
| | 19 | 21 | 23 | 26 | 29 | 25 | 27 | 30 | 33 | 37 | 16 | 16 | 17 | 18 | 18 | 22 | 23 | 24 | 25 | 26 | 160-179 |
| | 16 | 17 | 19 | 21 | 23 | 20 | 22 | 25 | 27 | 30 | 13 | 14 | 14 | 15 | 15 | 18 | 19 | 20 | 21 | 22 | 140-159 |
| | 13 | 14 | 15 | 17 | 19 | 16 | 18 | 20 | 22 | 25 | 11 | 11 | 12 | 12 | 13 | 15 | 16 | 17 | 18 | 19 | 120-139 |
| | 10 | 11 | 12 | 14 | 15 | 13 | 15 | 16 | 18 | 20 | 9 | 9 | 10 | 10 | 11 | 13 | 13 | 14 | 15 | 16 | <120 |
| 65-69 | 19 | 20 | 22 | 25 | 28 | 25 | 28 | 31 | 34 | 38 | 14 | 15 | 16 | 16 | 17 | 21 | 23 | 24 | 25 | 27 | ≥180 |
| | 15 | 16 | 18 | 20 | 22 | 20 | 22 | 25 | 27 | 31 | 12 | 12 | 13 | 13 | 14 | 18 | 19 | 20 | 21 | 22 | 160-179 |
| | 11 | 13 | 14 | 16 | 18 | 16 | 18 | 20 | 22 | 25 | 9 | 10 | 10 | 11 | 12 | 15 | 15 | 16 | 17 | 18 | 140-159 |
| | 9 | 10 | 11 | 12 | 14 | 12 | 14 | 15 | 17 | 20 | 8 | 8 | 9 | 9 | 10 | 12 | 13 | 13 | 14 | 15 | 120-139 |
| | 7 | 8 | 9 | 10 | 11 | 10 | 11 | 12 | 14 | 16 | 6 | 7 | 7 | 7 | 8 | 10 | 10 | 11 | 12 | 12 | <120 |
| 60-64 | 14 | 16 | 17 | 19 | 22 | 21 | 23 | 26 | 29 | 33 | 11 | 11 | 12 | 13 | 14 | 18 | 19 | 20 | 21 | 23 | ≥180 |
| | 11 | 12 | 13 | 15 | 17 | 16 | 18 | 20 | 23 | 26 | 9 | 9 | 10 | 10 | 11 | 14 | 15 | 16 | 17 | 19 | 160-179 |
| | 8 | 9 | 10 | 12 | 13 | 12 | 14 | 15 | 18 | 20 | 7 | 7 | 8 | 8 | 9 | 11 | 12 | 13 | 14 | 15 | 140-159 |
| | 6 | 7 | 8 | 9 | 10 | 9 | 11 | 12 | 14 | 16 | 5 | 6 | 6 | 7 | 7 | 9 | 10 | 10 | 11 | 12 | 120-139 |
| | 5 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 12 | 4 | 5 | 5 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | <120 |
| 55-59 | 11 | 12 | 13 | 15 | 17 | 17 | 19 | 21 | 24 | 28 | 8 | 9 | 9 | 10 | 11 | 15 | 16 | 17 | 18 | 20 | ≥180 |
| | 8 | 9 | 10 | 11 | 13 | 13 | 14 | 16 | 18 | 21 | 6 | 7 | 7 | 8 | 8 | 11 | 12 | 13 | 14 | 16 | 160-179 |
| | 6 | 7 | 8 | 9 | 10 | 10 | 11 | 12 | 14 | 16 | 5 | 5 | 6 | 6 | 7 | 9 | 10 | 10 | 11 | 12 | 140-159 |
| | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 9 | 11 | 12 | 4 | 4 | 4 | 5 | 5 | 7 | 8 | 8 | 9 | 10 | 120-139 |
| | 3 | 4 | 4 | 5 | 5 | 5 | 6 | 7 | 8 | 9 | 3 | 3 | 3 | 4 | 4 | 5 | 6 | 6 | 7 | 8 | <120 |
| 50-54 | 9 | 9 | 10 | 12 | 13 | 14 | 15 | 18 | 20 | 23 | 6 | 7 | 7 | 8 | 8 | 12 | 13 | 14 | 15 | 17 | ≥180 |
| | 6 | 7 | 8 | 9 | 10 | 10 | 11 | 13 | 15 | 18 | 5 | 5 | 5 | 6 | 6 | 9 | 10 | 11 | 12 | 13 | 160-179 |
| | 4 | 5 | 6 | 6 | 7 | 7 | 8 | 10 | 11 | 13 | 4 | 4 | 4 | 5 | 5 | 7 | 8 | 8 | 9 | 10 | 140-159 |
| | 3 | 4 | 4 | 5 | 5 | 5 | 6 | 7 | 8 | 10 | 3 | 3 | 3 | 3 | 4 | 5 | 6 | 6 | 7 | 8 | 120-139 |
| | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 6 | 7 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | <120 |
| 45-49 | 7 | 7 | 8 | 9 | 10 | 11 | 13 | 14 | 17 | 20 | 5 | 5 | 6 | 6 | 7 | 10 | 11 | 12 | 13 | 14 | ≥180 |
| | 5 | 5 | 6 | 6 | 8 | 8 | 9 | 10 | 12 | 14 | 4 | 4 | 4 | 5 | 5 | 7 | 8 | 9 | 10 | 11 | 160-179 |
| | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 7 | 9 | 10 | 3 | 3 | 3 | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 140-159 |
| | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 8 | 2 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 6 | 6 | 120-139 |
| | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | <120 |
| 40-44 | 5 | 6 | 6 | 7 | 8 | 9 | 10 | 12 | 14 | 17 | 4 | 4 | 4 | 5 | 5 | 8 | 9 | 10 | 11 | 12 | ≥180 |
| | 4 | 4 | 4 | 5 | 6 | 6 | 7 | 8 | 10 | 12 | 3 | 3 | 3 | 3 | 4 | 6 | 7 | 7 | 8 | 9 | 160-179 |
| | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 2 | 2 | 2 | 2 | 3 | 4 | 5 | 5 | 6 | 7 | 140-159 |
| | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 5 | 6 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 120-139 |
| | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 4 | <120 |

Total cholesterol (mmol/l)

### People with Diabetes

| Age (years) | Men, Non-smoker | | | | | Men, Smoker | | | | | Women, Non-smoker | | | | | Women, Smoker | | | | | SBP (mmHg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | <4 | 4-4.9 | 5-5.9 | 6-6.9 | ≥ 7 | |
| 70-74 | 32 | 36 | 39 | 43 | 47 | 41 | 45 | 49 | 54 | 59 | 28 | 29 | 30 | 32 | 33 | 38 | 40 | 42 | 44 | 46 | ≥180 |
| | 27 | 29 | 32 | 36 | 40 | 34 | 37 | 41 | 45 | 50 | 23 | 25 | 26 | 27 | 28 | 33 | 34 | 36 | 38 | 40 | 160-179 |
| | 22 | 24 | 26 | 29 | 33 | 28 | 31 | 34 | 38 | 42 | 20 | 21 | 22 | 23 | 24 | 28 | 29 | 31 | 32 | 34 | 140-159 |
| | 17 | 19 | 22 | 24 | 27 | 23 | 25 | 28 | 31 | 35 | 17 | 17 | 18 | 19 | 20 | 23 | 25 | 26 | 27 | 29 | 120-139 |
| | 14 | 16 | 17 | 19 | 22 | 18 | 20 | 23 | 25 | 29 | 14 | 15 | 15 | 16 | 17 | 20 | 21 | 22 | 23 | 24 | <120 |
| 65-69 | 27 | 30 | 33 | 37 | 41 | 36 | 40 | 44 | 49 | 54 | 23 | 24 | 25 | 27 | 28 | 34 | 36 | 38 | 40 | 43 | ≥180 |
| | 21 | 24 | 26 | 30 | 33 | 29 | 32 | 36 | 40 | 45 | 19 | 20 | 21 | 22 | 24 | 28 | 30 | 32 | 34 | 36 | 160-179 |
| | 17 | 19 | 21 | 24 | 27 | 23 | 26 | 29 | 33 | 37 | 15 | 16 | 17 | 18 | 19 | 24 | 25 | 27 | 28 | 30 | 140-159 |
| | 13 | 15 | 17 | 19 | 21 | 19 | 21 | 23 | 26 | 30 | 13 | 13 | 14 | 15 | 16 | 20 | 21 | 22 | 24 | 25 | 120-139 |
| | 10 | 12 | 13 | 15 | 17 | 15 | 16 | 19 | 21 | 24 | 10 | 11 | 12 | 12 | 13 | 16 | 17 | 18 | 19 | 21 | <120 |
| 60-64 | 22 | 25 | 27 | 31 | 35 | 32 | 35 | 40 | 44 | 50 | 19 | 20 | 21 | 22 | 24 | 30 | 32 | 34 | 37 | 40 | ≥180 |
| | 17 | 19 | 21 | 24 | 28 | 25 | 28 | 32 | 36 | 41 | 15 | 16 | 17 | 18 | 20 | 25 | 26 | 28 | 31 | 33 | 160-179 |
| | 13 | 15 | 17 | 19 | 22 | 20 | 22 | 25 | 28 | 33 | 12 | 13 | 14 | 15 | 16 | 20 | 21 | 23 | 25 | 27 | 140-159 |
| | 10 | 11 | 13 | 15 | 17 | 15 | 17 | 19 | 22 | 26 | 10 | 10 | 11 | 12 | 13 | 16 | 17 | 19 | 20 | 22 | 120-139 |
| | 8 | 9 | 10 | 11 | 13 | 12 | 13 | 15 | 17 | 20 | 8 | 8 | 9 | 9 | 10 | 13 | 14 | 15 | 16 | 18 | <120 |
| 55-59 | 18 | 20 | 23 | 26 | 30 | 28 | 31 | 35 | 40 | 46 | 15 | 16 | 17 | 19 | 20 | 27 | 29 | 31 | 34 | 37 | ≥180 |
| | 14 | 15 | 17 | 20 | 23 | 22 | 24 | 28 | 32 | 37 | 12 | 13 | 14 | 15 | 16 | 21 | 23 | 25 | 27 | 30 | 160-179 |
| | 10 | 12 | 13 | 15 | 18 | 16 | 19 | 21 | 25 | 29 | 9 | 10 | 11 | 12 | 13 | 17 | 18 | 20 | 22 | 24 | 140-159 |
| | 8 | 9 | 10 | 11 | 13 | 12 | 14 | 16 | 19 | 22 | 7 | 8 | 8 | 9 | 10 | 13 | 15 | 16 | 17 | 19 | 120-139 |
| | 6 | 7 | 7 | 9 | 10 | 9 | 11 | 12 | 14 | 17 | 6 | 6 | 7 | 7 | 8 | 10 | 11 | 13 | 14 | 15 | <120 |
| 50-54 | 15 | 17 | 19 | 22 | 25 | 25 | 28 | 32 | 36 | 42 | 12 | 13 | 14 | 16 | 17 | 24 | 26 | 28 | 31 | 34 | ≥180 |
| | 11 | 13 | 14 | 16 | 19 | 19 | 21 | 24 | 28 | 33 | 9 | 10 | 11 | 12 | 13 | 18 | 20 | 22 | 24 | 27 | 160-179 |
| | 8 | 9 | 10 | 12 | 14 | 14 | 16 | 18 | 21 | 25 | 7 | 8 | 9 | 9 | 10 | 14 | 16 | 17 | 19 | 21 | 140-159 |
| | 6 | 7 | 8 | 9 | 10 | 10 | 12 | 13 | 16 | 19 | 6 | 6 | 7 | 7 | 8 | 11 | 12 | 13 | 15 | 17 | 120-139 |
| | 4 | 5 | 6 | 6 | 8 | 7 | 8 | 10 | 12 | 14 | 4 | 5 | 5 | 5 | 6 | 8 | 9 | 10 | 12 | 13 | <120 |
| 45-49 | 13 | 14 | 16 | 18 | 21 | 22 | 25 | 28 | 33 | 38 | 10 | 11 | 12 | 13 | 15 | 21 | 23 | 25 | 28 | 32 | ≥180 |
| | 9 | 10 | 11 | 13 | 16 | 16 | 18 | 21 | 24 | 29 | 8 | 8 | 9 | 10 | 11 | 16 | 18 | 20 | 22 | 25 | 160-179 |
| | 7 | 7 | 8 | 10 | 11 | 12 | 13 | 15 | 18 | 22 | 6 | 6 | 7 | 7 | 8 | 12 | 13 | 15 | 17 | 19 | 140-159 |
| | 5 | 5 | 6 | 7 | 8 | 8 | 9 | 11 | 13 | 16 | 4 | 5 | 5 | 6 | 6 | 9 | 10 | 11 | 13 | 15 | 120-139 |
| | 3 | 4 | 4 | 5 | 6 | 6 | 7 | 8 | 10 | 12 | 3 | 3 | 4 | 4 | 5 | 7 | 8 | 9 | 10 | 11 | <120 |
| 40-44 | 11 | 12 | 13 | 15 | 18 | 19 | 22 | 25 | 29 | 35 | 8 | 9 | 10 | 11 | 12 | 18 | 20 | 23 | 26 | 29 | ≥180 |
| | 7 | 8 | 9 | 11 | 13 | 14 | 16 | 18 | 21 | 26 | 6 | 7 | 7 | 8 | 9 | 14 | 15 | 17 | 19 | 22 | 160-179 |
| | 5 | 6 | 6 | 8 | 9 | 10 | 11 | 13 | 15 | 19 | 4 | 5 | 5 | 6 | 7 | 10 | 11 | 13 | 15 | 17 | 140-159 |
| | 4 | 4 | 4 | 5 | 6 | 7 | 8 | 9 | 11 | 14 | 3 | 3 | 4 | 4 | 5 | 7 | 8 | 10 | 11 | 13 | 120-139 |
| | 2 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 8 | 10 | 2 | 3 | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | <120 |

Total cholesterol (mmol/l)

# WHO cardiovascular disease risk non-laboratory-based charts

## Southeast Asia

Indonesia, Cambodia, Lao PDR, Sri Lanka, Maldives, Myanmar, Malaysia, Philippines, Thailand, Timor-Leste, Viet Nam, Mauritius, Seychelles.

Risk Level: <5% | 5% to <10% | 10% to <20% | 20% to <30% | ≥30%

### Non-laboratory based risk chart

| Age (years) | Men | | | | | | | | | | Women | | | | | | | | | | SBP (mmHg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Non-smoker | | | | | Smoker | | | | | Non-smoker | | | | | Smoker | | | | | |
| 70-74 | 26 | 28 | 30 | 32 | 34 | 34 | 36 | 39 | 41 | 44 | 21 | 22 | 22 | 23 | 24 | 30 | 31 | 32 | 33 | 34 | ≥180 |
| | 21 | 23 | 25 | 26 | 28 | 28 | 30 | 32 | 34 | 36 | 17 | 18 | 19 | 19 | 20 | 25 | 26 | 27 | 28 | 29 | 160-179 |
| | 17 | 19 | 20 | 21 | 23 | 23 | 24 | 26 | 28 | 30 | 15 | 15 | 16 | 16 | 17 | 21 | 22 | 22 | 23 | 24 | 140-159 |
| | 14 | 15 | 16 | 17 | 18 | 18 | 20 | 21 | 23 | 24 | 12 | 12 | 13 | 13 | 14 | 17 | 18 | 19 | 19 | 20 | 120-139 |
| | 11 | 12 | 13 | 14 | 15 | 15 | 16 | 17 | 18 | 20 | 10 | 10 | 11 | 11 | 11 | 14 | 15 | 15 | 16 | 17 | <120 |
| 65-69 | 20 | 22 | 24 | 26 | 28 | 28 | 30 | 33 | 36 | 39 | 16 | 17 | 18 | 18 | 19 | 25 | 26 | 27 | 29 | 30 | ≥180 |
| | 16 | 17 | 19 | 21 | 22 | 22 | 24 | 26 | 29 | 31 | 13 | 14 | 14 | 15 | 15 | 21 | 22 | 22 | 23 | 24 | 160-179 |
| | 12 | 14 | 15 | 16 | 18 | 18 | 19 | 21 | 23 | 25 | 11 | 11 | 11 | 12 | 12 | 17 | 18 | 18 | 19 | 20 | 140-159 |
| | 10 | 11 | 12 | 13 | 14 | 14 | 15 | 16 | 18 | 20 | 9 | 9 | 9 | 10 | 10 | 14 | 14 | 15 | 15 | 16 | 120-139 |
| | 8 | 8 | 9 | 10 | 11 | 11 | 12 | 13 | 14 | 16 | 7 | 7 | 7 | 8 | 8 | 11 | 11 | 12 | 12 | 13 | <120 |
| 60-64 | 15 | 17 | 19 | 21 | 23 | 23 | 25 | 28 | 31 | 34 | 13 | 13 | 14 | 14 | 15 | 21 | 22 | 23 | 25 | 26 | ≥180 |
| | 12 | 13 | 14 | 16 | 18 | 18 | 20 | 22 | 24 | 27 | 10 | 10 | 11 | 11 | 12 | 17 | 18 | 19 | 20 | 21 | 160-179 |
| | 9 | 10 | 11 | 12 | 14 | 14 | 15 | 17 | 19 | 21 | 8 | 8 | 8 | 9 | 9 | 13 | 14 | 15 | 16 | 16 | 140-159 |
| | 7 | 8 | 8 | 9 | 10 | 10 | 12 | 13 | 14 | 16 | 6 | 6 | 7 | 7 | 7 | 11 | 11 | 12 | 12 | 13 | 120-139 |
| | 5 | 6 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 | 5 | 5 | 5 | 5 | 6 | 8 | 9 | 9 | 10 | 10 | <120 |
| 55-59 | 12 | 13 | 15 | 16 | 18 | 19 | 21 | 24 | 27 | 30 | 10 | 10 | 11 | 11 | 12 | 18 | 19 | 20 | 21 | 22 | ≥180 |
| | 9 | 10 | 11 | 12 | 14 | 14 | 16 | 18 | 20 | 23 | 8 | 8 | 8 | 9 | 9 | 14 | 15 | 15 | 16 | 17 | 160-179 |
| | 7 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 15 | 17 | 6 | 6 | 6 | 7 | 7 | 11 | 11 | 12 | 13 | 13 | 140-159 |
| | 5 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 13 | 4 | 5 | 5 | 5 | 5 | 8 | 9 | 9 | 10 | 10 | 120-139 |
| | 4 | 4 | 4 | 5 | 6 | 6 | 7 | 7 | 8 | 10 | 3 | 3 | 4 | 4 | 4 | 6 | 7 | 7 | 7 | 8 | <120 |
| 50-54 | 9 | 10 | 11 | 13 | 15 | 15 | 18 | 20 | 23 | 27 | 8 | 8 | 8 | 9 | 9 | 15 | 16 | 17 | 18 | 19 | ≥180 |
| | 7 | 7 | 8 | 9 | 11 | 11 | 13 | 15 | 17 | 20 | 6 | 6 | 6 | 7 | 7 | 11 | 12 | 13 | 14 | 14 | 160-179 |
| | 5 | 5 | 6 | 7 | 8 | 8 | 9 | 11 | 12 | 14 | 4 | 4 | 5 | 5 | 5 | 9 | 9 | 10 | 10 | 11 | 140-159 |
| | 3 | 4 | 4 | 5 | 6 | 6 | 7 | 8 | 9 | 11 | 3 | 3 | 3 | 4 | 4 | 6 | 7 | 7 | 8 | 8 | 120-139 |
| | 2 | 3 | 3 | 4 | 4 | 4 | 5 | 6 | 7 | 8 | 2 | 2 | 3 | 3 | 3 | 5 | 5 | 5 | 6 | 6 | <120 |
| 45-49 | 7 | 8 | 9 | 10 | 12 | 13 | 15 | 17 | 20 | 23 | 6 | 6 | 7 | 7 | 7 | 13 | 14 | 14 | 15 | 16 | ≥180 |
| | 5 | 6 | 6 | 7 | 8 | 9 | 10 | 12 | 14 | 17 | 4 | 5 | 5 | 5 | 5 | 9 | 10 | 11 | 11 | 12 | 160-179 |
| | 3 | 4 | 4 | 5 | 6 | 6 | 7 | 9 | 10 | 12 | 3 | 3 | 3 | 4 | 4 | 7 | 7 | 8 | 8 | 9 | 140-159 |
| | 2 | 3 | 3 | 4 | 4 | 4 | 5 | 6 | 7 | 8 | 2 | 2 | 2 | 3 | 3 | 5 | 5 | 6 | 6 | 6 | 120-139 |
| | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 6 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 5 | <120 |
| 40-44 | 5 | 6 | 7 | 8 | 10 | 10 | 12 | 14 | 17 | 20 | 5 | 5 | 5 | 5 | 6 | 11 | 11 | 12 | 13 | 14 | ≥180 |
| | 4 | 4 | 5 | 6 | 7 | 7 | 8 | 10 | 12 | 14 | 3 | 3 | 4 | 4 | 4 | 8 | 8 | 9 | 9 | 10 | 160-179 |
| | 2 | 3 | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 10 | 2 | 2 | 3 | 3 | 3 | 5 | 6 | 6 | 7 | 7 | 140-159 |
| | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 5 | 6 | 7 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 5 | 5 | 120-139 |
| | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 5 | 1 | 1 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 4 | <120 |
| Body mass index (kg/m^2) | <20 | 20-24 | 25-29 | 30-35 | ≥ 35 | <20 | 20-24 | 25-29 | 30-35 | ≥ 35 | <20 | 20-24 | 25-29 | 30-35 | ≥ 35 | <20 | 20-24 | 25-29 | 30-35 | ≥ 35 | |