

**Appendix E-2.18: Total Cholesterol  $\geq$ 240 and High Density Lipoprotein Cholesterol (HDL) <40,  
2009-2012<sup>1,2</sup> Adults 20 y and over, age adjusted**

	<i>Sample Size</i>	<i>Total cholesterol <math>\geq</math>240</i>		<i>HDL-C &lt;40</i>	
		<i>%</i>	<i>Std Error</i>	<i>%</i>	<i>Std Error</i>
<b>20 y and over, total</b>	10495	12.8	0.5	19.6	0.8
Men	5194	11.6	0.6	28.9	1
Women	5301	13.8	0.6	10.6	0.7
<b>Age, y</b>					
20-39 y	3542	7	0.5	21.2	1.1
40-59 y	3537	18	0.8	20.2	1
$\geq$ 60 y	3416	14.6	0.9	15.7	1.2
<b>Race-Hispanic origin<sup>3</sup></b>					
Non-Hispanic white	4585	13.2	0.7	19.4	0.9
Non-Hispanic black	2189	9.9	0.7	14.7	0.9
Hispanic	2596	14.1	0.8	23.6	1.1
<b>Body Mass index<sup>4</sup> (BMI) kg/m<sup>2</sup></b>					
18.5-24.9 kg/m <sup>2</sup>	2907	12.1	0.8	8.5	0.7
25-29.9 kg/m <sup>2</sup>	3441	15.2	1	18.8	1
$\geq$ 30 kg/m <sup>2</sup>	3849	11.7	0.6	30.2	1.3
<b>Waist Circumference, cm</b>					
Men $\leq$ 102 cm, Women $\leq$ 88 cm	4483	12.1	0.8	13.7	0.8
Men >102 cm, Women >88cm	5511	13.4	0.6	24.9	1.1
<b>Race-Hispanic origin by sex<sup>3</sup></b>					
Men, Non-Hispanic white	2297	11.5	0.7	28.7	1.3
Men, Non-Hispanic black	1070	8.8	0.9	20	1.3
Men, Hispanic	1259	14.8	1.2	33.8	1.4
Women, Non-Hispanic white	2288	14.7	0.8	10.3	1
Women, Non-Hispanic black	1119	10.8	1.1	10.5	1
Women, Hispanic	1337	13	1	13.2	1.3
<b>BMI<sup>4</sup> kg/m<sup>2</sup> by sex</b>					
Men, 18.5-24.9 kg/m <sup>2</sup>	1392	9.7	1.1	14.2	1
Men, 25-29.9 kg/m <sup>2</sup>	1928	13.7	1	26.8	1.7
Men, $\geq$ 30 kg/m <sup>2</sup>	1746	10.9	0.9	42.2	1.7
Women, 18.5-24.9 kg/m <sup>2</sup>	1515	13.6	1.1	4.3	0.7
Women, 25-29.9 kg/m <sup>2</sup>	1513	16.7	1.4	8.6	0.9
Women, $\geq$ 30 kg/m <sup>2</sup>	2103	12.3	0.8	18.9	1.4
<b>Waist circumference, cm by sex</b>					
Men $\leq$ 102 cm	2849	12	1	20.4	1.1
Men >102 cm	2124	11.3	1	40.3	1.6
Women $\leq$ 88 cm	1634	12.1	1.1	3.6	0.5
Women >88cm	3387	14.9	0.7	14.9	1

<sup>1</sup> Estimates age-adjusted to yr 2000 standard population using 3 age grps: 20–39 yrs, 40-59 yrs, 60 yrs+, and weighted.

<sup>2</sup> All pregnant women excluded from analysis.

<sup>3</sup> Participants with race-Hispanic origin categorized as “other” included in overall estimates but not separately reported.

<sup>4</sup> Body mass index (BMI) calculated as weight in kilograms divided by height in meters squared, rounded to one decimal place. Participants with BM <18.5 included in overall estimates but not separately reported.

DATA SOURCE: National Health and Nutrition Examination Survey (NHANES) 2009-2012.

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